

MARINADE:

- 2 tablespoons cornstarch
- 1 egg white
- 1 teaspoon salt
- 2 tablespoons peanut oil
- ¼ teaspoon white pepper
- 3 tablespoons peanut oil
- 2 tablespoons peanut oil

SEASONINGS:

- 1 teaspoon minced fresh ginger
- 1 teaspoon minced garlic
- 2 whole scallions, minced

VEGETABLES:

- ½ cup diced red or green sweet pepper
- ½ cup diced broccoli flowers
- ¼ cup diced canned bamboo shoots
- 6 dried Chinese mushrooms, soaked in warm water 30 minutes

SAUCE:

- 3 tablespoons soy sauce
- 1 tablespoon dry sherry
- 1 tablespoon oyster sauce
- 1 teaspoon hoisin sauce
- ¼ cup canned chicken broth
- 1 teaspoon sugar
- ½ teaspoon salt
- 1 teaspoon cornstarch, dissolved in 2 teaspoons cold water
- ½ cup roasted cashew nuts, unsalted

TO PREPARE:

Combine ingredients for marinade and mix until smooth. Add pork and marinate 30 minutes. Rinse mushrooms, discard tough stems, and dice.

ON THE TRAY:

- Bottle of peanut oil
- Bowl containing marinated pork
- Cup containing seasonings

- Bowl containing vegetables
- Cup containing sauce
- Cup containing dissolved cornstarch
- Cup containing cashew nuts

TO COOK:

To a heated wok add 3 tablespoons peanut oil. When the oil is hot, add pork and stir-fry about 3 minutes until the pork loses its pink color. Remove pork from the wok and set aside.

In the same wok heat 2 tablespoons of peanut oil and add the seasonings. Stir-fry 30 seconds. Add vegetables and stir-fry 1 minute. Add sauce and stir until it boils. Return pork to wok and stir. Add cornstarch and stir sauce about 1 minute until it is thickened. Stir in cashew nuts. Remove from heat and serve immediately.

PORK WITH SCALLION SAUCE

PREPARATION TIME: 10 MINUTES

FUKIEN

MARINATING TIME: 1 HOUR

COOKING TIME: 15 MINUTES

- 1 pound boneless pork tenderloin, cut into slices ½ inch thick × 2 inches square

MARINADE:

- 1 teaspoon soy sauce
- 1 teaspoon dry sherry
- 1 teaspoon sesame oil
- ½ teaspoon 5-spice powder
- ½ teaspoon salt
- ½ teaspoon sugar

Cornstarch

- 4 cups peanut oil for deep frying

SAUCE:

- 3 tablespoons soy sauce
- 4 tablespoons white rice vinegar
- 4 tablespoons sugar
- ½ teaspoon salt

VITH VEGETABLES

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ingredients for marinade and mix until smooth. Add pork and marinate 30 minutes.

ON THE TRAY:

- Bottle of peanut oil
- Bowl containing marinated pork
- Cup containing seasonings
- Bowl containing vegetables
- Cup containing sauce
- Cup containing dissolved cornstarch

TO COOK:

To a heated wok add 2 tablespoons peanut oil. When oil is hot, add marinated pork and stir-fry 3 minutes until the pork loses its pink color. Remove the pork from the wok and set aside.

In the same wok heat 2 tablespoons peanut oil. Add seasonings and stir-fry 30 seconds. Add vegetables and stir-fry 1 minute. Add sauce and stir until it boils. Return pork to the wok and stir to heat through. Add cornstarch and stir about 1 minute until it is thickened. Remove from heat and serve immediately.

HONEY-DIPPED DRUMSTICKS

PREPARATION TIME: 5 MINUTES
MARINATING TIME: 6 HOURS OR OVERNIGHT
COOKING TIME: 20 MINUTES

CANTON

12 chicken drumsticks (without thighs)

MARINADE:

- 1/4 cup honey
- 1/4 cup soy sauce
- 2 tablespoons white rice vinegar
- 1 tablespoon brown sugar
- 4 tablespoons flour
- 1/4 teaspoon salt
- 4 cups peanut oil for deep frying

TO PREPARE:

Combine ingredients for marinade. Marinate drumsticks at room temperature 6 hours, or overnight in the refrigerator. Remove drumsticks from marinade and roll in flour and salt combined.

TO COOK:

Heat 4 cups of peanut oil to 375° in a deep-fat fryer. Fry 6 drumsticks at a time, about 8–10 minutes until golden brown. Drain on paper towels. Reserve cooking oil in a covered jar to be reused. Serve immediately.



CHICKEN PEKING

PREPARATION TIME: 20 MINUTES

PEKING

MARINATING TIME: 30 MINUTES

COOKING TIME: 6–8 MINUTES

- 2 *whole chicken breasts, boned, skinned, and cut into ½-inch cubes*

MARINADE:

- 1 *egg white*
- 1 *tablespoon cornstarch*
- 1 *tablespoon peanut oil*
- ½ *teaspoon salt*
- ¼ *teaspoon white pepper*
- 3 *tablespoons peanut oil*
- 2 *tablespoons peanut oil*
- 1 *teaspoon minced fresh ginger*

VEGETABLES:

- ¼ *cup sliced fresh or canned mushrooms*
- ¼ *cup diced red sweet pepper*

5. Remove from heat, garnish with scallion.
6. Serve immediately in individual bowls.



FISH FILET HUNAN STYLE

PREPARATION TIME: 30 MINUTES

COOKING TIME: 15 MINUTES

HUNAN

Hunan is a region in China noted for highly seasoned food, particularly spicy fish dishes. In this recipe the fish pieces are fried in a batter until crisp and then combined with vegetables in a spicy sauce. The fish can be double-fried as described on page 79 if you like, or kept warm in a low, 200° oven until the sauce is ready. The sauce can be made ahead, but do not add the cornstarch until just before serving.

- 1 pound filet of sole, flounder, or any white fish, cut into 2 × 1-inch pieces
- Salt and pepper

BATTER:

- 2 eggs
- ¾ cup all-purpose flour
- ¼ cup dry sherry

- 4 cups peanut oil for deep frying
- 2 tablespoons peanut oil
- ½ cup lean ground pork

VEGETABLES:

- ¼ cup sweet red or green pepper, diced in ½-inch pieces
- ¼ cup canned bamboo shoots, diced in ½-inch pieces
- 4 dried Chinese mushrooms, soaked in warm water 30 minutes
- 1 whole scallion, minced
- 1 teaspoon minced fresh ginger
- 1 teaspoon minced garlic

SAUCE:

- 3 tablespoons dry sherry
- 2 tablespoons soy sauce
- 1 tablespoon sugar
- 3 tablespoons hoisin sauce
- 1 teaspoon chili paste with garlic
- ¾ cup canned chicken broth

- 1 tablespoon cornstarch, dissolved in 2 tablespoons cold water
- 1 teaspoon sesame oil (optional)

TO PREPARE:

1. Combine ingredients for batter and mix well until smooth.
2. Sprinkle fish pieces with salt and pepper.
3. Rinse mushrooms, discard tough stems, dice.

ON THE TRAY:

- Bottle of peanut oil
- Bowl containing fish pieces
- Bowl containing batter
- Cup containing ground pork
- Bowl containing vegetables
- Bowl containing sauce mixed together
- Cup containing dissolved cornstarch
- Bottle of sesame oil

TO COOK:

Step 1:

1. Heat 4 cups peanut oil to 325° in a deep-fat fryer. (See page 79 for basic deep-frying instructions.)
2. Dip fish pieces in the batter.
3. Fry a few pieces at a time about 3 minutes until golden.
4. Drain on paper towels.
5. Reserve cooking oil in a covered jar to be used again.

Step 2:

1. Heat wok or skillet over high heat.
2. Add 2 tablespoons peanut oil.

3. When hot, add ground pork and stir-fry 1 minute.
4. Add vegetables and stir-fry 1 minute.
5. Add sauce mixture and stir until it boils.
6. Stir dissolved cornstarch, which will have settled, and add.
7. Stir until the sauce thickens, about 1 minute.
8. Remove wok from heat and stir in sesame oil, if desired.
9. Place fried-fish pieces on a serving platter and pour sauce over the top.
10. Serve immediately.

YANG CHOW FRIED RICE

PREPARATION TIME: 30 MINUTES

YANG CHOW

COOKING TIME: 5 MINUTES

Yang Chow Fried Rice is named after the city of its origin, which is well known for its fried rice. It includes fish, meat, and several vegetables. In making fried rice you may add or subtract as many of the ingredients as you like. It is a perfect dish for using leftover cooked chicken, pork, shrimp, etc. This dish can be made completely ahead and then be put into an ovenproof casserole and reheated in the oven at 350° for 30 minutes before serving. For the best results the rice should be cooked the day before so it is thoroughly dry when you fry it.

- 4 cups cold boiled rice (see pages 65-66)
- ¼ cup coarsely chopped cooked shrimp
- ¼ cup diced ham

VEGETABLES:

- 6 canned water chestnuts, chopped
- ½ cup bean sprouts or shredded lettuce
- ¼ cup frozen peas, thawed
- 6 dried Chinese mushrooms, soaked in warm water 30 minutes
- ¼ cup whole chopped scallions
- 2 eggs, scrambled and broken into small pieces
- 3 tablespoons peanut oil

PREPARATION AND COOKING OF THE MEAL

SHRIMP-STUFFED MUSHROOMS IN OYSTER SAUCE

PREPARATION TIME: 30 MINUTES

CANTON

COOKING TIME: 10 MINUTES

We use dried Chinese mushrooms in this dish. They have a delicate taste that is quite different from fresh or canned mushrooms. In this case the mushrooms are soaked, then filled with shrimp and other ingredients, and steamed. The oyster sauce gives them a special piquant flavor.

16 dried Chinese mushrooms (2 inches in diameter), soaked in warm water for 30 minutes

FILLING:

- ½ pound shrimp, shelled, deveined, and minced*
- 6 canned water chestnuts, minced*
- 3 tablespoons minced fresh coriander or parsley*
- ½ teaspoon salt*
- ½ teaspoon sugar*
- 1 tablespoon dry sherry*
- 1 egg, lightly beaten*

2 tablespoons oyster sauce

Lettuce leaves

TO PREPARE:

1. Rinse mushrooms and discard tough stems.
2. Combine ingredients for the filling.
3. Divide the mixture into 16 portions.
4. Place 1 portion on top of each mushroom.
5. Spoon a little oyster sauce on the top—about ¼ teaspoon.

TO COOK:

1. Bring water to a boil in a steamer. (See page 92 for basic steaming instructions.)

2. Place mushrooms on a steamer rack lined with a layer of lettuce leaves.
3. Steam for 10 minutes.
4. Serve immediately with cocktails or as a first course.

WON TONS

PREPARATION TIME: 1 HOUR AND 30 MINUTES

CANTON

COOKING TIME: 8 MINUTES

Won Tons are quite similar to Italian ravioli. They are noodles with a meat filling that are folded in a special way. They are served boiled and plain, or boiled in soup (see recipe for Won Ton Soup), or deep fried (see recipe for Fried Won Tons). It is easier if you use ready-made won ton skins, but if these are not available use the recipe below. If you want to freeze them, place the won tons uncovered on a tray in the freezer. Do not let them touch or they will stick together. When they are frozen, transfer them to a plastic bag. At a later meal they can be boiled or deep fried without thawing.

WON TON SKINS (makes about 2 dozen)

- 1 cup all-purpose flour*
- ¼ teaspoon salt*
- 1 egg, lightly beaten*
- ¼-½ cup water*

TO PREPARE:

1. Combine flour and salt.
2. Add egg and gradually add water.
3. Knead with your hands about 10 minutes until dough is soft and elastic.
4. Cover with a damp dish towel and set aside 15 minutes.
5. Roll the dough out on a floured board as thin as you can.
6. Cut into 3-inch squares.
7. Flour each skin so they will not stick together and stack until you are ready to use them. (Skins can be wrapped in foil and refrigerated up to 3 days or frozen until ready to use.)

SEASONINGS:

- 3 whole scallions, chopped
- 1 tablespoon minced fresh ginger
- 1/2 pound lean, ground beef

SAUCE:

- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- 2 teaspoons chili paste with garlic
- 1 teaspoon salt
- 1/2 cup canned chicken broth

TO PREPARE:

Place cellophane noodles in hot water for 30 minutes to soften. Drain well.

Chop through noodles with a cleaver or knife a few times so the pieces will not be too long.

ON THE TRAY:

- Bottle of peanut oil
- Cup containing seasonings
- Bowl containing ground beef
- Bowl containing sauce
- Bowl containing softened noodles

TO COOK:

To a heated wok add 4 tablespoons peanut oil. When oil is hot add seasonings and stir-fry 30 seconds. Add beef and stir-fry about 1 minute until it loses its pink color. Add sauce and stir. Reduce heat to medium and add noodles. Cook about 3 minutes until liquid cooks down. Remove from heat and serve immediately.

SWEET AND SOUR CARROTS

PREPARATION TIME: 10 MINUTES

CANTON

COOKING TIME: 4 MINUTES

1 pound carrots, thinly sliced at an angle

SAUCE:

- 3 tablespoons sugar
- 1 tablespoon white rice vinegar
- 1/2 cup water
- 1/2 teaspoon salt

1 tablespoon cornstarch, dissolved in 1 tablespoon cold water

TO PREPARE:

Bring 2 quarts of water to a boil, add carrots, and cook for 2 minutes. Drain and rinse in cold water.

TO COOK:

Combine ingredients for the sauce in a wok and bring to a boil. Add carrots. When sauce comes to a boil again, add dissolved cornstarch and stir about 1 minute until sauce is thickened. Remove from heat and serve immediately.

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The soup, too, is exceptional. Hot, crisp pieces of rice are added to the soup at the last minute, causing it to sizzle. The crispy rice pieces must be made two days ahead, so plan on it.

Szechuan Double-Cooked Pork, a spicy dish, gets its name because it is cooked twice. First it is boiled, and then it is stir-fried with the vegetables. It can be made ahead and reheated, but do not add cornstarch until just before serving.

The mushrooms, water chestnuts, and peas combine to make an interesting vegetable dish, which can be made ahead with the peas added just before serving.

PAPER-WRAPPED CHICKEN (*makes about 24 pieces*)

PREPARATION TIME: 20 MINUTES

PEKING

MARINATING TIME: 30 MINUTES

COOKING TIME: 12 MINUTES

- 1 whole chicken breast, skinned, boned, and cut into $\frac{1}{4} \times 1 \times 1\frac{1}{2}$ -inch slices

MARINADE:

1 tablespoon soy sauce

1 tablespoon dry sherry

$\frac{1}{2}$ teaspoon minced fresh ginger

- 2 whole scallions, cut into 1-inch pieces and cut in half lengthwise

24 pieces waxed paper, cut into 4-inch squares

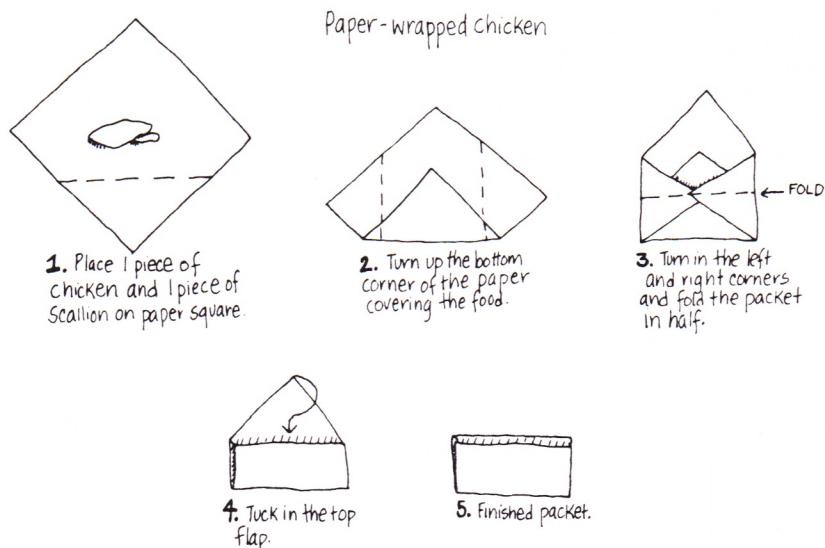
4 cups peanut oil for deep frying

TO PREPARE:

Combine chicken with marinade and set aside 30 minutes. Rub peanut oil on waxed paper squares. Place 1 piece of chicken and 1 piece of scallion on 1 paper square. Turn up the bottom corner of the paper, covering the chicken and the scallion. Turn in the left corner and then the right corner of the paper, envelope style. Fold packet in half and tuck in the top flap. Continue until all of chicken and scallions are wrapped.

Chicken
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Do not use aluminum foil—the

**TO COOK:**

Heat 4 cups peanut oil to 350° in a deep-fat fryer. Fry chicken pieces 4 at a time. Turn after cooking 1 minute and cook the other side for 1 minute. Remove from oil and drain on paper towels. Reserve cooking oil in a covered jar to be reused.

TO SERVE:

Serve chicken pieces immediately, still wrapped in the paper. Guests will tear open the paper and eat the chicken and scallion with chopsticks.

SHRIMP WITH SIZZLING RICE SOUP

PREPARATION TIME: 30 MINUTES

SZECHUAN

(TWO DAYS REQUIRED FOR THE RICE CAKES, see following recipe)

COOKING TIME: 8 MINUTES

4 cups canned chicken broth

½ teaspoon salt

¼ teaspoon white pepper

¼ pound small shrimp, shelled and deveined

Cup containing sauce
 Cup containing dissolved cornstarch
 Bottle of sesame oil

TO COOK:

To a heated wok add $\frac{1}{4}$ cup peanut oil. When oil is hot, add chicken and stir-fry about 2 minutes until it loses its pink color. Remove chicken from wok and set aside in a bowl.

In the same wok heat 2 tablespoons peanut oil. Add orange peel and stir-fry about 30 seconds until it turns black. Add seasonings and stir. Add vegetables and stir-fry 1 minute. Add sauce and stir until it comes to a boil. Return chicken to wok and stir 1 minute until it is heated through. Add cornstarch and stir until thickened, about 1 minute. Remove from heat and stir in sesame oil, if desired. Serve immediately.

ALMOND FRIED RICE

PREPARATION TIME: 15 MINUTES

CANTON

COOKING TIME: 6 MINUTES

4 cups cold cooked rice. See pages 65–66.
 4 tablespoons peanut oil
 $\frac{1}{2}$ cup chopped whole scallions
 2 eggs, scrambled in 2 tablespoons oil
 $\frac{1}{2}$ cup slivered canned toasted almonds

SAUCE:

2 tablespoons soy sauce
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon sugar

ON THE TRAY:

Bottle of peanut oil
 Bowl containing scallions

Bowl containing cold cooked rice
 Cup containing eggs
 Cup containing almonds
 Cup containing sauce

TO COOK:

To a heated wok add 4 tablespoons peanut oil. When oil is hot add scallions and stir-fry 1 minute. Add cooked rice and stir-fry about 3 minutes until it is heated through. Stir in eggs and almonds. Add sauce and stir to blend. Heat about 1 minute. Remove from heat and serve immediately.

BABY CORN WITH SNOW PEAS

PREPARATION TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

CANTON

- 1 *can baby ears of corn, drained and sliced in half lengthwise (save liquid)*
- $\frac{1}{2}$ *pound fresh or frozen snow peas, stems and strings removed*
- 2 *tablespoons peanut oil*
- $\frac{1}{2}$ *teaspoon minced garlic*

SAUCE:

- 1 *teaspoon soy sauce*
- 2 *tablespoons dry sherry*
- 1 *teaspoon sugar*
- $\frac{1}{2}$ *cup reserved liquid from corn*
- $\frac{1}{2}$ *teaspoon salt*
- 1 *teaspoon cornstarch, dissolved in 2 teaspoons cold water*

ON THE TRAY:

- Bottle of peanut oil
- Cup containing garlic
- Bowl containing snow peas
- Bowl containing corn ears

SCALLOP DELIGHT

PREPARATION TIME: 20 MINUTES

MARINATING TIME: 1 HOUR

COOKING TIME: 1 HOUR

PEKING

1 pound bay scallops, rinsed and drained

MARINADE:

1 egg

2 tablespoons cornstarch

½ teaspoon salt

1 tablespoon peanut oil

SEASONINGS:

1 teaspoon minced garlic

1 teaspoon minced fresh ginger

1 whole scallion, minced

½ cup chopped onion

SAUCE:

1 cup canned chicken broth

½ cup canned crushed pineapple, including juice

2 tablespoons dry sherry

3 tablespoons catsup

1 teaspoon sugar

½ teaspoon salt

1 teaspoon white rice vinegar

1 teaspoon chili paste with garlic

3 tablespoons peanut oil

TO PREPARE:

Combine ingredients for marinade and mix until smooth. Add scallops and set aside in the refrigerator 1 hour while the sauce is cooking.

ON THE TRAY:

Bottle of peanut oil

Cup containing seasonings

Bowl containing sauce

Bowl containing marinated scallops

TO COOK:

Step 1:

To a heated wok add 1 tablespoon peanut oil. When oil is hot add seasonings and stir-fry 1 minute. Add sauce, cover, and reduce heat to simmer. Simmer 1 hour.

Step 2:

To a heated wok add 3 tablespoons peanut oil. When oil is hot add marinated scallops and stir-fry about 2 minutes. Remove scallops from wok and combine with sauce. Serve immediately.

SOM PORK

PEKING

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- Cup containing ginger
- Bowl containing vegetables
- Bowl containing sauce
- Cup containing dissolved cornstarch

TO COOK:

Step 1:

Heat 4 cups of peanut oil to 375° in a deep-fat fryer. Deep fry pork slices about 3 minutes until golden brown. Drain on paper towels and keep warm in a low, 200° oven until ready to combine with sauce. Reserve peanut oil in a covered jar to be used another time.

Step 2:

To a heated wok add 2 tablespoons peanut oil. When oil is hot add ginger and stir. Add vegetables and stir-fry 1 minute. Add sauce and stir until it comes to a boil. Add cornstarch and stir until thickened, about 1 minute. Add cooked pork to the sauce. Remove from heat and serve immediately.

SPICY BABY SHRIMP

PREPARATION TIME: 20 MINUTES

SZECHUAN

MARINATING TIME: 30 MINUTES

COOKING TIME: 5 MINUTES

1/2 pound (about 50) baby shrimp, shelled and deveined

MARINADE:

- 1 tablespoon dry sherry*
- 1 tablespoon cornstarch*
- 1/4 teaspoon salt*

2 tablespoons peanut oil

1 tablespoon peanut oil

SEASONINGS:

- 1/2 teaspoon minced garlic*
- 1/2 teaspoon minced fresh ginger*
- 1 whole scallion, minced*

VEGETABLES:

- ½ cup diced canned bamboo shoots*
- ½ cup frozen peas, thawed*

SAUCE:

- 2 tablespoons dry sherry*
- 3 tablespoons catsup*
- 3 tablespoons water*
- 1 teaspoon sugar*
- ½ teaspoon salt*
- ½ teaspoon chili paste with garlic*
- 1 teaspoon sesame oil (optional)*

TO PREPARE:

Combine ingredients for marinade and mix until smooth. Add shrimp and set aside 30 minutes.

ON THE TRAY:

- Bottle of peanut oil
- Bowl containing shrimp in marinade
- Cup containing seasonings
- Bowl containing vegetables
- Bowl containing sauce
- Bottle of sesame oil

TO COOK:

To a heated wok add 2 tablespoons peanut oil. When oil is hot add marinated shrimp and stir-fry 1 minute until they turn pink. Remove shrimp from wok and set aside in a bowl.

In the same wok heat 1 tablespoon peanut oil. Add seasonings and stir-fry 30 seconds. Add vegetables and stir-fry 1 minute. Add sauce and stir until it comes to a boil. Return shrimp to the wok and stir about 1 minute until heated through. Remove from heat and stir in sesame oil, if desired. Serve immediately.

SCALLIONS

PEKING

*shredded**to 2-inch pieces*

marinate and mix until smooth.
30 minutes.

lamb

2 tablespoons peanut oil. When oil is
boiling. Add marinated lamb and
cook until lamb loses its pink color. Remove

In the same wok heat 2 tablespoons peanut oil and add the scallions. Stir-fry about 1 minute until the scallions are wilted. Add salt and sugar and stir. Return lamb to the wok and stir about 1 minute until heated through. Remove from heat and serve immediately.

CONFUCIUS CHICKEN

PREPARATION TIME: 30 MINUTES

PEKING

COOKING TIME: 8 MINUTES

- 2 whole chicken breasts, skinned and boned
- 1 egg, lightly beaten
- ½ cup cornstarch
- 4 cups peanut oil for deep frying
- 1 bunch watercress
- 2 tablespoons peanut oil
- ½ teaspoon minced fresh ginger

SAUCE:

- 3 tablespoons soy sauce
- 3 tablespoons dry sherry
- 1 cup canned chicken broth
- 1 teaspoon sugar
- ½ teaspoon salt
- ¼ cup fresh or frozen crabmeat, broken into small pieces and picked through to remove cartilage
- ¼ cup sliced fresh or canned mushrooms
- ½ cup fresh or frozen snow peas, stems and strings removed, and cut in half
- 1 tablespoon cornstarch, dissolved in 2 tablespoons cold water

TO PREPARE:

Cut each chicken breast into 4 large pieces. Dip in egg, then in cornstarch, and set aside on a plate to deep fry.

Trim tough stems of watercress and discard. Bring 1 quart of water to a boil. Add watercress, stir, then drain.

ON THE TRAY:

Bottle of peanut oil
Platter containing chicken pieces
Cup containing ginger
Bowl containing sauce
Bowl containing crabmeat, mushrooms, and peas
Cup containing dissolved cornstarch

TO COOK:

Step 1:

Heat 4 cups of peanut oil to 350° in a deep-fat fryer. Deep fry chicken pieces about 3 minutes until golden brown. Drain on paper towels and keep warm in a low, 200° oven until ready to combine with the sauce. Reserve cooking oil in a covered jar to be used again.

Step 2:

To a heated wok add 2 tablespoons peanut oil. When oil is hot add ginger and stir-fry 30 seconds. Add sauce and when it comes to a boil add crabmeat, mushrooms, and peas. Stir about 1 minute until heated through. Add cornstarch and stir about 1 minute until thickened. Remove from heat.

TO SERVE:

Arrange blanched watercress on a platter. Cut each piece of chicken into ½-inch slices and place on watercress. Pour the crabmeat and vegetable sauce over the chicken. Serve immediately.

you prefer it milder. "Ants" can be made ahead and reheated in the oven at 350° for 30 minutes. Mandarin Soup is a variation of Egg Drop Soup. Sweet and Sour Carrots round out the meal.



MANDARIN SOUP

PREPARATION TIME: 15 MINUTES

PEKING

COOKING TIME: 8-10 MINUTES

- 4 cups canned chicken broth
- 2 tablespoons soy sauce
- 1 tablespoon dry sherry
- ½ cup lean, boneless pork, shredded
- 3 tablespoons cornstarch, dissolved in 3 tablespoons cold water
- 2 eggs, lightly beaten
- 1 teaspoon sesame oil
- 1 whole scallion, thinly sliced

TO COOK:

Bring chicken broth to a boil. Add soy sauce, sherry, and pork. Bring to a boil again, cover, and lower heat. Simmer 5 minutes. Add dissolved cornstarch and stir about 1 minute until thickened. Add eggs slowly, stirring constantly. Remove from heat and stir in sesame oil. Garnish with scallion and serve immediately.

LEMON CHICKEN

PREPARATION TIME: 20 MINUTES

PEKING

MARINATING TIME: 6 HOURS OR OVERNIGHT

COOKING TIME: 3 MINUTES

- 2 whole chicken breasts, skinned, boned, and shredded

adjust the flavor to your own taste. It will be easier to shred the beef if it is slightly frozen.
 A nice accompaniment to the spicy beef is the milder Chicken with Walnuts.
 Try to use fresh bean sprouts in the salad. See the directions for growing your own bean sprouts on pages 47-48.

SHRIMP BALLS (makes 24-30 balls)

PREPARATION TIME: 30 MINUTES
 COOKING TIME: 15 MINUTES
 SHANGHAI

- 1 pound shrimp, shelled, deveined, and finely minced to a paste
- 8 canned water chestnuts, minced
- 1 whole scallion, minced
- 1/2 teaspoon minced garlic
- 1/2 teaspoon salt
- 1 tablespoon dry sherry
- 2 egg whites, beaten until they hold soft peaks
- 4 cups peanut oil for deep frying

TO PREPARE:

Combine first 6 ingredients. Gently fold in beaten egg whites. Form 1-inch balls, using about 1 teaspoon of shrimp mixture for each ball.

TO COOK:

Heat 4 cups peanut oil to 375° in a deep-fat fryer. Fry shrimp balls, 6 at a time, about 2-3 minutes until golden brown. Drain on paper towels. Reserve cooking oil in a covered jar to be reused. Serve with Hot Mustard and Duck Sauces.



can be served as an appetizer
 order, the mixture can be made
 mp Balls can be made ahead
 n then be reheated in peanut
 oven at 375° for 10 minutes
 spicy, so you may want to