

Cooking

Chinese Style



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ALMOND CHICKEN

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

~~*Marinade*~~

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

~~*Seasoning sauce*~~

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

Cut chicken into 1" cubes. Combine marinade ingredients, add chicken and mix well. Let stand 1/2 hour.

Heat oil in wok, add chicken and stir-fry until browned. Remove chicken and drain well. Stir-fry ginger, onion, pepper and bamboo shoots for about 1 minute until vegetables are crisp-tender. Combine ingredients for seasoning sauce in a small bowl, mix well and add to wok. bring to boil. Add chicken to boiling sauce. Stir-fry chicken until coated with sauce. Add almonds, mix well and serve hot. Serves 4

ALMOND COOKIES

1 cup shortening
3/4 cup sugar
2 eggs
1 tbsp almond extract
2-1/4 cups flour
1/2 tsp baking soda
1/4 tsp salt
1/2 cup blanched almond halves
1 egg beaten

Preheat the oven to 375 degrees.

In a large bowl with electric mixer, cream together the shortening and sugar, then beat in the eggs, one at a time, and mix well. Add the almond extract.

In another bowl, sift together the flour, baking soda, and salt. With a wooden spoon, gradually stir the flour mixture into the shortening. The dough should be fairly firm. Divide the dough in half and roll each into a log, about 1-1/2 inch in diameter. Wrap in waxed paper and refrigerate for 4 hours. Cut the dough crosswise into 1/4 inch thick slices. Place cookies on an ungreased cookie sheet. Top each cookie with an almond half.

Brush cookies lightly with beaten egg. Bake for about 10 minutes, or until light golden brown.

ASPARAGUS AND SESAME CHICKEN SOUP

2 lbs Chicken
2 c Warm water
3 tbsp Sesame oil
1 tsp Sugar
6 Slices ginger root
1/2 c Button mushrooms, canned
1/2 c Medium sherry
8 Fresh asparagus spears
1/2 tsp Salt

Wash chicken, remove fat pockets, pat dry, and chop into bite-size pieces. NOTE: if tempted to use breast Meat without bones, please don't; bones add to body and flavor of Soup.

Peel and slice ginger root. Wash and cut asparagus into 2" sections.

Braising: Heat wok to medium Hot. Add sesame oil. Start braising chicken a few pieces at a time when oil begins to smell. Sesame oil will burn at lower temperature than other cooking oils, so avoid Hot wok. After browning lightly, return chicken pieces to wok; add ginger slices, sherry and salt.

When sherry boils, add water and Sugar. Turn up heat, bring to boil, then reduce heat to simmer, cover and simmer for 30 minutes. Add mushrooms and asparagus, simmer for another 15 minutes. Transfer to covered Soup tureen (or put plate on top of Soup bowl), place in steamer on low, and hold until ready to serve. You can make this Soup in large Sauce pan, if wok is needed for something else.

ASSORTED VEGETABLES IN A CLEAR SAUCE

2 med Turnips
2 sm Carrots
2 tbsp Peanut oil
4 Green onions
2 c Chicken stock
3 Fresh asparagus spears
1 tsp Salt
1/2 c Button mushrooms
1 pinch Sugar
1/2 c Peeled straw mushrooms
8 Baby Sweet corn
1 tbsp Chicken fat
8 Water chestnuts
1/2 c Crab Meat or shelled Shrimp (opt)
1/2 tsp Fresh ginger root
1 tb Tientsin preserved
Cornstarch Paste

Peel turnips & carrots. Use melon scoop to cut turnips into large balls. Slice carrots 1/2" thick; then with paring knife, cut 4 evenly spaced notches into rim of each slice (don't cut into center core). Carrots should look like little flowers. Parboil turnip & carrots in stock until barely tender. Remove from stock & plunge pieces into cold water; drain.

Cut onions, asparagus & baby corn into 1 1/2" pieces. Mince together fresh ginger root & Tientsin preserved Vegetable. In a small pan or beaker on med heat, render pieces of chicken fat. Stir-frying: Add peanut oil to Hot wok. When it begins to smoke, briskly fry crab Meat or shrimp for 1 minute. Add asparagus, baby corn, mushrooms & water chestnuts, stir-frying until they are Hot. Add ginger mixture, then onions. Stir-fry another 30 seconds. Add 1/2 stock, salt & Sugar; bring to boil. Add turnips & carrots.

Cover & reduce heat; simmer for 5 minutes. Uncover, push ingredients out of liquid, & dribble in cornstarch paste to thicken slightly. Stir liquid to prevent lumping while it thickens to a thick Soup. Recombine, then mix in chicken oil. Place on serving platter.

AUTHENTIC FRIED RICE

2 oz Chinese barbecued Pork
1/4 lb Fresh or frozen peas (if peas are fresh, chill first)
1 tsp Salt
2 tbsp soy sauce
2 tbsp Oil, preferably peanut
2 Eggs; lightly beaten
2 c Long-Grain Rice, steamed
4 oz Fresh Bean sprouts

Heat wok or a dry skillet, when pan starts smoking, spread peanut oil into pan. Add rice, pork and peas and stir-fry for about 2 minutes. Pour in soy sauce, stir-fry for another minute. Pour the lightly beaten eggs over the mixture, continue to cook until eggs are done, about 1-2 minutes. Serves 4.

BARBECUED LAMB ON SKEWERS

2 lb Stewing Lamb, cut in 1 1/4" cubes
1/2 tsp Cayenne and
4 tbsp Fresh lemon juice
1/4 tsp Salt
3 Cloves Garlic, minced
1 pinch Sugar
1 tbsp Hot Chili oil (or 1 tbsp Salad oil)

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

BASIC WON TON

10 Chinese mushrooms, small
1 tsp Salt
1/4 lb Prawns
1/2 tsp Sugar
5 Fresh water chestnuts (OR 7- canned ones)
1 tsp Thin soy Sauce
1 tsp Oyster Sauce
1/2 lb Ground Pork
Dash of pepper
1 Green onion, finely chopped
1/4 tbsp Cornstarch
1 pk Wonton skins
1 sm Egg

Boil Chinese mushrooms for 10 minutes, rinse, squeeze dry, cut off, and discard stems; then, chop into very small pieces. Shell, devein and wash prawns. Chop into very small pieces Peel and crush water chestnuts with the flat side of the cleaver. If you don't have a cleaver, chop the water chestnuts into very fine pieces. Combine mushrooms, prawns, water chestnuts, Pork and green onion. Add all other ingredients and mix well.

1 tsp of filling is used for each won ton. With one corner of the wonton skin toward you, place 1 tsp of filling about an inch from the corner. Fold one corner to cover the filling. Fold once more...about 3/4 inch. Turn the won ton so that the triangle is toward you. Dampen the left corner with a little water. Swing the right corner away from you and place it on top of the dampened left corner. As you make this fold, simultaneously pull the filling toward you with your middle finger, you should finish with a little "hat-like" effect.

BEEF WITH BROCCOLI

1/2 lb broccoli (you may also substitute other vegetables if you wish)
15 oz of beef, cut length wise. (you could also use chicken, pork lamb
or a combination of meats)
1 egg white
1 tbsp cornstarch
1 1/2 tbsp of soy sauce
1/2 tsp salt
1 tbsp of dry sherry (may substitute with wine or beer)
1/3 cup of oil
1 clove of garlic smashed and minced
Green onions to garnish (chopped)

~~Sauce~~

1/4 cup of oyster sauce
1 tbsp seasme seed oil
1 to 1 1/2 tbsp soy sauce
1 tbsp dry sherry
pinch of sugar

~~Corn starch solution~~

1/3 cornstarch to 2/3 water
1/2 tsp MSG if wanted.
Can also add a little chicken stock too if desired

Marinate the meat in egg white, cornstarch, soy sauce, salt, and Sherry; set aside for 10 minutes.

Blanch the broccoli until 3 minutes, set aside. Heat 1/4 cup of oil in your wok or pan and stir fry the beef, about 25 sec, no longer! Remove and drain. Heat 3 tbsp of fresh oil and heat through the broccoli, coat completely with oil. Return the beef and then add the sauce ingredients. Heat through. Thicken with cornstarch solution.

BEAN CURD WITH OYSTER SAUCE

1/2 lb Soy Bean curd (canned or fresh)
1/2 c Chicken stock
1 pinch Sugar
2 Green onions
2 tbsp Premium oyster Sauce
1/2 tsp Minced Garlic
2 tbsp Peanut oil
1 tsp Peanut oil
Cornstarch paste

Slice Bean curd into 1/4" cubes; sliver green onions. In Hot wok, heat oil just to point of smoking. Add Bean curd, green onions and Garlic. Stir gently to avoid breaking up curd; turn pieces to coat with oil. Be sure oil is not too Hot or curd will tend to stick to pan.

When aroma of Garlic is apparent, add stock and bring to boil. Lower heat, cover, and simmer for about 30 seconds (don't let curd fall apart). Remove cover; stir in oyster Sauce and Sugar. Increase heat, and when liquid boils again, add enough cornstarch paste to make a creamy (but not too thick) Sauce. Swirl in peanut oil to make a glaze. Serve over Rice or in a shallow serving bowl.

BEEF CHOW MEIN

3/4 lb Round steak
1 Tbsp Soy sauce
1 tsp Salt
1 Tbsp Sugar
8 Fresh mushrooms (optional)
1/2 lb Bean sprouts
6 oz Bamboo shoots (can)
3 ea Green onions (scallions)
2 cup Beef stock
2 Tbsp Cornstarch
1 tsp Sesame oil
2 cup dried egg noodles
Deep frying oil

Cut beef about 1" long 1/2" wide and as thin as possible. Mix the salt, sugar and soy sauce together and mix well, then add the beef and marinate for at least one hour.

Wash and slice the mushrooms, including stems. Slice the bamboo into thin strips; slice the scallions into 1" pieces; soak, rinse and drain the bean sprouts.

In a separate bowl, mix the cornstarch and beef stock together.

Drain the beef reserving the marinade. Heat the sesame oil and stir-fry the beef for 4 to 5 minutes. Add the cornstarch mixture and remaining marinade, bring to a boil stirring constantly; add the vegetables and simmer for 5 minutes longer.

Cook noodles in boiling water for 4 to 5 minutes; drain thoroughly. Deep fry as needed draining on absorbent paper. Place cooked noodles on a plate or serving platter, top with beef mixture.

BOK CHOY WITH WHITE PORK

1/4 lb Boneless Pork shoulder
1/4 c Chicken stock
1 lb Bok choy stalks
1/2 tsp Sugar
1/2 tsp Minced Garlic
1 ts Dry sherry
1/2 tsp Minced fresh ginger
Cornstarch paste
3 tbsp Peanut oil
1 tsp MSG (opt)
1/4 tsp Salt

Slice Pork against the Grain into thin strips about 2" by 1/2". Separate outer fleshy stalks from center flower stalk of bok choy. Use center stalk in another stir-fry dish or in Soup. Wash outer stalks, and diagonally slice into 3" pieces.

The meatier ends of the stalks should be sliced a little thinner. Swirl oil around in very Hot wok. When oil begins to smoke, add Pork and stir-fry until Meat is seared (about 1 minute).

Add bok choy, Garlic and ginger. Stir-fry until green leaves are bright and shriveled, stirring and tossing constantly so stalks won't burn. Add salt, stock, Sugar and dry sherry.

When liquid begins to boil, cover wok and steam for 30 seconds or less on high heat, until stalks are tender but still crisp. Push ingredients up side of wok; dribble cornstarch paste into liquid and stir to make a light Sauce. Recombine and add MSG if desired.

BRAISED CHICKEN DRUMSTICKS

8 Chicken fryer drumsticks
4 c Cold water
Cornstarch for dredging
1/2 c Dark soy Sauce
3 c Oil for deep-frying
1/2 c Rock Sugar
1 c Dried chestnuts
1/2 c Medium sherry
1 Five-spice bouquet (OR 1 tbsp Five-spice powder)
1/2 tsp Salt

At least 12 hours before cooking this dish, rinse several times then soak dried chestnuts. After soaking, remove pieces of skin wedged in nutmeat.

Deep-frying: In wok or similar pan, slowly heat deep-frying oil until bubbles quickly form around chopstick held vertically in oil. Meanwhile, dredge drumsticks in cornstarch; shake off excess starch. Deep-fry drumsticks 2 at a time until brown, about 5 minutes. Remove from oil; and place on absorbent paper towel to absorb grease.

Red-cooking: Put water in sandy pan or comparable Casserole dish; add 5-spice bouquet, soy Sauce, sherry & salt (5-spice powder can be substituted, though the final flavor will be less distinctive). Slowly bring to boil, reduce heat, cover pot & simmer 15 minutes. Remove cover; discard bouquet; add salt & rock Sugar; dissolve rock Sugar. You can stop here until near serving time. About 30 minutes before serving time, add drumsticks & soaked chestnuts to Hot red-cooked Sauce.

Simmer in covered pot for 15 minutes; remove cover; simmer for another 15 minutes.

Sauce should have reduced by about 1/3, and become bright & thick. To serve, prop drumsticks up around sides of sandy pot; spear chestnuts with sate sticks or long toothpicks.

BRAISED CHINESE CABBAGE

2 lb Napa (or celery) cabbage
1 c Chicken stock
1 tsp Salt
1/4 tsp Salt
8 Chinese "jyo" mushrooms
1 tbsp Sherry
1 tbsp Dried shrimp
1/2 tsp Sugar
1/4 c Sichuan preserved mustard greens
1 tsp soy Sauce
Cornstarch paste
1 tbsp Peanut oil
1 tbsp Rendered chicken fat

First wash & soak Chinese mushrooms & dried shrimp in warm water for 1 hour until soft. Next, mince the shrimp. Remove hard stem from mushrooms. Wash & thinly slice mustard green.

Separate cabbage leaves; blanch in salted boiling water for 30 seconds; drain; slice into 2" sections.

In a bowl, combine stock, salt, sherry, Sugar & soy Sauce; reserve. Render chicken fat in small saucepan at medium heat; discard pieces of fat; keep oil Hot.

Braising: Heat peanut oil in wok until Hot but not smoking. Stir-fry mushrooms, shrimp & mustard green for 15 seconds. Add cabbage; stir-fry for 1 minute. Add stock mixture; bring to boil. Reduce heat, cover wok, & simmer for 10 minutes, reducing liquid by half; add more stock if needed.

Turn up heat; add enough cornstarch paste to make light Sauce. Swirl in Hot chicken oil. Serve. **Cabbage leaves should become transparent, but avoid overcooking; they should be soft but not wilted.

BRAISED LION'S HEAD IN A SANDY POT

1 lb Pork butt, ground or chopped
2 tbsp Water
1/4 c Water chestnuts, minced
3 c Chinese mustard cabbage, Shredded
1 tsp Ginger root, minced
2 Green onions, minced
4 c Stock (or water)
1/2 c Cooked Rice, minced
1/2 tsp Salt, to taste
1 tbsp Dark soy
1/4 tsp Sugar
1/2 tsp Sesame oil
6 tbsp Peanut oil

In a mixing bowl, thoroughly mix Pork, water chestnuts, ginger root, green onions, cooked Rice, dark soy, sesame oil & water. Allow mixture to blend for 30 minutes. Form into firm balls, one for each serving, each the size of a tennis ball (about 3 1/2" across).

Braising: Heat wok or skillet to Hot; add oil. When oil begins to smoke, introduce meatballs 1 at a time, so as not to cool oil. Fry meatballs until a brown crust has formed. They must be well crusted in order to retain their shape while stewing.

Cooking in Sandy Pot: Line sandy pot with shredded Chinese mustard cabbage; sprinkle with pan oil from meatballs, salt & Sugar. Add meatballs, then add cool or cold stock. Bring slowly to boil; cover; reduce heat to medium & simmer for about 2 hours. Correct seasoning if necessary.

BROCCOLI WITH GARLIC SAUCE

1 c beef broth
1 c water
1 bay leaf
1 clove garlic,peeled
1 onion (minced)
2 tbsp minced celery leaves
1/4 tsp salt
1/8 tsp pepper
1/4 c heavy cream
3 Thin slices Lemon

Simmer all ingredients but the cream and lemon slices,covered for 20 minutes. Then strain into another saucepan. Add cream and heat over lowest heat for 3-5 minutes. Add salt and pepper to taste. Serve hot with lemon slices on top of your cooked broccoli.

BUTTERFLY SHRIMP WITH SNOWPEAS

1/4 lb Fresh or frozen medium- Sized shrimp
2 Green onions
3 tbsp Peanut oil
1/3 lb Fresh snowpeas
1/2 c Chicken stock
8 lg Fresh or canned water Chestnuts
2 tsp light soy Sauce
1 tsp Dry sherry
1/2 c Unpeeled straw mushrooms
1/2 tsp Salt
2 tsp Fresh ginger, slivered
1 pinch Sugar
1 lg Clove Garlic, minced
Cornstarch paste

Soak snowpeas in cold water for 2 hours to make crisp. Soak shrimp in salted cold water for 1 hour. Drain straw mushrooms. Break off ends of snowpeas. Peel & rinse water chestnuts. Shell shrimp, keeping tail intact. Deeply slit shrimp around upper curve (don't cut through), deveining, & spreading shrimp almost flat.

Cut green onion on the bias in 2" lengths. Slice water chestnuts thinly crosswise. In small bowl, mix stock, soy Sauce, sherry, salt & Sugar. Stir-frying: Swirl peanut oil into very Hot wok. When oil begins to smoke, add shrimp & stir-fry until they curl (about 20 seconds). Remove shrimp to serving platter. Stir-fry mushrooms for 30 seconds; add Garlic & ginger; stir-fry another 30 seconds. Add snowpeas & water chestnuts; stir-fry briskly for 1 minute. Add stock mixture; bring to boil; keep tossing until snowpeas are bright green.

Push ingredients out of liquid, dribble in cornstarch paste to thicken slightly. Return ingredients, including shrimp. Stir briefly. Serve immediately. Note: snowpeas should be slightly undercooked when served.

CASHEW CHICKEN

3 Chicken breasts (boned & skinned)
1/4 c Soy Sauce
1/2 lb Chinese pea pods
2 tbsp Corn starch
1/2 lb Mushrooms
1/2 tsp Sugar
4 Green onions
1/2 tsp Salt
2 c Bamboo shoots, drained
4 tbsp Salad oil
1 c Chicken broth or bouillon cube dissolved in water
1 pak Cashew nuts (about 4-oz)

Slice breasts horizontally into very thin slices and cut into inch squares. Place on tray.

Prepare Vegetables, removing ends and strings from pea pods, slicing mushrooms, green part of onions, and the bamboo shoots. Add to tray.

Mix soy Sauce, cornstarch, Sugar, and salt. Heat 1 tbsp of oil in skillet over moderate heat, add all the nuts, and cook 1 min shaking the pan, toasting the nuts lightly. Remove and reserve.

Pour remaining oil in pan, fry chicken quickly, turning often until it looks opaque. Lower heat to low. Add pea pods, mushrooms, and broth. Cover and cook slowly for 2 mins. Remove cover, add soy Saucemixture, bamboo shoots, and cook until thickened, stirring constantly. Simmer uncovered a bit more and add green onions and nuts and serve immediately. Serves 4

CASHEW NUT PRAWNS

1/2 lb Fresh prawns
2 c Water
1/2 can Mini Sweet corn
1 tsp Salt
2 Stalks celery
1 tbsp Oil
2 Green onions
1 c Oil for deep-frying
2 oz Raw cashew nuts (1/2 cup)
1 c Oil for deep-frying

To thicken add:

2 tbsp water
1 tsp soy sauce
1/2 tsp dark soy sauce
dash of pepper
1 1/2 tsp cornstarch

Shell, de-vein and wash prawns; then put 1 tsp salt into 2 cups water. Add the prawns and soak for 1 hour. Cut each mini corn diagonally into 2 parts. Cut celery into 1-1/2 inch pieces; then cut each piece lengthwise into strips julienne style. Cut green onions into 3/4 inch lengths. Drain and dry prawns with a paper towel.

In a small saucepan heat 1 c oil to 325 degrees. Then deep-fry the cashew nuts for 3 minutes or until golden brown. Drain off excess oil and set aside. Using the same oil as used for the cashew nuts deep-fry the prawns for 3 minutes. Remove and set aside.

Heat wok add 1 tbsp oil and stir-fry celery sweet corn and green onion for 1 minute sprinkling lightly with salt and sugar. Add prawns. Combine thickening ingredients in a cup; then stir into prawn mixture. Cook for 1 minute. Turn off heat add cashew nuts; mix thoroughly and serve. Serves about 4.

CHICKEN CHOW MEIN CASSEROLE

2 Garlic cloves; minced
8 oz Fresh mushrooms; sliced
1 sm Red bell pepper; sliced
1/2 c Slivered almonds
1 can Water chestnuts; diced
1 can Cream of mushroom soup
3 c Chicken, cooked and cubed
2 tsp Soy sauce
1/4 tsp Pepper
3 Green onions; chopped
3/4 c Mayonnaise
1 can Chow mein noodles

In large skillet, sauté garlic, mushrooms and red pepper in 1-2
tbsp butter until soft. Add remaining ingredients except chow
mein noodles. Heat mixture thoroughly. Place into a 11x7 or 9x13
pan. Now, top with the chow mein noodles. Bake at 350 degrees for
about 30 minutes or until bubbling.

CHICKEN HARVEST STIR-FRY

6 oz Cooked chicken cut into strips (or 1 pkg Louis Rich Chicken strips)
1 tbsp Olive Oil
1 c red or green bell pepper (cut into strips or chunks)
1 c carrots (sliced lengthwise in 3" long strips)
1/4 Lemon-herb Stir-fry Sauce
3 cups cooked rice (prepare per package directions)

Heat oil in pan and cook vegetables on med heat for about 5 min or until vegetables are crisp tender. Add the chicken and the Lemon-herb sauce, mix well, cover and simmer about 2 minutes or until heated thoroughly, stirring occasionally. Spoon over cooked rice and serve (noodles may be substituted for rice if desired).

CHICKEN AND LOTUS SEED SOUP

1 c Chicken breast, julienne
5 c Chicken stock
12 Dried lotus seeds
2 Slices fresh ginger root
4 Nami black mushrooms
2 tbsp Dry sherry
1/2 c Celery, julienne
1/2 tsp Sugar
1 tbsp Smithfield ham, julienne
1 tsp Salt
2 Sprigs Chinese parsley
2 tsp Lotus root powder

Blanch lotus seeds, remove reddish brown tip. Wash and soak mushrooms in warm water until soft, about 30 minutes; remove stems; slice in thin matchsticks. Before slicing celery, scrap off stringy back of stalk; slice julienne lengthwise in 1" sections. Slice chicken breast and Smithfield Ham (or other pungent pressed ham) in 1" strips.

Soup: Heat stock in 3-quart pan or sandy pot. Add ginger, sherry, Sugar and salt. Bring to gentle boil, then add lotus seeds, chicken and mushrooms. Simmer Soup for 30 minutes.

Add celery and ham. Simmer for another 15 minutes. Mix lotus root powder with a little Hot stock, then stir into Soup. Transfer to heated serving bowl, or serve in sandy pot.

Garnish with Chinese parsley. NOTE: Lotus seeds require about 30 minutes in simmering water to soften. Check them before adding ham and celery; simmer longer if necessary.

CHICKEN IN PLUM SAUCE

1/2 c Oil
4 Carrots
1 Clove Garlic
2 tsp Sugar
3 lbs Frying chicken
1 tsp Salt
1/3 c Plum Sauce
1/3 c Chinese pickles
5 Celery stalks, diced
1/4 c Water
4 slice Ginger
2 tsp Cornstarch mixed with 1/4 cup water
3 tbsp Sherry

Cut chicken into bite-sized pieces. Peel carrots and cut into cubes.
Crush Garlic.

COOKING: Place oil and Garlic in skillet. Brown Chicken, stir 5 minutes, cover, reduce heat, and simmer 10 minutes. Add plum Sauce celery, ginger, sherry, carrots, Sugar salt, pickles and water. Simmer covered for 12 minutes. Add cornstarch-water mixture to thicken gravy. Serves 4.

CHICKEN FOO YUNG

1 tbsp sunflower oil
1 pkg Fresh or frozen peas (about 7 oz)
1 Medium sliced onion, cut into 1 inch square slices
1 c Boned Chicken Breast, cut into strips
2 tsp salt
1 c Bean sprouts
5 Eggs, beaten

Heat sunflower oil in a wok. Stir-fry the chicken; brown lightly on moderate to high heat. Add half the salt, onions, peas, and stir-fry for 2 mins.

Add bean sprouts and stir-fry for 1 min. Add eggs to the ingredients in the wok and reduce the heat to a simmer. Stir occasionally while the mixture sets so that the mixture does not stick on the bottom of wok. When the mixture has set and is brown in places, it's done. Serve over rice.

CHINESE BARBECUE SAUCE

3/4 c Catsup
1 tbsp Ground ginger
1/2 c Brown Sugar
1 tbsp Liquid smoke
3 tbsp Soy Sauce
2 Cloves Garlic, minced

Mix all ingredients and bring to a boil. lower heat and let simmer for about 10-15 min.

CHINESE BARBECUED SPARERIBS

2 lbs Spareribs
1 Clove Garlic
2 tbsp Dark soy Sauce
1/2 tsp Hot Chili oil (omit with Chap Sam Sauce)
2 tbsp soy Sauce
3 tbsp Orange honey
1 Green onion
3 tbsp "Koon Chun" Hoisin Sauce (or Chee Hou or Chap Sam Sauce)
1 tbsp Dry Marsala

Chop ribs into 2" sections. Mix remaining ingredients and marinate ribs in mixture for 4-6 hours, turning several times. If you marinate overnight, keep refrigerated, and allow to warm up before baking.

Preheat oven to 350 degrees. Drain ribs, saving marinade. Place ribs on rack in roasting pan. Bake at 325 degrees for 45 minutes, basting every 15 minutes. Turn up heat to 375 and finish undisturbed for 15 minutes, until slightly crusty. Serves 4.

CHINESE CABBAGE

2 tbsp sesame seed
1/2 c sliced slivered almonds
1/2 Medium cabbage; thinly sliced
1 Bunch chopped green onions (1 to 2)
1 Pkg. chicken Ramen noodles; broken up
~~Dressing~~
3 tbsp white vinegar
1/2 tsp vinegar
1/2 tsp pepper
2 tbsp sugar
1/2 c oil
chicken flavoring out of Ramen noodles

In 2 tbsps butter, toast sesame seed and slivered almonds. Add this mixture with cabbage, onions and chicken Ramen noodles. Blend dressing in blender. Pour dressing over cabbage mixture and stir until thoroughly blended.

CHINESE CHICKEN WING DRUMSTICKS

10 chicken wings
1 tbsp cornstarch
1 tsp sugar
1 tsp salt
1 tsp light soy sauce
1/2 tsp five spice powder
1/2 cup all-purpose flour
3 tbsp cornstarch
2 tbsp vegetable oil
1/2 tsp baking soda
1/2 tsp salt
1/2 cup water
1 egg
Vegetable Oil

Cut each chicken wing at joint to make 2 pieces. Cut skin and meat loose from narrow end of bone; push meat and skin down to large end of bone. Pull skin and meat down over end of bone to form a ball. Mix 1 tbsp cornstarch, the sugar, 1 tsp salt, the soy sauce, and five spice powder; sprinkle over chicken drumsticks. Cover and refrigerate 30 minutes.

Heat vegetable oil (1 1/2" deep) in wok to 350 degrees. Mix flour, water, egg, 3 tbsp cornstarch, 2 tbsp vegetable oil, the baking soda and 1/2 tsp salt. Dip ball end of each drumstick into batter. Fry 5 drumsticks at a time until light brown, turning 2 or 3 times, 4-5 minutes. Drain on paper towel. Increase oil temperature to 375 degrees. Fry drumsticks all at one time until golden brown, about 2 mins. Drain on paper towel to absorb grease.

CHINESE COLESLAW

1 pkg ready-made Coleslaw 9-8 oz.
1 pkg Top ramen noodles (oriental)
1 bunch Green onions
1/2 c Sunflower seeds
1/2 c Slivered almonds
2 tsp Butter (split in half)
~~DRESSING~~
1/2 c Oil
3 tbsp Sugar
3 tbsp Balsamic vinegar
Ramen seasoning

Break the top ramen noodles into small pieces, but don't grind them in your hands, next brown them in butter. Noodles should be crisp. Set aside.

Then brown green onions, sunflower seeds and almond slivers in skillet with remaining butter. Set mixture aside. Blend oil, sugar, vinegar and ramen seasoning to make the dressing. Shake ingredients vigorously. Don't mix ingredients until you're ready to serve.

CHINESE FIRE POT

1 lb Boneless Beef sirloin or Beef round
2 bunches Spinach
8 oz Canned water chestnuts, drained and sliced
1 lb Boned chicken breasts
1 lb Fish fillets
8 oz Canned bamboo shoots, drained and sliced
1 lb Medium shrimp
1 lb Chinese cabbage
4 cans Chicken broth (13 3/4-oz cans)
1/2 lb Fresh forest mushrooms or Cultivated mushrooms
Sweet-and-sour Sauce
Lemon juice
Soy Sauce
2 pak Enoki mushrooms
Prepared Hot Chinese mustard
-(3 1/2-oz packages)
1/4 lb Fine Egg noodles; cooked
3/4 lb Chinese pea pods
Cilantro or chives; chopped (optional)
2 bunches Green onions

You don't need to use all ingredients listed here as long as you offer an interesting blend of meats, Fish and Vegetables. Other meats and Vegetables can be substituted, if desired. Place Beef, chicken and Fish in freezer and chill until firm to touch but not frozen. Slice Beef and chicken in strips 1/4" thick and about 2" long. Cut Fish into 3/4" cubes. Shell and de-vein shrimp. Chop cabbage into bite-size chunks.

Clean mushrooms. If using forest mushrooms, remove and discard stems. Slice mushrooms and sprinkle with lemon juice. Cut off and discard root portion of enoki mushrooms and separate clusters as much as possible. Wash, trim ends and string pea pods. Clean green onions and cut in halves lengthwise, including green portion. Cut into 2" lengths. Clean spinach and discard thick stems.

To serve, arrange Beef, chicken, Fish, shrimp, cabbage, forest mushrooms, enoki mushrooms, snow peas, green onions, spinach leaves, water chestnuts and bamboo shoots in individual rows on large platters or serving plates. Bring broth to boil.

Place heating unit under Chinese Hot pot and pour boiling broth into Hot-pot bowl. Using Chinese wire ladle and chopsticks or fondue forks, each person places whatever ingredients are desired into Hot broth to poach. When cooked (this will take only a few moments), ingredients are then dipped into Sweet-and-sour Sauce, soy Sauce or Hot mustard as desired, and eaten with noodles, adding cilantro, if desired.

CHINESE FRIED RICE

2 tbsp sunflower or vegetable oil
8 oz Cooked long grain rice
3 oz Smoked lean bacon, finely diced
3 oz Peeled prawns
2 -3 eggs, beaten
4 oz Fresh or frozen peas, blanched
6 Spring Onions
Salt and freshly ground black pepper
Spring onion tassels

Heat the oil in a large frying pan or wok, until just smoking.
Stir in the rice and stir fry for 1 minute, then add the bacon and prawns. Continue to cook for a further 5 minutes over a high heat.
Hint: if you slightly undercook the rice it won't become a sticky mess.

Stir in the beaten eggs, peas and spring onions, and cook for a further two minutes. Season to taste.3) Serve piping hot, garnished with spring onion tassels. serves 3-4

CHINESE FORTUNE COOKIES

5 Egg whites
1 1/2 c Sugar
1/4 tsp Salt
1 c Unsalted butter (melted and cooled)
1 c Flour
1/2 tsp Almond extract
Messages/5 dozen

Pre-heat oven to 375 degrees.

Put egg whites in a bowl, next add the sugar and salt and stir until the sugar has dissolved and the mixture is thick and shiny. Gradually beat butter into egg white mixture. Next stir in the flour and add almond extract. Using a measuring spoon, drop by teaspoonfuls, well apart, onto a greased or non-stick baking sheet.

Bake only 1 sheet at a time for 7-8 minutes, or until the edges are lightly browned. Working quickly, place a message in the center of each cookie, and fold in half while still warm. Place the still-warm folded cookies in cool muffin tins to shape. Cool completely before storing. Makes about 60 cookies.

CHINESE NEW YEAR'S COOKIES

6 oz Pkg semi-sweet -chocolate bits
6 oz Pkg butterscotch pieces
3 oz Can Chinese noodles
7 1/2 oz Can salted Spanish Peanuts

Melt chocolate and butterscotch chips over hot water (a dbl boiler works best) Add noodles and peanuts. Drop by spoonful on wax paper. Keep mixture hot while spooning. Chill until firm. Makes approx. 4 dozen.

CHINESE MAPO TOFU

2 tbsp Oil; for sautéing
1 pak Fresh tofu (any firmness) - cut into cubes
1 tbsp Black Bean Garlic Sauce- (see notes)
1/4 c Chopped green onions
1 tsp Red Chili Paste with Garlic
Salt to taste
1/4 lb Ground Pork

Black Bean Garlic Sauce and Red Chili Paste with Garlic are available at Asian markets and some supermarkets with large Asian specialty sections.

In a wok or deep skillet, place oil, Black Bean Sauce, Red Chili Sauce with Garlic and ground Pork. Turn heat on high; gradually combine the sauces and Meat as the heat increases. When Meat is browned and cooked through, turn heat to medium and add cubed tofu. Mix gently and continue to simmer for 5-8 minutes, stirring occasionally, until well blended and tofu is heated through. Add green onion and toss. Add salt to taste. Serve with cooked white Rice. 4 servings

CHINESE MIXED VEGETABLES

1 tsp vegetable oil
1 thinly sliced gingerroot
1 clove crushed garlic
2 c Chinese cabbage (chopped)
1 tsp salt
1/2 tsp sugar
1/4 teaspoon MSG (optional)
1/4 c canned chicken broth
1/2 c pea pods
1/2 c sliced bamboo shoots
1/2 c thinly sliced mushrooms

Preheat wok and spread the vegetable oil around inside. Rub bottom and sides with the ginger root and garlic, then discard. Put cabbage in wok and stir. Add salt, sugar,MSG and chicken broth. Stir and cover; cook for 3 min. Add the peas pods, bamboo shoots and mushrooms. Stir about 30 second and serve.

CHINESE POT ROAST

3 lb Chuck roast, 1 ½" thick
1 tbsp Vegetable oil
1/2 c Bottled stir-fry sauce
1/2 c Burgundy wine
1/2 lb Fresh mushrooms, sliced
1 tbsp Cornstarch

Heat Oil in dutch oven. Next add meat and brown on both sides. Combine stir-fry sauce with Wine and pour over meat. Cover, reduce heat and simmer for 1hr. 40 minutes. Now add mushrooms and simmer, covered, another 15 minutes or until Beef is tender.

Combine cornstarch and /4 cup Water. Remove meat to platter and keep warm. Add cornstarch mixture to pan juices; cook and stir until mixture boils and thickens lightly. To prepare meat for serving, cut meat across grain into thin slices and serve with mushroom gravy.

CHINESE TENDERLOIN

1 lb. beef tenderloin
3 tbsp dry sherry
1½ tbsp soy sauce
2 tsp oyster sauce
1 tsp sugar
1 tsp cornstarch
½ tsp baking soda
¼ tsp salt
1 clove garlic, crushed
1½ tbsp vegetable oil
2 medium yellow onions, thinly sliced

Remove and discard fat from meat. Cut meat across the grain into thin slices. Combine sherry, soy sauce, oyster sauce, sugar, cornstarch, baking soda, salt and garlic in a medium glass bowl. Mix in meat. Cover and refrigerate at least 3 hours.

Heat oil in wok over high heat. Stir-fry onions in the oil until golden, 3 to 5 minutes. Transfer onions to a serving plate. Keep warm.

Add about 1/3 of the meat to wok, spreading out slices so they do not overlap. Cook slices on each side just until lightly browned, 2 to 3 minutes. Remove meat from pan and arrange over onion slices. Repeat twice to cook remaining meat.

CLEAR FISH SOUP

1/2 lb White Fish fillets, fresh or frozen
8 Slices winter bamboo shoots
1 Bunch fresh spinach
4 c Superior chicken broth (clear)
1 tsp Salt
1 tbsp Cooked peanut oil
1 tbsp Medium sherry

Heat chicken broth. Cut Fish fillets into 1" by 2" pieces. Cut off root ends of spinach & thoroughly wash. Slice bamboo shoots into paper-thin strips; add to stock as it is heating. Using wire strainer, blanch Fish pieces in boiling water for 15 seconds, reserve.

Add salt to water. Blanch spinach for 10 seconds, drain & reserve. When stock reaches rapid simmer (don't let it boil), add Fish, spinach & sherry. Cook for 3 minutes. Heat peanut oil in ladle over flame. Mix oil into Soup, transfer to serving bowl, & serve.

CRAB RANGOON

1/2 lb Crabmeat-drained and chopped
1/2 tsp A-1 Sauce
1/2 lb Cream Cheese room temperature
1/4 tsp Garlic powder
1 egg yolk (well beaten)
oil for deep frying
chinese mustard or red sauce
30 wonton wrappers

Combine crabmeat with cream cheese & seasonings in a medium bowl, blend to a paste.

Place a heaping tspful on each wonton. Moisten edges of wontons with egg yolk, gather the 4 corners together at the top & pinch edges together to seal.

Heat oil to 375 degrees, add wontons in batches & fry until golden brown, about 3 minutes Remove with slotted spoon & drain on paper towels.

CRUNCHY BEAN SPROUTS WITH BEEF

1/2 lb Flank steak
1 tb Dark soy Sauce
2 c Mung Bean sprouts
1 tb Dry sherry
1/2 md Yellow onion
Cornstarch paste
1 tbsp Peanut oil
2 tsp Salt
1/2 c Chicken stock
1 tsp Szechuan peppercorns

Rinse Bean sprouts; drain. Separate layers of onion and slice into thin strips to match sprouts. Cut steak into slices across the Grain 1/4" wide by 2" long.

Mix stock, soy Sauce and sherry in a cup. Prepare Szechuan pepper/salt: heat dry wok to medium and add Szechuan peppercorns, stirring constantly until peppercorns exude a strong aroma; remove from heat. Crush peppercorns with salt, using rolling pin or blender. Sift to remove coarse pieces. Store in closed jar.

Scalding: In large bowl, cover onions with boiling water; drain in 10 mins. Add sprouts, cover both with boiling water; drain in 3 mins. Sprinkle with about 1/2 tsp. Szechuan pepper/salt. *Stir-fry:* Add oil to Hot wok. When oil starts to smoke, add steak, and stir-fry briskly for 1 minute or until Meat loses pinkness. Push Meat aside in wok; add stock mixture and bring to boil. Dribble in thin cornstarch paste until light gravy is formed. Mix with Beef. Pour over sprouts and onions in a serving bowl.

CURRIED CHICKEN SPRING ROLLS

1 tbsp Soy Sauce
2 tsp Soy Sauce
1 tbsp Coconut milk
1 tsp Vinegar, white
1 3/4 tsp Curry powder
1/2 lb Chicken, ground
3/4 tsp Salt
3/4 tsp Sugar
4 tsp Vinegar, cider
1 tbsp Cornstarch
2 tsp Gingerroot, minced

--dipping Sauce--

5 Chilies, mild green
2 Chilies, yellow wax
3 Garlic clove
1 Cilantro, bunch, minced
1 1/2 tsp Garlic, minced
2 Jalapeno chilies, minced
1 c Celery, diced
2 c Napa cabbage, diced
3/4 c Carrot, grated
1 c Cellophane noodles
16 Spring roll wrappers
1 Egg yolk, beaten
3/4 c Pickled ginger juice or:
3/4 c Unseasoned Rice vinegar
2 tbsp Oil, peanut
Salt to taste

Soften cellophane noodles and cut into 2-inch lengths. Dissolve cornstarch in 1 tbsp water. Cut chilies in halves. Marinate chicken for 1 or 2 days in bag with 1 tbsp soy Sauce, coconut milk, white vinegar, and 3/4 tsp. curry powder.

When ready to cook: Heat 1-2 tbsp oil in wok and stir-fry chicken until mostly white. Remove, set aside, and then clean wok. Combine salt, Sugar, remaining soy Sauce and cider vinegar. Place in wok with chicken. Heat through, add cornstarch, and cook 2 to 3 minutes until glossy. Spread on large plate and cool in refrigerator. Combine ginger, Garlic, remaining curry powder, and chilies.

Heat 3 tbsp oil and cook Chili mixture 1-2 minutes. Should foam without browning. Add celery then cabbage. When translucent, add carrots and noodles. Combine chicken and noodle mixtures. Use 2 tbsps. filling per spring wrapper. Tuck in ends and include a sprig of cilantro in last turn (to show through when fried). Seal with Egg yolk. Deep fry about 3 minutes at 350 degrees and drain.

Dipping Sauce: Blend chilies and Garlic until pureed. Add ginger juice and oil until blended. Season with salt. Add cilantro just before serving. (If serving right away, cilantro may be pureed with chilies.) Makes one cup.

EGG DROP SOUP

3 c Chicken broth
1 med Green onion with top
1 tsp Salt
Chopped
Dash of white pepper 2
Egg slightly beaten

Heat chicken broth, salt and white pepper to boiling in 2 quart saucepan. Stir green onions into eggs. Pour Egg mixture slowly into boiling broth, stirring constantly with fork to form shreds of Egg.

EGG FLOWER SOUP

46 oz of clear chicken broth.

1/4 Cup of fresh chopped green onions.

1 tbsp of cornstarch diluted in 2/3 cup of cold water.

4 Eggs (large) (lightly scrambled)

1 Cup of firm Tofu cut into 3/4 in. cubes.

1/2 Cup of thinly sliced bamboo shoots.

1/4 Cup of thinly sliced common mushrooms.

1/4 Cup or just a little less of frozen, sweet green peas.

2 Tbl.sp. of soy sauce.

1/2 Tsp. of sesame oil.

Bring broth to a simmer. Add peas, bamboo shoots, mushrooms, and green onions to the simmering broth. Allow vegetables to cook for approx. 5 min. While gently stirring the mixture, slowly add the eggs. Stir for a minute, and then add the tofu, soy sauce, sesame oil and cornstarch. Cover and allow to simmer for 7-10 minutes. Serves 4.

EGGPLANT WITH SPICY MEAT

4 Oriental eggplants (4 Oriental eggplants should equal about 1 lb)

3/4 c Chicken broth

Oil

2 tbsp Bottled hoisin Sauce

1 tbsp Chile oil

1 tbsp Chinese vinegar

1 tbsp Mashed Garlic

2 tsp Cornstarch

1 c Ground Pork (or 1/2 lb ground beef & 1/2 lb ground pork may be used)

1 tsp Water

Soy Sauce

1 tbsp Minced green onion (green part only)

Trim blossom ends of eggplants. Cut in halves lengthwise. Cut each half in 1/2" -thick diagonal slices. Steam eggplants until tender or cook in 1" Hot oil in large skillet or wok until golden brown. Drain well on paper towels. Drain all oil from skillet and add chile oil. Cook over high heat 30 seconds. Add Garlic and cook, stirring, 10 seconds. Add ground Pork, 1 tbsp soy Sauce, broth and hoisin Sauce and stir-fry until Pork is browned. Add vinegar and eggplants, toss lightly to blend flavors and heat through. Season to taste with more soy Sauce. Mix cornstarch with water and stir into Pork mixture. Cook and stir until ingredients glisten. Add green onion and stir-fry 5 seconds. Serve immediately.

EGG ROLLS

1 lb. chinese cabbage (Napa)
2 stalks celery
1/2 lb. cooked shrimp
1/2 lb. cooked pork, chicken livers or chicken (finely chopped)
10 water chestnuts
1/3 c bamboo shoots
1 tsp. salt
1 tsp. sugar
Liberal dash pepper
1/2 tsp. light soy sauce
1/4 tsp. sesame oil
1 beaten egg
10 egg roll skins
3 cups oil

PREPARATION: Boil cabbage and celery until very tender. Drain and squeeze out excess water. Shred very fine and set aside to drain further. Par-boil shrimp and fry or bake pork. Mince both. Shred water chestnuts and bamboo shoots. Mix all ingredients but egg together. Beat egg. Wrap filling in egg roll skins and seal with egg.

COOKING: Heat oil in wok or deep fat fryer to 375 degrees and drop in egg rolls. When skin turns light golden brown, remove from oil and drain (refrigerate them and finish the cooking process when needed). When cool, drop again into hot oil and fry until golden brown.

FOIL WRAPPED CHICKEN (APPETIZERS)

1 oz. fresh ginger
2 tbsp soy sauce
1 tbsp sherry
pinch of brown sugar
pinch of salt
pinch of black pepper
1 lb. chicken meat
2 scallions
deep fat or oil for frying

Chop the scallions very finely; chop the ginger finely and mix with the scallions soy sauce, sherry, sugar, salt and pepper. Cut the chicken into bite size pieces and toss into the soy sauce mixture. leave covered for at least 30 minutes.

Cut out squares of aluminum foil. Wrap each piece of chicken into a piece of foil dropping in a little extra sauce mixture in with the chicken pieces. Make sure chicken is securely wrapped with no leaks. Drop the foil parcels in hot fat and fry for about 2 minutes turning once if possible but not that important. Drain. Serve the chicken in wrapper, since the wrapper holds in the flavor and juices.

FOUR KINDS OF STEAMED VEGETABLES

8 Stalks canned baby corn
1 c Chicken stock
1 can Peeled straw mushrooms
1 tsp Peanut oil
2 med Size fresh tomatoes
1/4 tsp Sugar
8 sm Stalks of bok choy
Cornstarch paste
1/2 tsp Salt
2 tbsp Chicken oil (rendered fat)

Have water in steamer boiling. Dip tomatoes to loosen skins; remove skins; slice in half.

Wash and trim bok choy stalks. Use slender end of stalk only (use leaves and thick stalk in other dish). Drain baby corn and straw mushrooms.

Steaming: First steam baby corn and straw mushrooms for 5 minutes. Place tomatoes and bok choy on separate plate; sprinkle with salt; steam for 3 minutes; drain. Arrange Vegetables on warm round serving platter in flower pattern.

Sauce: To render chicken fat, place pieces in small saucepan with a few drops of oil to prevent sticking. Cook on medium heat for 20 minutes or so, until chicken oil separates from solids. Drain oil, reserve. Alternatively, make aromatic oil by steeping several peeled Garlic cloves in Hot cooking oil (after removing it from heat). In small saucepan, heat chicken stock, peanut oil and Sugar.

When it starts to boil, dribble in enough cornstarch paste to give a light body. Keep warm until ready to use. When Vegetables are being steamed, reheat Sauce with chicken oil. Pour Sauce over Vegetables.

FRIED GARLIC CHICKEN RECIPE

2 lbs of Chicken (Chicken wing pieces works good)

1/4 c of beer

2 tbsp. soy sauce

1 Egg

1/4 c flour

1/4 c cornstarch

1/2 tsp baking powder

3 tbsp garlic salt

dash white pepper

Vegetable oil for frying (other types of oil may be substituted)

Par boil chicken until well cooked (This will reduce the amount of fat absorbed during frying). Mix remaining ingredients to make batter.

Add chicken and toss to coat.

Cover and chill for about 1/2 hr. Deep fry chicken in oil at 425degrees until golden brown. Serves 4-6

FUN SEE CHICKEN

4 oz Bean threads (vermicelli may be used as a substitute)
1 Garlic clove; crushed
3 tbsp Vegetable oil
1/2 c Chinese black mushrooms
1/2 tsp Vegetable oil
1 c Thin sliced Chinese cabbage
1/2 tsp Cornstarch
1/2 c Thinly sliced bamboo shoots
1 tbsp Dark Chinese soy Sauce
2 c Bean sprouts
1 tsp Light Chinese soy Sauce
1/2 c Chinese pea pods
1 c Dark chicken Meat **
1/4 tsp Sugar (optional)

Slice chicken in thin strips. Soak Bean threads in cold water 20 minutes. Drain and set aside. There should be 2 cups. Combine 1/2 tsp oil, cornstarch and both soy sauces. Add chicken and let stand 20 minutes.

Heat wok or skillet and add 3 tsps oil, coating bottom of pan. Rub surface of pan with Garlic clove, then discard Garlic. Add marinated chicken and marinade and stir-fry over high heat 3 minutes. Add mushrooms and stir 1 minute. Add cabbage and stir-fry 2 minutes, then bamboo shoots and Bean sprouts, stir-frying 1 minute after each addition. Add 2 cups water, cover and bring to boil. Remove cover, add noodles and stir well to combine.

Cover and cook 1 minute. Remove cover, add peas and stir-fry 1 minute. Quickly stir in Sugar, if desired, and remove from heat. Serve at once. 4-6 servings

GARLIC CHICKEN

3-1/2 lb. frying chicken, cut into serving pieces, or the equivalent in chicken parts

3 tbsp peanut oil

3/4 c distilled white vinegar

1 head garlic, peeled and coarsely chopped

2 small dried hot red peppers

1/4 c soy sauce

3 tbsp honey

Heat oil in large heavy skillet and brown chicken well on all sides, adding garlic and peppers toward the end.

Add remaining ingredients and cook over medium high heat until chicken is done and sauce has reduced somewhat?this will not take long, less than 10 minutes.

If cooking both dark and white meat, remove white meat first so it doesn't dry out. Watch carefully so sauce doesn't burn or boil away. There should be enough sauce left to serve with the chicken, and the chicken should appear slightly glazed. (Remove chicken to platter, then reduce sauce if necessary.)

HOT & SOUR SOUP

Soup base:

1 can chicken broth

1/4 c cooked shredded meat

1/4 c sliced bean curd

1/4 c sliced rehydrated wood ears

1/8 c sliced bamboo shoots

~~Seasonings~~

1 tsp salt

1 tsp sugar

1 tsp dark soy

1 tbsp Chinese Black Rice Vinegar

1 tbsp Red Wine Vinegar

1 tbsp Lemon Juice

1 tbsp Fish Sauce

2 tbsp water

1 tbsp Corn Starch

1/4 tsp ground roasted schezuan peppercorns

1/8 tsp ground black peppercorns

A few drops of sesame oil

~~Garnish~~

1/2 beaten egg

2 tbsp minced green onions

Combine the soup base ingredients in a sauce pan and bring to a boil over high heat. In a separate bowl, combine the seasonings and mix well. When the base comes to a boil, add the seasonings, and keep over high heat for 2-5 minutes. Add the beaten egg slowly, and then remove from heat. Place in bowls and garnish with minced green onions.

HONEY SPONGE CAKE

6 Eggs, separated/room temp
1 1/2 tsp Baking powder
1 c Granulated Sugar
1/4 tsp Salt
1/4 c Almond powder (or 1 tsp Almond extract)
1/2 tsp Baking soda
4 tbsp Milk
1 tbsp Honey
2 tbsp Melted butter, cooled (or peanut oil)
1 1/2 c All purpose flour

In bowl, sift flour, baking powder and salt; set aside. In another bowl, beat Egg whites until stiff. With electric mixer, beat Egg yolks; gradually blend in Sugar and almond powder. Cream mixture until smooth, about 5 minutes. Add honey (and almond extract).

Mix together milk, baking soda and cooled melted butter; add to Egg yolk mixture. Gradually add sifted flour mixture. When batter is thoroughly blended, quickly but gently fold in Egg whites.

Steaming: Before mixing, bring water in steamer to boil. Grease bottom only of 9" round flat-bottom, high-sided bowl (or tube pan, bundt pan or cupcake tins). Pour batter into bowl. Steam for 1 hour. Best served steaming hot, but cake can be re-steamed and still have good flavor.

KUNG PAO BEEF

1-1/2 pounds flank steak, sliced diagonally into bite-size pieces
1/2 tsp salt
1 egg white
1 tbsp cornstarch
4 tbsp peanut oil, divided
1/2 cup skinless roasted peanuts
10 whole dried red chili peppers
2 green onions, cut into 1/2-inch lengths
2 cloves garlic, minced
1/2 cup diced water chestnuts

~~*Sauce*~~

1 tsp chili paste with garlic
2 tbsp soy sauce
1 tbsp sherry
1 tsp rice vinegar
1 tsp sugar
1/4 cup chicken broth
1 tsp cornstarch
1 tsp sesame oil

Combine beef, salt, egg white, and cornstarch. Mix well by hand and set aside. In a small bowl, blend all sauce ingredients. Set aside.

Add two tbsps oil to heated wok and stir-fry beef till it loses its pink color. Remove to serving bowl. Add two more tbsps oil to same wok. Toss peanuts and chili peppers in the wok and stir-fry until peppers turn dark red. Remove from wok and add to beef. Lower heat.

If necessary, add more oil. Stir-fry green onions and garlic for several seconds. (Do not let garlic burn.) Return beef, peanuts and peppers to wok and stir-fry a few seconds to combine. Add water chestnuts and combined sauce ingredients and stir-fry till heated through and thickened. 4-6 servings

KUNG PAO CHICKEN

12 ounces chicken breast meat
4 tbsp. peanut or corn oil
2 dried red chilies, seeded and cut into pieces (may use just 1 chilie if desired)
2 cloves garlic, peeled and diagonally sliced
4 to 6 thin slices fresh ginger root
1 tbsp. dry sherry
3 green onions, cut into small rounds
2 ounces roasted peanuts

~~Marinade~~

1/3 tsp salt
2 tsp thin soy sauce
2 tsp sherry
1 tsp cornstarch
1 tbsp egg white, slightly beaten

~~Sauce~~

1 tbsp thick soy sauce
1 or 2 tbsp chili sauce with garlic
2 tsp white wine vinegar
2 tsp sugar
1 1/2 tsp cornstarch
6 tbsp chicken stock or water

Cut chicken into thin strips. Cuts easier when chicken is slightly frozen. Cut into cubes about 1/2 inch square. Put into a medium bowl.

Prepare the marinade. Add to chicken, mix well and let marinade for 15-30 minutes. Prepare the sauce.

Heat a wok over high heat until smoke rises. Add the oil and swirl it around. Add the dried chili, stir, then add the garlic and ginger and stir to release their aroma. Add the chicken. Sliding the wok scoop to the bottom of the wok, turn and toss for about a minute. Splash in the sherry around the side of the wok, stirring and tossing continuously.

Add the scallions and continue to stir for another 30 to 45 seconds. Add the well-stirred sauce to the wok. Continue to stir while it thickens.

Add the peanuts, stir to mix for a few times, then transfer to a warm serving plate. Serve with steamed rice.

LAMB SLIVERS IN PUNGENT SAUCE

1 lb Lamb Meat (shoulder or leg)
1 Clove Garlic, minced
2 tbsp Sherry
1 ts Fresh ginger, minced
1/4 tsp Salt
1/2 c Stock
1/2 tsp Cornstarch
1 tb Thin soy Sauce
1/2 c Peanut oil
1/2 tb Dark soy Sauce
4 Scallions
1/2 tsp Sugar
1/2 lg Bell pepper
1/2 tb Cider vinegar

Cut Lamb across Grain in slivers about 2" long. In bowl, sprinkle Lamb with salt & cornstarch; rub into Meat; add sherry. Marinate Lamb for 15 minutes. Trim & cut scallions in 2" pieces. Halve, core & slice bell pepper into slivers to match Lamb. Combine stock, soy Sauce, Sugar and vinegar; reserve.

Cooking: Heat peanut oil in wok to deep-fry temperature (bubbles form around dry chopstick held upright in oil). Fry Lamb slivers briefly, until coating of starch begins to brown. Remove to strainer & reserve. Remove oil from wok and save. Wash wok. Return wok to high heat. Add 2 tbsp oil to very Hot wok. When oil starts to smoke, add scallions & bell pepper. Stir-fry for 30 seconds; add Garlic & ginger. Keep stir-frying. When pepper turns bright green, add stock mixture. Stir until liquid boils and reduces slightly. Add Lamb. Stir-fry until Lamb is Hot.

LAMB SOUP POT

4 lbs Lamb bones, cracked
1/2 lb Canned salted mustard green
1 lb Lamb Meat (shoulder or leg)
1 lb Bean sprouts
4 qts Cold water
1/2 c Unsoaked "cloud ear"
1 tbsp Fresh ginger, sliced
Dried black fungus
1 lg Onion, quartered
4 Scallions
1/2 tsp Salt
1/2 lb Dried Bean thread noodles
1 tsp Sugar
8 Charcoal briquettes
1/2 c Light sherry

Make stock: Put Lamb bones, ginger, onions & water in stock pot. Bring to boil, reduce heat & simmer for 2 hours, reducing liquid by half. Skim froth. Shred Lamb Meat. Add Meat, salt, Sugar & light sherry to stock. Simmer for another 20 minutes.

Finish Soup: Wash & soak "cloud ears." Soak noodles for a few minutes until soft. Drain & rinse mustard green; slice into shreds. Rinse Bean sprouts. Wash & remove roots from scallions; shred on bias, greens & all.

Prepare Fire Pot: Heat charcoal briquettes. When they start to turn white, transfer to bottom of Fire Pot; place pot on heat-proof tile on your table. Add half the broth & half the other ingredients, reserving the rest for later in dinner. Serve after broth has boiled briefly.

LEMON CHICKEN

2 tbsp Dry sherry
4 Spring onions, chopped
1 Piece of root ginger, shredded
1 lb Boned chicken, cut into 1" strips
2 tbsp oil
2 Celery sticks, sliced
4oz button mushrooms, quartered
1 Green pepper, cored, seeded, and sliced
2 tbsp Light soy sauce
Shredded rind of 2 lemons
A few lemon slices to garnish

Put the sherry, spring onions and ginger in a bowl. Add the chicken, toss well to coat, then leave to marinate in the bowl for 15 minutes. Heat the oil in a wok or deep frying pan. Add the celery, mushrooms and the green pepper. Stir-fry for one minute. Add the chicken and marinade, then cook for 3 mins. Stir in the Soy Sauce and lemon rind then cook for a further minute. Pile into a warmed serving dish and garnish with lemon slices.

LO MEIN

4 tbsp Peanut oil
2 tsp Cornstarch
1/2 lb Flank steak; or shrimp, chicken
1/2 lb Spaghetti; or chinese/noodles
2 Celery; shredded
1/2 tsp Sugar
2 Sl Ginger; minced
1 tbsp Soy Sauce; light
1 c Cabbage
1/2 tsp Salt; optional
1 Green onion; minced

Cook spaghetti as directed on package, Al dente, drain, rinse in cold water, add a few drops oil and mix to keep from sticking. Set aside.

Slice steak VERY THIN, across the Grain, 2" pieces. Mix together, steak, ginger, scallion, cornstarch, Sugar, light soy, set aside to marinate.

When ready to cook, heat wok to smoking, add 2 tbs oil. Stir-fry Meat mixture two minutes, do not overcook, Reserve. Add 2 tbs oil, heat, stir-fry carrots and cabbage two minutes, add spaghetti, stir well and cook a few minutes, add Meat mixture, 1 tbsp soy and salt. Stir a minute to heat and serve.

MIXED FRUITS WITH GRASS JELLY

1/2 cn Lychee Fruit with juice
1 can Grass jelly
1/2 c Canned mandarin oranges

Have all ingredients well chilled. Open both ends of grass jelly can; push out gelatin; slice, then cut into 1/2" cubes. Place grass jelly cubes in serving bowl with lychee Fruit and mandarin oranges. Cover and keep refrigerated until ready to serve

ONION CAKES

8 Flour tortillas
1/2 c Finely chopped green onions
2 tbsp Sesame oil
Oil for deep frying
1 Egg; lightly beaten
Salt

Brush 4 tortillas with sesame oil then some of Egg. Sprinkle about 2 tbsps green onions over each tortilla. Top each with remaining tortillas. Press firmly around edges and cover with plastic wrap. Let stand until ready to deep fry.

Heat oil for deep-frying in wok or deep pan to 400F. Using tongs, slip tortilla cakes, one at a time, into Hot oil. Cook, turning with tongs, to brown both sides. Drain each Cake, holding it vertically over pan. Drain again on paper towels. While Hot, cut each Cake into 4 to 8 wedges. Sprinkle lightly with salt. Serve Hot.

PAPER PRAWNS

1/2 lb. prawns
1/4 tsp. salt
1 tsp. sesame oil
1 Egg
1 tbsp. oyster Sauce
1/2 tsp. cornstarch
Rice paper
1 cup Vegetable oil

In bowl, mix the prawns with the salt, sesame oil, Egg, oyster Sauce and cornstarch. Cut the Rice paper into 3-inch square pieces. Put the prawn mixture on the Rice paper pieces and fold into a blanket. Heat the oil to medium heat. Place the wrapped prawns in oil and fry for 3 to 4 minutes. Remove and drain on paper towels. Allow to cool slightly before serving. It is essential to make sure that the oil is Hot before prawns are added so that they are not overdone.

PRAWNS HUNAN STYLE

2 lbs shrimp
1 tbsp ginger
1 tbsp Garlic
1 tbsp green onions
1 green Hot pepper
3 cups chicken stock
1 cup soy Sauce
2 tsp sesame oil
1 c peanut oil
2 to
3 tsp cornstarch
2 tsp water
1/2 c flour
1 bell pepper, chopped
1 red pepper, chopped
1 to
2 tbsp white wine
1 medium onion, chopped

Grind ginger, Garlic, green onions and green Hot pepper to a paste. Set aside.

Reduce the chicken stock and soy Sauce to 2 cups. This will take 10-15 minutes. Season with white pepper and add sesame oil. Thicken with cornstarch that has been dissolved with water.

Heat the peanut oil until it's very hot. Then add the shrimp that have been lightly dusted in flour. Give shrimp 2-3 minutes in the hot oil and add Vegetables for another minute. Don't over-cook. The Vegetables are mostly for color, so you don't have to use all the Vegetables unless you want to. Drain the oil from the shrimp and Vegetables. Add the paste until lightly browned. Finish with a splash or two of white wine if desired.

RICE STICKS WITH VEGETABLES

3 qt Water
1 lb Bean sprouts
1 pak Rice sticks (13 3/4 oz)
1 tbsp Curry powder
2 Stalks celery
1 c Chicken broth
4 oz Chinese pea pods
Salt
1 oz Oriental dried mushrooms (softened in water)
Soy Sauce
1/4 c Oil

Bring water to boil and add Rice sticks. Cook 2 minutes, then drain. Rinse with cold water and drain. Cut celery, pea pods and mushrooms into thin slices. Heat oil until Hot and add Rice sticks. Cook, stirring, until brown. Remove Rice sticks from pan and drain. Add celery, pea pods, mushrooms and Bean sprouts and cook over high heat 2 minutes, stirring constantly.

Combine curry powder and chicken broth and add to pan. Season to taste with salt. Pour over Rice sticks and toss to serve. Serve with soy Sauce. Yields 6-8 servings

SALMON STEAK WITH CLOUD EARS AND NOODLES

2 Salmon steaks, 1 1/2" thick
1 Clove Garlic, sliced
8 Cloud ear black fungus
3 c Chicken stock
2 c Soaked Bean thread noodles
1 tbsp Sherry
1 Sq. pressed beancurd
1/4 tsp Salt
2 Sprigs Chinese parsley (or Slivered green onion)
1 pinch White pepper
4 Drops sesame oil
2 tb Peanut oil
1 tsp Red (sweetened) vinegar
2 Slices fresh ginger root

Soak cloud ears and Bean starch noodles separately in warm water for 30 minutes, or until soft. Wash and dice pressed beancurd into 1/4" cubes. Heat peanut oil in medium Hot wok; add ginger and Garlic; remove when oil becomes fragrant. Take care not to burn Garlic; if you do, start over.

Lightly sauté one steak at a time in aromatic oil until surface is firm. In clay pot, combine chicken stock, cloud ears, sherry, salt and pepper. Bring to boil; add Bean thread noodles; return to boil.

Reduce liquid to gentle simmer; add salmon steaks carefully so they remain whole; add diced Bean curd. Cover and simmer for 5-7 minutes, until steaks are cooked. Uncover, swirl in red vinegar and sesame oil. Garnish with parsley. Serves 2

SALT BAKED CHICKEN

3 lbs Fryer
1 Whole star anise
6 lb Rock salt
2 tbsp Sherry
Parchment paper
1 tb Fresh ginger, minced
1/4 c Peanut oil
1 tbsp Garlic, minced
1 tsp Salt
2 Green onions, chopped
3 tbsp Dark soy Sauce

Wash chicken & pat dry. Swab cavity with sherry; stuff with ginger, Garlic & green onions; seal with clip or string. Rub outside of chicken with dark soy Sauce; allow to stand until soy Sauce is absorbed.

Wrap chicken in 3 layers of parchment paper, tie with string, coat outer layer with peanut oil. Baking: In wok or large pot, heat rock salt, stirring periodically, until it begins to brown. Place wrapped chicken in rock salt, spooning some salt around sides & over top. Cook for about 10 minutes. Turn over chicken, cover with rock salt (but always have at least 2" layer of salt under chicken) & cook for another 10 minutes. This cooking time will give a moist, slightly underdone chicken. Increase baking time to 15 minutes on each side, for well done. Remove chicken from salt; strip off paper; allow to stand for 15 minutes to cool & congeal juices. Cut in half, then into bite-size pieces. Serve with soy Dip.

SESAME BEEF

In small saucepan mix:

1/2 c. water

1 T. orange peel

1 T. crushed red pepper

Boil above ingredients down to about 1/3 c. juice. Strain, reserving juice.

Back in small saucepan add:

Reserved juice

1/4 c. packed brown sugar

3/4 c. ketchup

1/2 c. sherry

2 tsp. sesame oil

1/4 c. rice wine vinegar

salt, to taste

1/2 tsp. msg.

1 T. soy sauce

Stir well over low heat until slight boil. To this add a mixture of 2 tsp. cornstarch w/ 1 T. cold water. Stir constantly until thickened. To sauce add 2 T. toasted sesame seeds. Keep warm until beef is ready.

For Beef:

Slice 1/2# - 3/4# lean sirloin or tenderloin into 1/4" strips. Coat beef in a mixture of 1 beaten egg, 1/2 tsp. sesame oil, msg and salt. Then coat beef in cornstarch, and let sit on wax paper for about 10 minutes (until cornstarch is almost absorbed). Deep fry beef pieces at 350 degrees until slight brown (about 2/12 minutes). Drain on paper towel. Add beef to sauce and serve over hot rice.

SHANGYI SHRIMP

1 lb Shrimp; shelled & deveined
3 Wood ears (black fungus); softened in hot water & cut into strips
1 tsp Rice wine
1/2 tsp Soy Sauce
1 Egg white
1/2 tsp Sugar
2 1/2 tsp Cornstarch
1/2 tsp Ground coriander
1 c Oil
1/2 c Chicken broth
1 Sm Hot red dried chile; seeded and sliced
1 tb Grated orange peel
3/4 c Diagonally sliced celery

Butterfly shrimp and press as much liquid from shrimp as possible, using palms of hands to prevent breaking. Place shrimp in bowl. Mix wine with Egg white and add to shrimp. Mix to coat well. Sprinkle with 1 1/2 tsps cornstarch and toss to coat.

Heat oil in wok or skillet to 350F and add shrimp. Cook until shrimp turns pink in color. Drain shrimp on paper towels. Remove all but 1 tsp oil from wok and heat. Add chile and stir-fry until dark, but not scorched. Add celery and wood ears and stir-fry until well-mixed and glistening.

Combine soy Sauce, Sugar, coriander and chicken broth and add to wok. Cook until simmering. Mix remaining 1 tsp cornstarch with a few drops water to make paste and stir into liquid in pan. Add shrimp and orange peel and stir to heat through and coat well with Sauce. Makes 6-8 servings

SHREDDED PORK WITH YU SHON SAUCE

1/4 c Wood ears (softened in warm water)
1/2 tsp Minced gingerroot
1/2 lb Boneless Pork (fat trimmed off)
2 tbsp Sugar
7 Water chestnuts
2 tbsp Chicken broth or water
Soy Sauce 1 1/2
tbsp Vinegar
2 1/2 tsp Cornstarch
4 c Oil
1/2 Egg; beaten
1 tsp Hot Bean paste
1/2 tsp Cornstarch; mixed w/water
1 tbsp Chopped green onion
1 tbsp Water, to mix w/cornstarch
1/2 tsp Sesame oil
1/2 tsp Minced Garlic

Rinse wood ears well, then shred. Cut Pork in paper-thin slices and shred. Crush water chestnuts with heavy cleaver and shred. Combine Pork, 2 tsps soy Sauce, cornstarch and Egg and mix well. Meat mixture should be moist. If needed, add a little of cornstarch- water solution. Combine 2 tsps soy Sauce, Garlic, ginger, Sugar, broth and vinegar. Heat oil in wok or large skillet.

Add Pork mixture, wood ears and water chestnuts and cook, stirring gently, just until Meat changes color. Immediately pour Meat and Vegetables into large strainer set in bowl to drain off oil.

Return 1 to 2 tsps oil to pan. Mix Hot Bean paste with oil in pan. Add Meat mixture and stir-fry. Add soy Sauce mixture and continue cooking. Stir in green onion. Add remaining cornstarch solution and stir. Mix in sesame oil and turn out on serving plate.

SHRIMP CHIPS

1 lb Box shrimp chips 3
1/2 c (approx) Vegetable oil

Shrimp chips are thin translucent wafers in assorted colors, made from shrimp flavored Rice flour paste. When deep-fried very briefly, they puff up to three times their original size.

Heat Vegetable oil to deep-frying temperature, and fry a few chips at a time. Serve Hot. Keep leftover wafers in an airtight container.

SHRIMP WITH HOT SAUCE

18 large shrimp, peeled and de-veined
salt and pepper, to taste
1 Egg white
1/2 tsp. cornstarch
2 cups oil
1 clove Garlic, chopped
1/2 c diced onion
1-1/2 cups sliced water chestnuts
1/2 c sliced mushrooms
chopped scallions
Hot Sauce

~~Hot Sauce~~

4 garlic cloves, minced or pressed
1/2 c chopped scallions
2 fresh chiles, seeded and finely chopped (or to taste)
3 tbsp Rice vinegar
2 tbsp tamari soy Sauce
1-1/2 teaspoons cornstarch
1 tbsp brown Sugar
2 to
3 tbsp Rice wine

Marinate the shrimp in salt, pepper, Egg white and cornstarch for 30 minutes. Heat wok Hot and dry. Add oil. When just beginning to smoke, add shrimp, stirring quickly so that pieces separate. After 2 minutes, drain through colander or sieve, reserving 2-3 tbsp. oil.

Prepare the Hot Sauce by combining all the ingredients. Return reserved oil to wok. Add Garlic and onion, letting them brown slightly. Add water chestnuts, mushrooms and shrimp. Blend in Hot Sauce and flip contents of wok for 1-2 minutes or until everything is Hot. Place on serving platter and sprinkle with chopped scallions.

SHRIMP IN LOBSTER SAUCE

1 sm Onion, cut into 1-inch cubes
1 lb Jumbo shrimp (21-25 per lb)
1 Bell pepper, cut into 1-inch cubes
1 tbsp Fermented black beans
1/2 tsp Sugar
2 Garlic cloves, minced
Big pinch white pepper
1 Quarter-sized slice fresh -ginger, peeled, minced
1/2 tb Light soy Sauce
3/4 c Chicken stock
1 tb Shao Hsing Rice wine, or dry sherry
2 tsp Cornstarch, blended with 1 -tbsp water
2 tbsp Peanut or corn oil
1 lg Egg, lightly beaten
1/2 tsp Salt
1 Green onion, chopped
6 oz Ground Pork butt
1 tsp Asian sesame oil

Serves SHRIMP IN Chinese LOBSTER Sauce

Shell and de-vein the shrimp. Butterfly shrimp by slicing them down the length of the back, stopping just above the tail. Rinse with cold water and blot dry. Cover the black beans with lukewarm water; let soak for 5 minutes. Drain. Combine with the minced Garlic and ginger; gently crush into a paste. Mix in the wine; set aside.

Place a wok over medium-high heat. When Hot, drizzle in half of the oil. Add the shrimp and stir-fry until they begin to curl and turn bright orange, about 1 minute. Remove to a dish and keep warm.

Reheat wok over medium heat; add remaining tbsp of oil and the salt. Add the black Bean paste and saute a few seconds until it becomes aromatic. Increase heat to medium-high. Add the Pork and stir-fry until the morsels are no longer pink, about 3 minutes. Add onions, peppers, Sugar, white pepper and soy Sauce; toss together until the Vegetables begin to soften, about 1 minute. Add the stock and keep tossing until it comes to a boil. Stir the cornstarch mixture to recombine, then drizzle into the center of the work, stirring constantly, until mixed.

SINGAPORE FRIED NOODLES

6 Skeins dried shrimp noodles
1 Medium yellow onion
1/2 c Dried shrimp
1 Green bell pepper
1 Egg
1 Medium firm tomato
1 tsp Water
2 Cloves Garlic, minced
1/2 lb Barbecued Pork
1 tsp Fresh ginger, minced
2 Stalks celery
1 tb Curry powder
2 c Bean sprouts, blanched
4 tb Peanut oil
~~SAUCE~~
1/2 c Stock
2 tsp soy sauce
1 tsp Sugar
1 tsp Chili oil

Prepare Noodles: Rinse shrimp noodles. Boil noodles in water until cooked but still firm. Thin noodles only take about 3 minutes to reach this stage. Drain, reserving boiling water, & rinse with cold water until noodles are cooled & will not stick together. Place in oiled bowl, refrigerate until firm. The noodles must be firm before frying. (Can be prepared day before).

Prepare Shrimp: Wash & soak dried shrimp for 30 minutes; cut into thin pieces. combine egg & water; cook as very thin omelet; cool; slice into 2" long shreds. Thinly slice pork to match. Blanch bean sprouts in noodlewater (this water will have other uses, so hold onto it). Peel strings off celery stalks, thinly slice. Peel & halve onions, slice thinly. Core pepper, slice thinly in 2" lengths. Slice tomato in thin wedges. OR: slice these vegetables to match size of bean sprouts for better looking dish. Mix sauce ingredients in bowl.

Stir-fry: Add 1/2 of peanut oil to hot wok. When oil begins to smoke, toss in garlic, ginger, shrimp & vegetables, except tomato; stir-fry on high heat for 2 minutes. Add sauce, & continue cooking until sauce reduces by half. Remove to holding bowl.

Rinse wok; return to high heat; when it is dry, reduce heat to medium & add remaining peanut oil. Heat oil to moderate (don't let it smoke);

add curry powder, stirring to mix with oil. Avoid burning curry; if it burns, start over. Cook curry powder for about 30 seconds. Add noodles a fist-full at a time, breaking noodles into short pieces. Toss noodles to coat & heat them. When hot, add cooked shrimp & vegetables; toss together to mix. Turn off heat. Add pork, egg shreds & tomato wedges; mix together. Serve.

SOUR SOUP WITH RICE NOODLES

5 c Chicken stock, strained (fairly clear)
1 Green onion
1/2 c Rice stick noodles, soaked
1/8 lb Boneless Pork butt
1 tsp Thin soy Sauce
4 Black mushrooms
1 pinch Sugar
1/3 c Dried bamboo shoot tips,
2 tsp White vinegar
Soaked and shredded
1/2 tsp Sesame oil

Wash and soak mushrooms in warm water for 30 minutes; shred. Wash and soak dried bamboo shoots in warm water for 1 hour; shred in 1" pieces. Slice Pork butt into 1" matchsticks. Wash and trim green onion, shred on the bias into 1" pieces. Soak Rice stick noodle in warm water until soft.

Cooking Soup: In Sauce pan, heat broth. When it reaches gentle boil, add Pork, mushrooms, bamboo shoots, soy Sauce and Sugar; simmer 10 minutes. Add soaked Rice stick noodles; simmer for another 10 minutes. A minute before removing from heat, add vinegar and sesame oil; stir. Remove to serving bowl; garnish with shredded green onions. Serves 4.

SPICY PORK STRIPS WITH BLACK FUNGUS

3/4 lb Boned Pork shoulder
1 tb Szechuan Hot Sauce (halve for non-Chili lovers)
1/2 tbsp Dark soy Sauce
1/4 c Cloud ear black fungus
1/3 c Stock
3/4 c Winter bamboo shoots
2 Green onions
1/2 c Water chestnuts
2 tbsp Peanut oil
6 Thin slices of ginger root

Wash and soak cloud ears in warm water for 45 minutes. Slice Pork into 2" strips with the Grain; marinate in dark soy Sauce while finishing preparations. Slice bamboo shoots into 2" strips, and water chestnuts into thin rounds. Mix Szechuan Hot Sauce with stock. Thinly slice green onions on bias. Drain, wash & thinly slice cloud ears.

Stir-frying: Heat wok to Hot; add oil. When oil begins to smoke, add Pork & stir-fry for about 1 minute or until it looks slightly shriveled. Toss in bamboo shoots, water chestnuts, cloud ears & ginger, stir-fry with Pork for 1 minute more. Pour in liquid ingredients quickly around side of wok. Keep stirring until Sauce reduces to almost nothing. Add green onions at last minute.

STEAMED HONEY PEARS

4 Fresh Bartlett pears
4 tsp Minced preserved jujubes
4 tbsp Orange honey
(Chinese dates)

Wash pears. Carefully slice off the tip quarter, leaving the stem intact. Core each pear through to the bottom. Make four lengthwise cuts from the core outward but not through the skin. If you have peeled the pears, do not make these cuts. Place pears in individual bowls, such as Rice bowls or dessert dishes.

Pack core with minced dates, add 1 tbsp of orange honey to each pear. Replace top quarter. Hold at room temperature until ready to steam. Steaming: In steamer, bring water to boil. Place pears in their individual bowls on steaming tray. Steam pears for about 30 minutes, checking frequently to see they don't overcook and become mushy. Remove tray from steamer. Allow pears to cool for about 30 minutes. Serve at room temperature.

STEAMED PORK DUMPLINGS

1 lb. ground pork
1/2 lb prawns
3 Tbsps soy sauce
2 sliced green onions, tops and all
12 Chinese mushrooms (small or use canned)
1/2 tsp garlic powder or two cloves finely chopped
1 small Egg

Mix the above together and let set in fridge for a half an hour.

To form dumplings: (Using purchased wonton skins)

Place a tbsp in the center of the skin. Moisten edges with water.
Fold up, sealing all edges.

To steam: Over a pot of boiling water put the dumplings in a bamboo steamer, lining with lettuce or cabbage leaves keep them from sticking. Steam about twenty minutes. The skins will be translucent and the meat cooked through when ready. Serve hot with your favorite dipping sauce.

STEAMED PUNGENT COD WITH CABBAGE

3/4 lb Thick fillet of cod
1/2 c Sweet Mixed Pickles, diced
4 lg Leaves of Napa (celery) cabbage
1/4 c Pickle juice
1/2 tbsp Thin soy Sauce
1/2 tbsp Fresh ginger root, minced
1 tbsp White vinegar
1 tsp Sesame oil
~~Cornstarch paste~~
1 1/2 c Water
2 Green onions, sliced in Thin strips
1 tbsp Crushed rock Sugar

Sauce: In saucepan, heat water & crushed rock Sugar until Sugar melts. Add Pickle juice, soy Sauce, vinegar & diced pickles. Bring to boil, stirring constantly. Re-stir cornstarch paste, and dribble it into boiling Sauce, until Sauce has consistency of thin Pancake batter. Remove from heat. Reserve in saucepan.

Slice cod fillet across the Grain about 1/2" thick, keeping slices in position. Cut leafy fringes off of cabbage (save for your stock pot). Cut cabbage stalks lengthwise into pieces to match Fish slices. Insert cabbage slices between each slice of Fish. Hold together and slice Fish & cabbage in half. Using broad side of cleaver, lift Fish & cabbage, as is, onto 10" oval serving dish. Sprinkle ginger and sesame oil on Fish.

Steaming: About 15 minutes before serving time, bring water in steamer to boiling. Steam Fish platter in steamer for 7-10 minutes, until Fish turns milky white. Meanwhile, reheat Sauce. Remove Fish from steamer and pour off any water. Pour Sauce unevenly over Fish so it is only partly covered. Garnish with green onions. Serve.

STEAMED TRANSLUCENT DUMPLINGS

6 Dried Chinese black Mushrooms
Sherry
1 ½ tsp Light soy Sauce
6 oz Shrimp, shelled & deveined
2 tsp Cornstarch
1 tsp Salt
2 tbsp Chicken stock
1 1/2 tbsp Peanut oil
2 tbsp Coarsely chopped fresh
6 oz Ground Pork butt
Coriander leaves
1/4 c Finely diced bamboo shoots
1 Oil
1/4 c Finely diced water
Wheat Starch Wrappers (see recipe)
Chestnuts, preferably fresh
2 Green onions, chopped
2 tsp Sugar
1/4 tsp White pepper
Light soy Sauce, for dipping
Chinese mustard, for dipping
1 tbsp Shao Hsing Rice wine or dry

Can be prepared in advance and reheated a few minutes before serving.

The wheat starch wrappers have an interesting chewy texture, a unique translucent appearance and are absorbent of flavors. Roll out the wrappers as thin as possible; otherwise they come out rubbery. Cover mushrooms in warm water for 20 minutes or until soft and pliable.

Remove and squeeze out excess water from the mushrooms. Cut off the stems at the base and discard them. Finely mince the caps. Toss the shrimp with salt and let them stand 10 minutes. Rinse well with cold water, pat dry thoroughly.

Coarsely mince. Preheat a wok or skillet. when Hot, add the peanut oil. over medium- high heat, add the mushrooms, shrimps, Pork butt, bamboo shoots, water chestnuts, and half the green onions; stir-fry until the Pork turns white. Season with the Sugar, white pepper, wine and soy Sauce. Combine the cornstarch and chicken stock in a small

bowl and mix until smooth; pour into wok. Stir-fry for 1 minute longer. Remove the mixture to a shallow plate and mix in the remaining green onion and coriander. Allow the filling to cool, then refrigerate it until needed. Makes almost 2 cups of filling.

Prepare the Wheat Starch Wrapper dough. Pinch off 1-inch balls of dough. Lightly oil the ball and flatten it into a thin 3 1/2-inch circle. An oiled Chinese cleaver is traditionally used; however, a tortilla press or a rolling pin works. Put 1 large tsp of filling in the center of the circle. Fold it in half and pinch the edges to seal the filling inside. Repeat with remaining dough and filling. Place dumplings without touching each other on a lightly oiled bamboo steamer (or a heat resistant plate). Steam over boiling water for 3 minutes. Serve Hot, dipped in light soy Sauce and Chinese mustard. Serve with Chinese Mustard, for dipping. Makes about 30.

STEAMED WHOLE FISH

2 lbs Whole Fish (cleaned weight)
1 tbsp Dry gin
Rock cod, flounder, pomfret
1/2 tsp Sugar
2 tsp Salt
Cornstarch paste
4 Scallions
2 tbsp Peanut oil
1 tbsp Ginger slivers
1 Sprig Chinese parsley
1 c Stock

For more people, use more than one Fish. Each Fish should be no more than 2 lbs. unless you have a very large steamer. Clean and scale fish, leaving head and fins intact. You can tell if Fish is fresh by the clearness of the eyes and a red tint on the inner edge of the gills. Wash and pat dry, rub with salt. Allow to stand at room temperature for 30 minutes. On both sides of Fish, make parallel diagonal cuts 1" apart through meaty section. Trim and shred scallions diagonally in 2" lengths. Peel and shred fresh ginger root. Place pieces of scallion and ginger in cuts. Place Fish on greased plate. Steam at rapid boil for 15 to 25 minutes, depending on size.

Fish is cooked when you can flake flesh. Overcooking will toughen flesh, so watch closely. Heat peanut oil in beaker or small saucepan. In wok, heat stock, gin and Sugar. When Fish is cooked, remove from steamer. Drain juices into stock mixture. Thicken slightly with cornstarch paste. Pour Hot oil, then stock mixture, over Fish. Garnish with Chinese parsley.

STIR FRIED VEGETABLES WITH BEAN CURD

2 Sq seasoned pressed bean curd
1/2 c Chicken stock
2 Stalks celery
1/4 tsp Salt
1 lg Carrot
1 pn Sugar
6 c Boiling water
1/2 tsp Ginger root, minced
1/2 c Giant bamboo shoots, cut into sticks
2 tsp Medium sherry
1/2 tsp Sesame oil
1/2 md White onion
Cornstarch paste
1 tb Peanut oil

Cut pressed bean curd into sticks 2" long, the size of a lead pencil. Wash and trim celery and carrots; trim strings from back of celery; cut into sticks to match pressed bean curd.

Wash and slice giant bamboo shoot across Grain to match bean curd sticks. Peel onion, take apart layers; cut into sticks. Combine chicken stock, salt, Sugar, ginger, sherry and sesame oil in bowl. Reserve.

Put carrots in rapidly boiling water; in 15 seconds, add celery; in another 15 seconds, drain and plunge Vegetables into running cold water to stop cooking process. Drain and reserve.

Stir-frying: Heat wok to very Hot; add oil. Let oil heat for a few seconds, then add onions; toss for 10 seconds. Add celery, carrots and bamboo shoots; toss for 1 minute. Slowly pour in chicken stock mixture around sides of pan so it will heat quickly.

When liquid boils, add bean curd sticks, taking care not to break pieces. Thicken liquid slightly with a dribble or two of cornstarch paste. Keep stirring gently to reduce liquid. Remove to serving platter.

STIR FRIED SNOW PEAS

6 dried Chinese mushrooms
1 lb fresh snow peas
2 tbsps oil
1/2 cup bamboo shoots, cut into 1/8-inch pieces
1 tsp salt
1/2 tsp sugar

Cover the mushrooms in a small bowl with warm water. Let sit for 30 minutes to soften. Drain mushrooms and reserve about 2 tbsp. Cut mushrooms into 1/4-inch slices; set aside.

Snap tips off of snow peas and remove strings from pods; set aside.

Place 2 tbsp of oil in a wok set over high heat. Add the mushrooms and bamboo shoots and stir-fry for 2 minutes. Add the snow peas and stir-fry for another minute. Add the salt, sugar, and mushroom water. Cook for another 2 minutes to evaporate liquid. Serve hot.

SUGARED WALNUTS

2 c Walnut halves, raw
1 c Peanut oil
1 tbsp Sugar

Blanch walnut halves for 30 seconds; drain. While still slightly damp, dredge nuts in Sugar. Spread them out to dry. Heat oil in wok to about 200 degrees, or until a test walnut browns in about 30 seconds. If walnut is too dark, oil is too Hot. Deep-fry nuts, 1/2 cup at a time. Sugar will melt and form a thin, hard outer shell. Cool and cover until ready to serve

SWEET ALMOND PUDDING WITH DATES

1/3 c Sweet Rice flour
1/4 c Granulated Sugar
2 tbsp + 2 tsp almond powder
1/4 c Sliced pitted red dates
1/2 c Cold water
3 tbsp Cold milk, if needed
3 c Cold milk

In small bowl, mix Rice flour & almond powder; add cold water a little at a time to make a thick, smooth paste. Thin further with 1/2 cup of milk. Pour into heavy saucepan, add remaining milk, and slowly heat to just under boiling, stirring constantly. Keep stirring to prevent lumping & burning. Turn off heat, cover & remove to cool place. You can prepare this first stage anytime ahead of dinner, keep covered & refrigerated.

Pudding should be finished just before serving. Just before serving, reheat pudding, stirring constantly. When Hot, add Sugar a little at a time. Keep stirring. Add sliced dates. Cook just under boiling point for 1 minute. Add extra milk if pudding becomes too thick: it should have consistency of melted Ice Cream. Pour into individual bowls & serve Hot.

SWEET AND PUNGENT LOTUS ROOT WITH PORK

1 lb Lotus root
3 tbsp Water
1/2 lb Pork butt
1 tbsp light soy Sauce
2 Slices fresh ginger root
2 tbsp White vinegar
1 tbsp Peanut oil
Cornstarch paste
2 tbsp Sugar

Place Pork & ginger in boiling water: simmer for 30 minutes. Immediately transfer Pork to bowl of iced water to cool for another 30 minutes. Slice Pork with the Grain in 2" strips.

Wash & peel fresh lotus root. Slice crosswise into 1/4" pieces. Blanch for 10 minutes in same water used for Pork; drain in cold water. Arrange lotus root in circle of overlapping slices on round serving plate; mound Pork in center. Cover & reserve.

In wok or saucepan, heat oil to medium Hot. Add Sugar, water, soy Sauce & vinegar. Stir until Sugar is dissolved, then add cornstarch paste to make light Sauce. Cook briefly. Pour Sauce over lotus root & Pork. Allow to marinate for at least 15 minutes before serving. Serve slightly warm.

SWEET & SOUR SAUCE

3/4 c water
3/4 c brown sugar
1/2 c cider vinegar
3 tbsp cornstarch
2 tbsp soy sauce
1/4 c water

Bring $\frac{3}{4}$ c water to boil, then add sugar, and stir, cook until sugar dissolves. Add vinegar, and cook 1 more min.

Meanwhile mix cornstarch, soy sauce, and remaining cold water to form a paste. Then stir in to thicken mixture .**due to the acidity of the vinegar it's best to use an enamel pan for this sauce.

SZECHUAN CHICKEN

1 lb. boneless chicken breast, cubed
4-6 carrots, sliced into 1/4" pieces
1 can bamboo shoots
12-15 dried hot peppers
cooking oil

~~Sauce~~

6 tbsp. soy sauce + 3 tbsp. Water (or 9 tbsp. of low-sodium soy sauce)
2-3 tbsp. cornstarch
chopped fresh ginger or powdered dry ginger (to taste)
3 tbsp. sherry (optional)

Mix the ingredients for the sauce in a bowl.

Place the peppers and 1 tbsp. of cooking oil in a wok. Brown the peppers under medium-high heat and remove them to a plate. Add the cubed chicken and cook until pink color disappears (2-5 min). Remove the chicken from the wok. Add 1 tbsp. of oil to the wok, and add the carrots. Stir-fry until carrots begin to soften. (If you prefer soft vegetables, you can add several tbsps of water to the carrots and steam them for 5 min. or so).

Add the bamboo shoots and stir-fry 1-2 minutes. Add the peppers, chicken, and the sauce to the wok. Stir under medium heat until the sauce thickens. Serve with rice.

SZECHUAN NOODLES

1/4 c Sesame oil
Hot Bean paste; to taste
1/2 c Soy Sauce
1/4 c Creamy peanut butter
Ginger; grated to taste
Pasta; Hot cooked fresh hom
Garlic; minced
Scallions; garnish shaved

Mix all ingredients and add to Pasta; toss to coat, garnish and serve immediately. *Only use enough Sauce to coat the Pasta.* Store any remaining Sauce in the refrigerator.

SZECHWAN CHICKEN AND CASHEWS

2 tsp Sugar
2 Whole chicken breasts, boned, skinned and cut into 3/4 Inch cubes
1 tsp White vinegar
1/4 - c Vegetable oil
1/2 To 1 tsp crushed red pepper flakes
1 tbsp Soy Sauce
1 tbsp Chinese Rice wine or dry sherry
3 Green onions, sliced diagonally
2 tbsp Soy Sauce
1 tbsp Minced fresh ginger
1 tbsp Cornstarch
1/2 c Unsalted cashews

Cook Rice according to package directions. Marinate chicken in 1 Tbsp soy Sauce and Rice wine for 30 minutes.

Combine 2 Tbsp soy Sauce, cornstarch, Sugar and vinegar and set aside. Heat oil in wok or skillet. Add red pepper to taste and cook until black. Add chicken and stir-fry for 2 minutes. Remove chicken. Add green onions and ginger and stir-fry for 1 minute.

Return chicken to wok. Cook 2 minutes. Stirring constantly, add soy Sauce mixture and any remaining chicken marinade. Add cashews. Serve over cooked Rice

SZECHWAN EGGPLANT AND TOFU

3 tbsp Soy Sauce
2 tbsp Minced Garlic
1/4 c Dry sherry or Chinese Rice wine
1 tbsp Minced fresh ginger
1/4 tsp Black pepper
1 tbsp White or brown Sugar
Cayenne pepper to taste
1 tbsp Cider vinegar
3 Cakes firm tofu, cut into strips
3 tbsp Cornstarch
2 tb Peanut oil
8 Scallions: greens minced,
1 md Onion, thinly sliced-whites in strips, separate
1 lg Eggplant, cut into thin strips,
1 bn Cilantro, minced (optional)
3/4 tsp Salt

SZECHWAN EGGPLANT & TOFU Sauce: Combine soy Sauce, vinegar, sherry, Sugar in a liquid-measuring cup. Add enough water to make up to 1 cup. Place cornstarch in a small bowl, pour in the liquid, pour on the liquid & whisk till dissolved. Set aside.

Heat a large wok over a high flame. Add oil & onion & stir-fry for about a minute. Add eggplant & salt & stir-fry for 8 to 10 minutes till the eggplant is soft. Add Garlic, ginger & black pepper & cayenne. Cook a few minutes more. Add tofu & scallion bottoms.

Stir the bowl of liquid that has been set aside & add to the wok. Mix well & stir-fry for another few minutes till the Sauce is thickened. Remove from the heat & serve over Rice topped with scallion greens & cilantro. Serves 4.

SZECHWAN NOODLES WITH GREEN ONIONS

1 lb Chinese noodles (not canned)
1 tsp Hot Chili oil (or to taste)
3 1/2 tb Dark brown sesame oil
6 Green onions, sliced finely - on the bias, divided
3 1/2 tbsp Soy Sauce
2 tbsp Rice vinegar
Black sesame seeds, optional
2 tbsp Granulated Sugar (or to taste)
Fresh cilantro, optional
1/4 c BBQ Pork, optional

Bring a generous amount of unsalted water to a boil. Add the noodles (all at once) for approximately 2 minutes, or until al dente (toothy but firm). Use chopsticks or two wooden spoons to separate noodles as they cook. Do not overcook. Empty noodles into a large colander, then immediately flush with cold running water until cool. Shake off excess water and drain for 15 to 30 minutes.

Combine sesame oil, soy Sauce, vinegar, Sugar and Chili oil; mix well. Pour over noodles and use your hands to evenly distribute seasoned Sauce. Work carefully so noodles don't break. Gently Spread Sauce over each strand and allow the noodles to fully absorb Sauce before eating. Add all onions except 2 tbsps. Toss and mix to evenly distribute the onions.

Garnish with remaining onions, sesame seeds and cilantro, if desired. Noodles taste best if they are allowed to sit and the flavors meld for a few hours before serving. Serve refrigerated and cold, or at room temperature.

TERIYAKI BEEF

1 lb skirt beef steak
1 c teriyaki sauce
2 tbsp soy sauce
1/2 tsp ground ginger
1 tsp ground black pepper
1/2 tsp fresh minced garlic
2 tbsp oyster sauce
1 tbsp black bean sauce
1/4 cup sesame oil
4 oz onion (1/4" jullienne")
6 oz broccoli florets

Cut skirt steaks into 1" cubes and combine all above ingredients in mixing bowl. Mix thoroughly and let marinate for at least a half hour at room temp. Refrigerate until needed.

When ready to cook: separate beef only from marinade (save everything else). In a wok, heat up about a 1/4" of olive oil. add beef and cook 3/4 done. Add marinated vegetable (broccoli and onion). cook until beef is done, then add approximately 1 cup (or as much as desired) of marinate to beef and veggies. Cook over low flame to slight boil. Serve over rice with wonton noodles around edge of plate (or pasta bowl)

THREE FLAVORS SOUP

5 c Light, clear chicken stock
8 Water chestnuts
10 Fresh medium shrimp (OR
2 Green onions
1/4 lb Cooked baby shrimp)
1 tsp Salt

Wash, shell & de-vein shrimp. Slice water chestnuts into thin circles. Mince entire green onions. Bring stock to boil with onions & water chestnuts. Add shrimp & salt. Taste & correct salt if necessary. Return Soup to boil. Serves 4.

TOFU TRIANGLES

1/2 lb Firm tofu
20 Wonton skins
1 tb Corn or canola oil (amount may be doubled)
Oil for deep-frying
1/4 lb Fresh mushrooms; minced
1 tsp Minced ginger root
1 Soy Sauce (or double amount)
1/2 c Chopped onion
1/4 tsp Pepper
1 tbsp Curry powder; blended with:
1 tsp Sherry
2 tbsp Water
1/4 tsp Paprika
1 tsp Cornstarch; blended with:
1 tsp Low sodium instant bouillon chicken, or Vegetable
1 tbsp Water (amount may be doubled)
1 tbsp Sesame oil

Dry the tofu and crumble into small pieces with a fork. Heat oil in a nonstick wok; saute ginger root until brown. Add chopped onion and blended curry powder; stir and cook for 2 minutes. Add tofu, mushrooms, soy Sauce, pepper, sherry, paprika and bouillon; bring to a boil.

Add sesame oil and blended cornstarch; mix well. Cool. Place a portion of the curried tofu (about 2 tsps) in the center of a wonton skin. Fold the skin diagonally into the shape of a triangle. Seal the edges with water. Heat oil for deep-frying.

Fry the tofu triangles until brown and crisp. Serve with vinegar, equal amounts of soy Sauce and vinegar, or Sweet and Sour Sauce, or eat plain. Makes 30 triangles

TOMATO BEEF

3/4 lb. flank steak
1 tsp rice wine
Pinch sugar
2 tbsp soy sauce
1 piece ginger root, minced
1/4 tsp pepper
1 tsp cornstarch
2 tbsp oil
1/4 cup chicken broth
1 tbsp soy sauce
1 tsp sesame oil
1 tbsp sugar
2 tbsp ketchup
1/2 cup oil
12 green onions, sliced
1 large green pepper, seeded, cut into strips
2 ripe tomatoes, seeded, cut into wedges

Cut flank steak into thin strips about 2 inches long. In a large bowl, combine wine, sugar, soy sauce, ginger, pepper, cornstarch, and oil. Add meat strips and toss to coat.

Let marinate for 30 minutes. In a small bowl, combine the broth, cornstarch, soy sauce, sesame oil, sugar and ketchup; set aside.

Place wok over high heat and add 1/4 cup of oil. Stir-fry beef for 2 to 3 minutes. Remove with a slotted spoon and transfer to a large bowl. Add remaining 1/4 cup of oil and heat. Add green onions and green pepper and stir-fry for 1 minute. Add tomatoes and stir-fry for another minute. Add broth mixture and cook for 1 minute, or until it thickens slightly. Add beef and mix well.

TWICE COOKED PORK WITH SPICY VEGETABLES

1/2 lb Pork butt in one piece
1 lg Carrot
5 lg Jyo black mushrooms
1 Cube Bean curd
2 sm Dried red Chili peppers, Minced
1/3 c Mushroom liquid
1 tb Thin soy Sauce
2 lg Cloves Garlic, minced
1 pn Sugar
2 tsp Fresh ginger root, minced
1 tsp Salt
1 sm Bell pepper
2 tb Peanut oil
1/4 c Bamboo shoots
Cornstarch paste

In saucepan, cover Pork butt with water, bring to a boil & simmer for 30 minutes. Add more Hot water if level goes below Pork. Cool Pork in its cooking water. Wash, then soak mushrooms in warm water for 1 hour. Squeeze liquid from mushrooms, reserving liquid. Discard mushroom stems, and halve mushrooms. Halve, seed & core bell pepper; cut into pieces about 1" by 1 1/2".

Slice bamboo to match bell pepper. Peel carrot; slice on bias into ovals. Remove Pork from cooking water, & parboil carrots in water for 1 minute. Slice 2/3 of Pork butt into rectangles same size as bell pepper. Save remaining 1/3 for another dish. Strain mushroom liquid; combine specified amount with soy Sauce, Sugar & salt. Drain Bean curd, rinse in cold water, and slice same size as bell pepper.

Stir-fry: Add oil to very Hot wok. When oil begins to smoke, stir-fry mushrooms, Garlic and ginger for 1 minute. Add bell pepper, bamboo shoots, carrots & Pork; stir-fry for 1 minute. Add Bean curd & mushroom liquid; bring to boil. On medium heat, cover wok & cook for 1-2 minutes, until bell pepper is bright green & crisp. Push ingredients up side of wok. Re-stir thick cornstarch paste, then dribble into liquid until it thickens; cook briefly while stirring. Recombine with ingredients. Serve.

VEGETABLES LO MEIN

1/4 lb Soft, fresh wheat flour Noodles
2 tbsp Cooking oil
1/4 tsp Salt
6 Dried Jyo mushrooms (or 10 Nami mushrooms)
1 c Chicken broth
1/2 tsp Sugar
3 Large stalks celery
Cornstarch paste
1/2 c Sliced bamboo shoots

Noodles: Add soft noodles to boiling salted water; stir with chopsticks & cook until noodles lose their floury taste but are still firm. Immediately drain in colander & rinse in cold water to arrest cooking process. If you hold noodles for more than 10 minutes toss them with a little oil to prevent sticking.

Vegetables: Soak Jyo mushrooms for 2 hours in warm water (1 hour for Nami mushrooms); slice in thin strips. Slice celery with the Grain in thin strips about 3" long. Cut bamboo shoots in strips to match celery.

Stir-Frying: Heat wok to medium-high. When Hot, dribble oil around side of pan. Add salt; stir briefly. Add mushrooms & bamboo shoots; stir for about 30 seconds. Add celery, stir vigorously for 30 seconds. Push Vegetables up side of wok; add broth & Sugar, bring to boil. Add noodles, a handful at a time, stirring them into broth for about 20 seconds.

Combine Vegetables & noodles, cover wok, steam for 30 seconds. Push all ingredients to side. If necessary, thicken juices slightly with cornstarch paste. Add paste a little at a time, stirring constantly.
Serves 4

VELVET CORN SOUP

1 tbsp Peanut oil
1 tbsp Dry sherry
4 Green onions, minced
1/2 tsp MSG (opt)
1/2 tsp Fresh ginger root, minced
2 tbsp Cornstarch and
3 c Chicken stock
1/8 c Stock for cornstarch paste
1 c Canned cream-style corn
2 Egg whites
1/4 tsp Salt
1 tbsp Cooked Smithfield (or Hickory-smoked) ham, minced
1/4 tsp White pepper
1 tsp Sugar

Wash corn in stock. Drain corn, reserving stock; chop finely and return to stock. In a cup, mix cornstarch and cold stock to make paste. In heavy 2-quart saucepan, heat oil until Hot. Sauté green onions & ginger for about 30 seconds, stirring constantly to avoid burning. Add stock & corn; stir & bring to just under boil. Add salt, pepper & Sugar.

Simmer 15 minutes or until ready to serve. Just before serving, turn up heat again to a bubbly boil. Dribble in cornstarch paste until Soup acquires a waxy translucence. It should still be thin, but not watery. Add sherry. Now beat Egg white with a fork to a light froth. Turn off heat. Quickly swirl in Egg whites. Pour into serving bowl. Garnish with ham.

WHEAT STARCH WRAPPERS FOR DUMPLINGS

1 c Wheat starch
1 tbsp Peanut oil plus more to oil
1/4 c Tapioca starch
The wrappers
1 c Boiling water

Combine the wheat starch and tapioca starch in a mixing bowl. When the water reaches a boil immediately pour it into the flour and stir vigorously into a ball, with a wooden spoon. The Hot boiling water cooks the starches. Add the oil to the dough and mix together as well as possible. The dough at this point is quite thick and lumpy. While Hot, gather up the dough and knead on a lightly oiled surface until smooth and well blended, about 3 minutes. It should feel a bit rubbery and putty-like. Cover with a damp towel. Dough is ready to make Ha Gow or Fun Gwau. Makes about 30.

WINED FISH CHUNKS IN BROTH

2 lb Oily Fish, such as mackerel
4 Napa cabbage leaves
2 tsp Salt
2 Scallions
1/2 c Good quality dry white wine
2 Cubes hard bean curd
3 c Chicken stock
1 tbsp Cooked Salad oil
1/2 tsp Ginger root, minced
1/2 tsp Ground white pepper
1/4 tsp Salt

Marinating: Clean Fish, discard head and fins. Wash Fish, cut across Fish in 1 1/2" sections. Mix salt and white wine in bowl. Add Fish chunks; rub with marinade; cover bowl; refrigerate for 6 hours.

After 2 hours, turn Fish to mix with marinade. Preparations: Wash cabbage; slice leaves down middle, then in 2" sections.

Rinse beancurd; cut into 1" cubes. Wash, trim and shred scallions, greens and all. Peel and mince ginger. Heat Salad oil to point of smoking. Remove from heat; reserve.

Cooking: Rinse Fish chunks, drain. Heat chicken stock, beancurd, ginger and salt in Sauce pan. Reduce heat, cover pan, and simmer for 10 minutes. When you are ready to add Fish and cabbage, turn up heat to boil; add Fish and cabbage when liquid boils; cover pan. Fish and cabbage are cooked in about 3 to 5 minutes - cabbage leaves will be bright lime green. Ladle Fish, cabbage and beancurd into warm shallow serving bowl; add Soup. Garnish with cooked oil, minced scallion and pepper. Serves 4

WON TONS

1 pkg. won ton wrappers (can be found in the produce department)
1 pkg. pork sausage
4 scallions (diced)
1 can water chesnuts (diced)
dash of salt, pepper, and garlic salt

Combine all ingredients. Now, Lay won ton wrappers flat on counter top. Place 1 tsp. of mixture in the center of each skin. Dip your fingers into a cup of warm water and moisten two edges of the wrapper then fold it in half into a triangle shape. Moisten the two outer points of the triangle then bring them together. Fry in oil at 350 degrees for about 3 minutes. Turn once during cooking.

WON TON IN OYSTER SAUCE

40 Won ton
1 tbsp Thin soy Sauce
2 qt Water
2 tbsp Oyster Sauce
1 1/2 tbsp Sesame oil
1 Green onion, chopped

In a large saucepan bring 2 quarts water to a boil. Add won ton and boil for 5 minutes; then, remove with a Chinese strainer or colander. Put the cooked won ton in a deep serving bowl, and add all other ingredients except the green onion, and mix carefully. Garnish with the chopped green onion.