
Traditional Chinese Cooking Recipes

ALMOND BISCUITS

Ingredients:

2 1/2 cups all-purpose flour
2 tsp baking powder
1/2 cup margarine or butter
1 cup granulated sugar
1 egg
1 tsp almond essence
blanched almonds for decoration
beat egg for glazing

Instructions:

Sift the flour, baking powder and salt into a bowl. Cream the margarine (or butter) and sugar together until light, white and fluffy. Beat in the egg and almond essence. Stir in the sifted dry ingredients to make a stiff dough.

Form the mixture into balls about 1 - 1.5 inch diameter and place these on a greased baking tray. Place half an almond (split lengthways) on each ball and press to flatten slightly. Brush with beaten egg.

Bake in a moderate oven (350 deg F / 180 deg C) for 20 minutes or until golden. Cool on a wire rack. This quantity makes about 45 biscuits.

ALMOND CREAM WITH CHOW CHOW

Ingredients:

1 lb canned chow chow or mixed fruit salad
2 cups water
1 oz unflavored gelatine
2 cups milk
1 tsp almond essence
granulated sugar to taste

Instructions:

Chop the larger pieces of chow chow in half or drain the mixed fruit salad.

Place 4 tablespoons of the water in a cup and stand it in a sauce pan of hot water. Shower the gelatine into the cup and heat, stirring, until the gelatine has dissolved. Cool.

Heat the remaining water with milk, sugar to taste, and almond essence. Stir until the sugar has dissolved. Stir in the gelatine. Pour into a shallow, lightly oiled cake tin and cool until set.

Cut the almond cream into triangular bite-sized pieces. Place these in a serving bowl with the fruit and combine very gently. Serve very cold.

Note:

Chow Chow is Chinese preserved fruit which can be bought in shops specializing in Chinese groceries.

ALMOND LAKE WITH MANDARIN ORANGES

Ingredients:

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

Instructions:

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

BOILED RICE

Ingredients:

1 cup long grain rice
2 cups water

Instructions:

Wash and drain the rice. Cook in boiling water for 5 minutes, stirring occasionally to prevent sticking.

Reduce the heat to simmering, cover the pan and cook for 20 minutes or until all the water has been absorbed and the grains are quite separate

BRAISED CHICKEN WITH PEPPERS

Ingredients:

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

Instructions:

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

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

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

BROCCOLI AND TOFU IN SPICY ALMOND SAUCE

Ingredients

Sauce: 1/2 c. hot water

1/2 c. almond butter (original recipe was for peanut butter I use almond cause I'm allergic to peanut)

1/4 c. cider vinegar

2 T. tamari sauce

2 T. blackstrap molasses

1/4 c. cayenne (this is a HUGE amount - I use 1-2 tsp.)

Saute: 1 lb. broccoli

2 tsp. ginger

4 cloves garlic

1 lb. tofu, cubed

2 c. onion, thinly sliced

1 c. chopped cashews

2-3 T. tamari sauce

2 minced scallions

Instructions

Sauce: In small saucepan, whisk together almond butter and hot water until you have a uniform mixture. Whisk in remaining sauce ingredients and set aside.

Saute: Stir-fry half the ginger and half the garlic in 1 T. oil. Add tofu chunks, stir-fry for 5-8 minutes. Mix with sauce.

Wipe wok clean, saute remaining ginger & garlic in 2 T. oil. Add onions and fresh pepper, saute for about 5 min. Add chopped broccoli, cashews and tamari; stir-fry until broccoli is bright green. Toss saute with sauce, mixing in the minced scallions as you toss. Serve over rice.

BROCCOLI WITH PORK

Ingredients:

3/4 lb cooked or frozen broccoli
2 tblsp peanut oil
1 tsp sugar
pinch of salt
1/2 tsp very finely chopped fresh ginger
1 clove garlic, crushed
2 tblsp soy sauce
1 tblsp sherry
1 tsp cornstarch
1 cup thinly sliced pork

Instructions:

Cut the broccoli into 1 1/2 inch lengths. Heat the oil in a saucepan, add the broccoli and fry for 2-3 minutes. Add the sugar, salt ginger and garlic, cover the pan and cook slowly for 4-5 minutes.

Mix the soy sauce sherry, and cornflour (cornstarch) with 3 tablespoons (1/4 cup) water. Stir this in to the saucepan, cover again and cook for a further 3-4 minutes.

Add the pork and reheat.

CHICKEN DICE WITH FRIED WALNUTS

Ingredients:

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

Instructions:

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

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

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

CHINESE GARLIC CHICKEN

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

SAUCE

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

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

Meanwhile, slice green onions on the diagonal into very thin slices. Mince gingerroot and garlic. Combine Sauce ingredients, mixing well. Heat wok or frying pan, add oil, and stir-fry chicken until no longer pink. Remove chicken with a slotted spoon. Add onions, ginger and garlic to wok and stirfry about 30 seconds, until ginger and garlic are fragrant but not brown. Return chicken to wok, restir sauce ingredients and add to wok. Cook, stirring constantly, until mixture is well combined, hot and bubbly and thickens slightly. Turn off heat and splash with about 1 tsp of dark sesame oil. Serve over rice. Makes 4 servings.

Chinese Potato Salad

5-6 medium potatoes (about 2 1/2 pounds)
4 slices bacon, well-cooked and crumbled
3/4 cup chopped bok choy
1 red pepper, diced
1/2 cup chopped green onion
1/4 cup chopped celantro

Sauce

1 1/3 cup mayonnaise
1 tsp sugar
1 tbs soy sauce
1-2 tsp sesame oil
1/8-1/4 tsp hot mustard powder
1/8 tsp salt

Boil the potatoes until cooked but still firm. Cut into potato salad-sized chunks. Mix the ingredients for the sauce together, using more or less sesame oil and hot mustard according to taste (the more the better, up to a point...). Put all solid ingredients together in a large bowl, then add the sauce and mix well. Chill.

Chinese Scallion Cakes

1 1/4 C all-purpose flour (approx. 5 cups)
3/4 pint boiling water
1 or 2 Tbs cold water
1 or 2 tsp sesame oil
1 1/2 tsp salt
4 oz margarine or butter
12 oz chopped scallions (about 35)
peanut or corn oil for frying

Sift flour into a large bowl. Pour in the boiling water gradually and mix with a fork. Rub together with fingers while the flour is still warm. Add the cold water and knead to form a firm, but not hard, dough. Cover and let stand for 10 minutes.

Oil a flat surface and a rolling pin with 1 tsp sesame oil. Place dough on oiled surface. Knead a few times and divide into 6 pieces. Roll out one piece into a 6 - 7 inch circle with the edges slightly thinner than the middle. Sprinkle all over with a good 1/4 tsp of salt and press in with your fingers. Generously spread with 1/2 oz margarine all over, stopping just short of edges. Spread with about 5 Tbs of chopped scallions.

With both hands, pick of the sides nearest you and roll the cake up away from you (like a jellyroll), taking care not to let the scallions fall out. The dough should now be in a cylindrical shape. Pinch the ends closed and roll towards each other until the dough is ball-shaped. Gently roll the ball out until it's about 6 inches across. Don't worry if the surface of the cake bursts while you're rolling (this *always* happens to me!). Repeat for each piece of dough.

Heat a heavy, flat frying pan until hot. Add 2 Tbs oil. Fry the cakes over low heat, covered, for 4 or 5 minutes or until spotted brown. Turn over and fry the other side likewise. Remove and drain on a paper towel. Serve hot.

Chinese Scallion Pancakes

Ingredients

~2/3 c flour + some more

~1/3 c water

butter/ margarine

salt

~1/2 c chopped green onions/scallions divided to 3 portions

3 tablespoons of cooking oil

Directions

In a medium sized bowl, combine 2/3 c flour and 1/3 c water to make a manage dough. It's a good idea to start with less water and increase a tablespoon at a time since I don't know the exact measurements. The dough may be a little tough but that's okay.

Divide the dough into 3 pieces and keep the ones you're not using under a damp cloth.

Roll out the dough to a rectangular shape on a lightly floured surface.

NOTE: the thinner the dough is the more layers you'll get

Spread enough margarine to cover surface

Sprinkle enough salt to cover surface(this depends on personal taste)

Sprinkle one portion of scallions on dough

Roll up dough TIGHTLY by the short length, tucking in the scallions along the way and seal the edge.

Coil the dough into a snail shell and seal end.

Roll out as flat as possible.

Heat up frying pan with a tablespoon of oil.

Fry both sides of pancake 'til golden. The whole thing won't be brown, only the spots where it's actually touching the pan.

Slice and serve immediately when done. If it's not salty enough, it can be served with some soy sauce. Makes 3 individual pancakes.

Cold Chinese Noodles in Peanut-Sesame Sauce

The hardest part of the recipe is amassing the ingredients. Most can be purchased in an Oriental Food Store. Once you make the dressing, you will have "instant" company fare on hand for a long, long time. The recipe makes 1 quart. I store mine in a mayonnaise-type jar in the refrigerator. Dressing will keep well indefinitely in the refrigerator. Use about 2-4 heaping Tbsp. of dressing per pound of noodles.

Recipe may be prepared up to 1 day ahead of time through Step 3 and kept refrigerated.

1 lb. chinese-style noodles (or any spaghetti/fettucini-type pasta)

2 Tbsp. dark sesame oil

DRESSING:

6 Tbsp. peanut butter

1/4 cup water

3 Tbsp. light soy sauce

6 Tbsp. dark soy sauce

6 Tbsp. tahini (sesame paste)

1/2 cup dark sesame oil

2 Tbsp. sherry

4 tsp. rice wine vinegar

1/4 cup honey

4 medium cloves garlic, minced

2 tsp. minced fresh ginger

1-2 Tbsp. hot pepper oil (see instructions below)*

1/2 cup hot water

GARNISH: (all are optional, depending on your taste)

1 carrot, peeled

1/2 firm medium cucumber, peeled, seeded, and julienned

1/2 cup roasted peanuts, coarsely chopped

2 green onions, thinly sliced

1. Cook noodles in large pot of boiling unsalted water over medium heat until barely tender and still firm.

2. Drain immediately and rinse with cold water until cold. Drain well and toss noodles with (2 Tbsp) dark sesame oil so they don't stick together.

3. FOR DRESSING: combine all ingredients except hot water in a blender or food processor fitted with steel blade and blend until smooth.

Thin with hot water to consistency of whipping cream.

4. For garnish, peel flesh of carrot in short shavings about 4" long. Place in ice water for 30 minutes to curl.

5. Just before serving, toss noodles with sauce. Garnish with cucumber, peanuts, green onion, and carrot curls. Serve at room temperature.

* HOT PEPPER OIL: Amount you use depends on how hot you like it. 2 Tbsp. will give it a nice "bite." If your tastes run to the very hot, you might want to use 3

Tbsp.

If you don't want to buy the oil "ready made" in the market, here's a recipe:

1/4 cup hot red pepper flakes, 1 cup oil. Combine in a saucepan over medium heat. Bring to boil, and immediately turn off heat. Let cool.

Strain in small glass container that can be sealed. Refrigerate.

Lasts indefinitely.

CRISP-FRIED TOFU AND GREENS

Ingredients

2 cakes of tofu, frozen overnight and thawed
1/2 c. water or vegetable stock
1 tsp. cornstarch
1/2 c. cornmeal or cornstarch
Marinade: 1/3 c. soy sauce
1/4 c. rice vinegar
1 T. finely grated gingerroot
2 cloves garlic, minced or pressed
dash cayenne
Sauce: 3 T. soy sauce
1/4 c. dry sherry
2 tsp. rice vinegar
2 tsp. honey or brown sugar
Vegetables: 3 T. oil
3 cloves garlic, minced or pressed
1 c. thinly sliced onion
6 c. mix of coarsely chopped pak choi, chard, kale,
nappa cabbage or 9 c. chopped spinach

Instructions

Gently squeeze as much liquid out of thawed tofu as possible.

Cut tofu crosswise into 1/2-inch thick slices, then diagonally, to make 4 triangles.* Combine marinade ingredients and mix well.

Arrange tofu triangles in one layer in a dish and cover with marinade. Allow to sit for at least 10 minutes to absorb the flavors. Prepare sauce mix by combining all ingredients in a small bowl. In a separate bowl mix the water or stock and the 1 tsp. cornstarch. Dredge marinated tofu pieces in cornmeal or cornstarch and fry over medium heat in 1/8 to 1/4 inch of oil, for 3-4 minutes on each side. Drain and keep warm in 200F oven.

Add leftover marinade to sauce mix. Heat 3 T. oil in a wok.

Stir-fry garlic and onion until onion is tender. Add greens and continue stir-frying until just wilted but not mushy. Add sauce mix and cornstarch mix and stir-fry just until sauce is thickened.

Add reserved fried tofu. Serve with rice.

* I cut the tofu into many more smaller triangles.

This last recipe in particular is incredibly flavorful! Enjoy!

CRISP SKIN CHICKEN

Ingredients:

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

Instructions:

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

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

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

Cinnamon Dip:

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

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

Pepper and Salt Dip:

1 tblsp salt
1/2 tblsp freshly ground black pepper

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

Hoi Sin Sauce

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

Note:

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

DUCK WITH ALMONDS

Ingredients:

1 lb duck meat
2 tblsp oil
1 tsp salt
2 tblsp soy sauce
2 sticks celery
2 oz fresh mushrooms
4 oz frozen peas
1 cups stock
2 tsp cornstarch
3 oz split, toasted almonds

Instructions:

Cut the duck meat into paper thin slices. Heat the oil, add the salt and duck and fry for about 5 minutes or until the meat is tender. Add the soy sauce and mix well.

Wash and chop the celery; wash and thinly slice the mushrooms; add both to the pan with the peas, mix well and cook for 1 minute. Add the stock, bring to the boil and simmer for 5 minutes.

Mix the cornstarch to a smooth paste with a little cold water, stir into the pan, bring to the boil, stirring all the time until slightly thickened.

Add the almonds and serve.

FRIED CELERY CABBAGE

Ingredients:

1 lb white, or Chinese cabbage
2 tblsp oil or melted lard
1 tsp salt
2 sticks celery

Instructions:

Wash the cabbage and shred finely. Heat the oil and fry the cabbage for 3 minutes, stirring all the time. Add the salt, mixing well.

Wash the celery and cut into thin slices, add to the cabbage with 2 tblsp water; cook over a fierce heat, stirring all the time, for 2 minutes.

FRIED LETTUCE

Ingredients:

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

Instructions:

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

FRIED RICE

Ingredients:

2 lb cooked, cold rice
2 tblsp oil
2 eggs
salt and black pepper

Instructions:

Season the rice well with salt and black pepper. Heat the oil and fry the rice gently over medium heat for about ten minutes, or until all fat has been absorbed.

Beat the eggs until smooth and pour on to the rice in a thin stream, stirring all the time. Heat gently, stirring, until the egg is evenly distributed and set.

Note:

This is the simplest form of fried rice, which, although very popular in the West, is not served in restaurant in China, and rarely in the home.

FRIED SHELLFISH

Ingredients:

ca. 1 lb shellfish

Dough:

12 oz flour

1 egg

2 tblsp baking powder

3 1/2 tblsp cornstarch

1 tsp salt

1 cup water

flour to dust

oil to fry and for the dough

Instructions:

Mix together flour, egg, baking powder, cornstarch and 1 cup water. Let stand 10 minutes. Add 10 tblsp oil and let stand another 20 minutes.

Cut fish to pieces and dust with cornstarch. Then dip fish into dough and fry in hot oil. Turn fish very cautiously when the color starts to change. Remove fish pieces when slightly brown. Let cool 5 minutes.

Now fry again in hot oil until the pieces are golden brown.

Further Ingredients:

5 oz soaked chinese mushrooms

7 oz bamboo shoots

4 oz scallions

4 cloves garlic

oil for frying

4 tblsp soy sauce

3 tblsp sugar

2 tsp pepper

3 tsp salt

4 tblsp rice wine (or white wine)

pinch of MSG

1/2 litre chicken broth or water

2 tblsp + 2 tsp cornstarch, stirred in 180 ml water

4 tsp sesame oil

Instructions:

Cut mushrooms and bamboo shoot in equally thick slices. Cut scallion in 1 inch

long slices. Peel and chop garlic finely.

Heat pan, put a little oil in it and stir-fry vegetables. Take out of the pan. Heat 6 tablespoons oil in the pan and fry garlic for 15 seconds. Add soy sauce, sugar, pepper, salt rice wine, MSG and chicken broth. Add cornstarch water mixture. Add vegetables and fish and boil shortly. Season to taste with sesame oil.

FRIED SPINACH

Ingredients:

2 lb fresh spinach or 3/4 lb frozen leaf spinach

1 tblsp oil

1 tsp salt

1 tblsp soy sauce

Instructions:

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

General Tso's Chicken (1)

This recipe is from Siam Oriental Restaurant, which is the consensus choice among my co-workers for the best General Tso's Chicken in Central Ohio:

Sauce:

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

Meat:

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

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

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

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

GINGERED FRUIT

Ingredients:

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

Instructions:

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

Lo Mein

Although this is for beef lo mein, just substitute chicken or shrimp. This is from the Chinese Village Cookbook by Rhoda Yee. It is great, and kids love it!

1/2 lb egg noodles (I use the 12 oz package)

1/2 lb flank steak

1 tsp. cornstarch

1 tbsp light soy sauce

1 tsp. sherry

1 clove garlic, crushed

sauce mixture -

1 tbsp cornstarch

1 c. chicken stock

1 tbsp soy sauce

2 tbsp oyster sauce

1 tsp sesame oil

1 stalk green onion, diced

2 tbsp. Oil

Par boil fresh egg noodles for 3 minutes. Rinse with cold water and drain. Slice beef into 1/8-inch strips across the grain. Marinate for 15 minutes. Prepare sauce mixture. Have a pot of hot water ready.

Heat wok. Add 2 tbsp oil and reheat. Add garlic; brown. Discard. Add beef and salt stir until 3/4 done. Add sauce mixture and stir until thickened. Add green onions and sesame oil. Mix well and keep warm. Drop noodles into hot water. Stir for a minute to heat. Drain well. Pour meat and sauce over noodles.

MIXED VEGETABLE SOUP

Ingredients:

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

Instructions:

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

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

PINEAPPLE FISH

Ingredients:

ca. 1 lb fish

Dough:

12 oz flour

1 egg

2 tblsp baking powder

3 1/2 tblsp cornstarch

1 tsp salt

1 cup water

flour to dust

oil to fry and for the dough

Instructions:

Mix together flour, egg, baking powder, cornstarch and 1 cup water. Let stand 10 minutes. Add 10 tblsp oil and let stand another 20 minutes.

Cut fish to pieces and dust with cornstarch. Then dip fish into dough and fry in hot oil. Turn fish very cautiously when the color starts to change. Remove fish pieces when slightly brown. Let cool 5 minutes.

Now fry again in hot oil until the pieces are golden brown.

Further Ingredients:

7 oz canned pineapple pieces

3/4 cup syrup from canned pineapple

1 tblsp cornstarch

2 tblsp vinegar

1 tblsp soy sauce

2 tblsp sugar

green tops of 2 scallions

Instructions:

Place ingredients in a saucepan and bring to the boil, stirring constantly. Add the fish pieces and simmer, covered, for 5 minutes

PORK AND BAMBOO SHOOTS

Ingredients:

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

Instructions:

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

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

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

PORK WITH MUSHROOMS

Ingredients:

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

Instructions:

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

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

Pork and Chinese Preserved Vegetable on Vermicelli Noodles

Ingredients:

350gm lean pork.
half a 440ml can of shredded chinese preserve radish. 2 books of "vermicelli"
(they are translucent when raw, very fine, and _white_ when cooked)
2 tbsp light soy sauce.
fresh ground black pepper to taste. (we like LOTS)
2-3 tbsp of cooking oil.
a little sesame oil.

Method:

1. Shred pork into 5x5mm matchsticks.
2. Heat oil in wok, and stir-fry pork until no pink shows.
3. Add soy sauce and black pepper.
4. Cook for another 5 mins, then keep warm. (the dish, not you!)
5. Bring a pot of water to boil, then add noodles.
6. Put on kettle, about 3-4 cups.
7. When noodles are tender, drain and place in bowl.
8. Place pork and sesame oil on bed of noodles.
9. Pour boiling water from kettle over the pork to make a soup.
10. Serve, then eat with chopsticks and chinese soup spoon.

All the recipe books would say this "serves four", but we're always so hungry that the two of us can eat all this and still want more, ie_serves two hungry people_.

This recipe is great for taking to work or school. Stop before step 9, and when lunch comes you can add hot water from the office urn, etc.
Then you have a nice hot lunch - yum yum!!

Pot Stickers : COLLECTION

Dumpling Skins jiao zi pi

The texture of these fresh pasta products is positively silky in comparison to the commercially prepared kind. Making them by hand is a very time-consuming process, but the result is certainly worth the effort. Commercial dumpling skins (gyoza) will work just fine.

Fifty skins:

2.5 cups all-purpose flour

1.25 cups boiling water

1. Place the flour in a mixing bowl and add the boiling water. With a wooden spoon, mix the ingredients to a rough ball. If the dough is too hot to handle, let it cool a bit; then turn it out onto a lightly floured surface and knead for about 5 minutes, until it is smooth and elastic. If the dough is too sticky, knead a few tablespoons of flour into it. Cover the dough and let it rest for 25 minutes.

2. Cut the dough in two and form each half into a long snakelike roll about 1 inch in diameter. Cut each half into 25 pieces. With a cut edge down, press each into a circle. Using a small rolling pin or a tortilla press that has been lightly floured, roll out each piece into a 3-inch circle. Cover the circles with a cloth or towel to prevent drying.

Fifty Dumplings Jiao Zi

Meat dumplings typify the hearty, wholesome qualities of northern home-style cooking. Traditionally, they are filled with pork, cabbage, and flavored with a generous amount of Chinese garlic chives. For a nice variation is to substitute lamb for pork

1.5 cups finely minced Chinese cabbage (Napa)

1 tsp salt

.75 pounds ground pork

1 cup finely minced Chinese garlic chives, leeks, or scallion greens

Dumpling Seasoning

2 Tbs soy sauce

1 Tbs rice wine (shaohsing)

2 Tbs sesame oil

1.5 tsp minced ginger

1.5 tsp minced garlic

1. Place the minced cabbage in a large mixing bowl, add the salt, toss lightly to mix evenly, and let sit for 30 min.(this is done to remove the water from the cabbage, so the filling will not soak through the dumpling skin.) Take a handful of minced cabbage and squeeze out as much water as possible. Place the cabbage in a mixing bowl. Squeeze out all the cabbage and discard water. Add the pork, minced chives, and "dumpling seasoning". Stir vigorously in to combine the ingredients evenly. (If the mixture seems loose, add 2 Tbs cornstarch to bind it together.)

2. Place a heaping tablespoon of filling in the center of each dumpling skin, and fold the skin over to make a half-moon shape. Spread a little water along the edge of the skin. Use the thumb and index finger of one hand to form small pleats along the outside edge of the skin; with the other hand, press the two opposite edges of the skin together to seal. The inside edge of the dumpling should curve in a semi-circular fashion to conform to the shape of the pleated edge. Place the sealed edge dumplings on a baking sheet that has been lightly dusted with cornstarch or flour.

3. In a large wok or pot, bring about 3qts of water to a boil. Add half the dumplings, stirring immediately to prevent them from sticking together, and heat until the water begins to boil. Add 1/2 cup cold water and continue to cook over high heat until the water boils. Add another 1/2 cup cold water and cook until the water boils again. Remove and drain. Cook the remaining dumplings in the same manner. (this is the traditional method of cooking dumplings; for a simpler method, boil for about 8 minutes, uncovered, on high heat.

Serve the cooked dumplings with one (or both) of the following dipping sauces:

Dipping Sauce I

1/2 cup soy sauce

3 Tbs Chinese Black vinegar or Worcestershire sauce

Dipping Sauce II

1/2 cup soy sauce

2 Tbs Chinese Black vinegar or Worcestershire sauce

1 Tbs chili oil or chili paste with garlic

Variation

add 1 Tbs shredded gingerroot or minced garlic to either of the sauces.

Pan Fried Dumplings Guo Tie

Literally translated, guo tie means "pot stickers," and anyone who has not used a well-seasoned pan to cook these dumplings will understand the appropriateness of this title; the dumplings often refuse to dislodge themselves from the pan.

25 dumplings

3.5 Tbs peanut oil
5 meat dumpling from above
1 cup boiling water

Heat a large wok or well-seasoned skillet until very hot. Add three tablespoons of oil and heat until hot. Place the dumplings in the pan, pleated side up. Fry the dumplings over medium heat until their bottoms are a deep golden brown. Add the boiling water to the pan and cover. Reduce the heat to low and cook for about 10 minutes. Uncover, and pour out the water. Lightly rinse the dumplings for 5 seconds under hot running water to remove excess starch*. Drain. Place the pan containing the dumplings over medium-high heat. Drizzle 1/2 Tbs of oil around the dumplings and fry until the bottoms are again crisp (about 2 minutes). Loosen any dumplings that seem to be stuck to the bottom.

Most of this came from the book Nina Simonds, "Classic Chinese Cuisine", Houghton Mifflin Company, Boston, 1982. It is an excellent Chinese cookbook. The recipes are straight forward and typically pretty easy. It contains nice (often wordy and sometimes slightly dated) descriptions and historical notes.

Steve H.

Another spicy dipping sauce that actually comes from another recipe in the book, spicy steamed eggplant. The sauce is supposed to be poured over the steamed eggplant. We like it but love the sauce for just about everything.

1/4 cup soy sauce
1T rice wine
1T rice wine vinegar
2t sugar
1T minced scallion
1.5T minced garlic
2T sesame oil
2t chili oil or chili paste

RAINDROP SOUP

Ingredients:

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

Instructions:

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

Add the sherry and season to taste.

SCALLOPS WITH PEPPERS

Ingredients:

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

Instructions:

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

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

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

SPICED WHOLE LAMB

Ingredients:

3 lb leg or shoulder of lamb
1 tsp salt
1 tblsp sherry
2 cloves garlic, crushed
1 oz fresh ginger, shredded or 1 tsp ground ginger
1/3 cup oil
1 litre stock
1 tblsp cornstarch

Instructions:

Wipe the meat and rub salt into the skin. Put in a pan with cold water to cover, bring to the boil, remove the scum, cover and simmer for 20 minutes. Drain off the liquid. Mix the soy sauce and the sherry with the garlic and ginger and rub into the lamb, leave for 10 minutes.

Heat the oil and fry the lamb for about 15 minutes, turning it to brown all over. Add the stock, bring to the boil and simmer for 2 1/2 hours.

Mix the cornstarch to a smooth paste with a little cold water. Lift the lamb on to a hot dish; keep hot. Add cornstarch mixture to the liquid in the pan and bring to the boil, stirring, until slightly thickened. Pour over the lamb.

Steamed Dumplings

1 3/4 cups hot water
3 T. sugar
2 T. vegetable shortening or oil
6 cups all-purpose (plain) flour
2 T. baking powder
1/2 tsp. salt

Add sugar and shortening to hot water, stir til sugar is dissolved, and allow to cool until barely warm.

Sift remaining dry ingredients into a large mixing bowl, and gradually stir in sugar mixture. Mix well and gradually draw dough together with your hands. It should be soft, but not sticky.

On a floured board, knead dough about 5-8 minutes, or til smooth and elastic. Return to bowl, cover with damp cloth and let rise at least 1 hour.

Roast Pork Filling

makes 24 buns

1 T. sugar
1 1/2 T. soy sauce
1 T. oyster sauce
1/2 cup chicken stock
1 tsp. sesame oil
1/4 tsp. ground black pepper
1 drop red food colouring (optional)
1 T. vegetable oil
3/4 lb. diced roast pork (recipe: 3 lbs. pork sirloin cut into 2 inch strips, marinated in: 2 T. sherry, 2 T. sugar, 1/4 cup soy sauce, 3 T. hoisin sauce, 1/4 tsp. red food colouring; marinate 4-5 hrs in fridge; bake 1 hour at 325, brushing with honey three times; let cool 20 min. then dice for dumpling recipe)
1/2 inch piece fresh ginger, minced
1 large or 2 small spring onions, chopped
1 T. cornstarch
2 T. water
1 recipe Silver Loaves

Mix together sugar, soy sauce, oyster sauce, chicken stock, sesame oil, black pepper and red food colouring. Set aside.

Stir-fry the pork, ginger, and spring onions in the vegetable oil for 2 min. Pour in the seasoning mixture and stir for another minute. Stir the cornstarch into the water and pour into wok. Continue to cook, stirring, until the sauce is like thick custard. Remove from heat.

Knead the Silver Loaves dough for 3 minutes. Cover and let sit 10 minutes. Divide into 24 pieces and cover again with the cloth.

Pat each piece of dough into a 4 inch in diameter circle. Place a teaspoon of pork filling in centre and pleat edges of circle all the way around. Bring edges up over filling, finally pinching the pleats together firmly at the centre top. Set aside for 10 minutes.

Place each bun on a piece of wax (greaseproof) paper, and steam with 1/2 inch of space between them, for 12 minutes. Do not open the steamer while cooking or else the characteristic splitting of the top of the bun will not take place.

Shrimp and Vegetable Filling

- 1 T. vegetable oil
- 2 cloves garlic, minced
- 1 spring onion, finely chopped
- 3/4 lb. chinese cabbage, chopped, blanched in boiling water for 1 min, drained and squeezed dry in paper towels
- 1/4 cup cooked baby shrimp, minced
- 1 tsp. sugar
- 1 tsp. soy sauce
- 1/2 tsp. ground black pepper
- 1 tsp. sesame oil
- 1 tsp. cornstarch
- 1 T. water

Heat the oil in a wok, fry garlic and spring onion til garlic is a light golden colour. Stir in cabbage and shrimp, and cook one more minute. Add sugar, soy sauce, pepper and sesame oil, stir; then add cornstarch mixed with water. Stir again. The mixture should thicken immediately. Fill buns as with above recipe.

Sweet Red Bean Paste Filling

(sweet red bean paste can be bought in the store, and used straight from the can for filling, but this is how to make it from scratch)

1 1/2 cups red beans, washed well

4 cups water

1/2 cup vegetable shortening

1 cup sugar

Place the beans and water in a saucepan, cover, bring to boil over medium high heat. Reduce heat to medium-low and cook for 1 1/2 hours, or til beans are very soft.

Strain the water from the beans, and blend them into a puree in a blender or food processor.

Press the puree through a sieve, discarding the skins, which will be left in the sieve.

Place the puree in several layers of cheesecloth, and gently squeeze to remove excess moisture.

Place the thickened puree back into the saucepan, together with the sugar and vegetable shortening, and heat over low heat, stirring until it becomes a thick paste. Stir and scrape vigourously so that it does not stick to the bottom.

Remove from heat and let cool before filling buns.

STEAMED RICE

Ingredients:

2/3 cups long grain rice

3 - 4 cups water

Instructions:

Was and drain the rice Cook in boiling water for 3 minutes. Drain. Put the rice in a steaming tier and cook for 30 minutes. (If no steaming tier is available, use a nylon or hair sieve in a wooden ban.)

STEWED LAMB WITH ORANGE

Ingredients:

2 lb lean lamb or mutton
1 tblsp soy sauce
1 tblsp sherry
1 tsp ground ginger
2 tblsp finely grated orange rind
1 tsp salt
1 litre stock or water
1 tblsp cornstarch

Instructions:

Wipe the meat, then cut into 1/2 inch cubes. Mix the soy sauce, sherry, ginger, orange rind and salt together, add the lamb and mix well. Put the lamb into a pan with the flavourings and water. Bring to the boil, remove the scum, cover and simmer for 2 hours.

Mix the cornstarch to a smooth paste with a little cold water and add to the pan. Bring back to the boil, stirring until slightly thickened.

SWEET AND SOUR PRAWNS (SHRIMP)

Ingredients:

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

Marinade:

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

Instructions:

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

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

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

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

SWEET & SOUR TOFU

Source: The Enchanted Broccoli Forest

Ingredients

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

Instructions

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

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

Ken & Laura's Amazing Impromptu Sweet-n-Sour Stir-Fry

Yield: 2 servings

1/4 c Chopped scallions
2 Cloves garlic, minced
Canola oil (sesame
-oil would work well,
-too)
1 c Snow pea pods, de-stringed
1 sm Yellow zucchini squash,
-sliced
1 1/2 c Broccoli (florets and
-stems, cut into small
-pieces)
12 oz Straw mushrooms
1/2 c Bean sprouts
1/2 c Water chestnuts
1/2 c Bamboo shoots
1/4 c Chopped red bell pepper
1 sm Can pineapple chunks
-(unsweetened, be sure
-to save the juice)
1 sm Can mandarin orange slices
1 Ripe mango, peeled, seeded,
-and sliced

-----SAUCE-----

1 1/2 c Tamari
Pineapple juice (leftover
-from the can)
3 tb Cornstarch (or enough
-to make desired thickness)
2 tb Water
2 ts Grated fresh ginger

First to go in the wok was the oil, scallions, and garlic. Use enough oil so that it'll coat all the veggies but not make them slimy (I'd say about 1/2 - 2/3 c.). Heat these ingredients until the garlic starts to turn brown.

Then add the pea pods, squash, and broccoli. Cook about 3-5 min.
Then add the bean sprouts, water chestnuts, bamboo, and peppers.
Cook for a few more minutes, until veggies are slightly tender but still sort of crisp.

Then add the pineapple, oranges, and mango. Cook about a minute, then add the sauce. When the sauce starts bubbling, the stir-fry is done.

Serve over rice. Yum!

SZECHUAN-STYLE STIR FRY

Ingredients

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

Instructions

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

TOMATO SOUP WITH EGG FLOWER

Ingredients:

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

Instructions:

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

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

WATERMELON SOUP

Ingredients:

1 oz dried mushrooms
4 oz bamboo shoots
4 oz green peas
4 oz lean ham
2 cups chicken stock (1 cup = 250 ml)
6 oz chicken
6 oz pork
1/2 tsp MSG (monosodium glutamate)
4 lb watermelon

Instructions:

Cut the mushrooms into small pieces and soak in boiling water for 1 hour.

Cut the bamboo shoots into thin slices; shredd or mince (grind) the ham.

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

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

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

Wonton noodles

Shrimp Won-Ton

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

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

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

Soup for Wonton

6 C stock
1 t rice wine
1 1/2 t salt
1 T shredded gingger root
Heat all above ingredients to boiling.

Seasoning in each bowl

1/4 t black pepper
1/2 t sesame oil
1/2 T soy sauce
1 T chopped green onion

Put these into each individual serving bowl.

In Closing

Thank you for using the Chinese Recipes e-book. I hope that you have enjoyed creating some of these wonderful recipes. I would be grateful if you could take the time to visit my website below, where you can view more great e-Books:

<http://www.elpassobooks.co.uk>

On the following page I have also included a list of resources that I know you will find valuable!

Resources

Cooking Books:

[Amazon \(UK\)](#)

[Amazon \(USA\)](#)

Cookware:

[Amazon \(UK\)](#)

[Amazon \(USA\)](#)

Healthy Eating Plans:

[Burn The Fat – Feed The Muscle](#)

[The Negative Calorie Diet](#)

[Anne Collins Weight Loss Program](#)