

CRISPY DEEP-FRIED FISH

- 1 2-2½ lb. white fleshed fish
- 1/4 lb. ground pork
- 1 Tbs. chili sauce
- 1 Tbs. garlic, minced
- 1 Tbs. scallion minced
- 1/4 cup flour

*porgy
red fish
rock cod
sea bass*

- 1/2 cup shredded bamboo shoots
- 1/2 cup shredded black mushrooms
- 1 cup chicken broth
- 1 tsp. salt
- 6 cups oil
- 2 Tbs. cornstarch dissolved in
2 Tbs. water

1. Soak the dried mushrooms in hot water until soft, about ½ hour. Cut off and discard the stems. Shred the caps into matchstick pieces.
2. Make 4 diagonal cuts on each side of the fish. Salt the fish inside and out.
3. Sprinkle the flour over the fish.
4. Heat oil to smoking in a wok. Lower fish into the oil, quickly dipping several times. Then ladle oil over the fish to ensure even cooking. When skin is crisp, lower heat to 350 degrees, and cook 15 minutes. Continue to ladle oil over the fish during this time.
5. When the fish is almost cooked, heat 1 Tbs. oil in a wok. Add the chili sauce, garlic, ginger, and scallion and stir-fry until fragrant. Then add the ground pork and stir-fry until the pork changes color. Add the chicken broth and heat until boiling. Add the vegetables and the restirred cornstarch paste to thicken the sauce. *+ 1 T. soy sauce + 1 T. rice wine*
6. Remove the fish when cooked to a serving platter and pour the sauce over it. Serve immediately.

Jim

BEGGAR's chicken

Originally, Beggar's chicken was supposed to be the way beggars cooked a stolen chicken. It was eviscerated and wrapped, feathers and all, in a coating of clay, then cooked amid the embers of a fire. When cracked open, chicken would be cooked and feathers would have been removed with hardened clay shell.

Today, a whole young small chicken is prepared by wrapping in special alparer or foil and cooked in a covered earthenware crock- or covered with an 1/2 of an inch or so of clay. After being baked, clay is cracked open. Tastes much like a steamed chicken.

- 1 three pound frying chicken
- 1 T. dry sherry
- 1 heaping t. salt
- 5 lb. box eraclay for home oven baking (enough for two chickens)
- 1 t. sesame oil
- 1/4 t. five spices powder
- 1 T. soy sauce

Stuffing

- 1/3 cup glutinous rice
- 1/4 cup bamboo shoots
- 1/4 cup presoaked black mushrooms
- 1/8 cup Smithfield ham
- 1/4 cup water chestnuts

1. Cover rice with water and allow to soak at least 2 hours.
2. Sliver ham, bamboo shoots, water chestnuts and mushrooms from which the stems have been removed.
3. Wash chicken.
4. Combine sherry, salt, sesame oil, five spices powder and soy sauce.
5. Rub the chicken inside and out with the mixture. Reserve the residue to add to the stuffing.
6. Mix together all stuffing ingredients. Stuff the chicken.
7. Wrap the bird in a piece of aluminum foil large enough to envelop it completely. Wrap it the same way in a second square of foil (in China, it was encased in lotus leaves and newspaper.)
8. Then insert chicken into brown paper bag. Then cover the surface of the bag completely with the clay. The casing should be about 1/4 inch thick.
9. Preheat oven for 10 minutes at 550, put in chicken and reduce heat to 475 (the oven must be hot enough or the clay will not harden). Bake for 1 3/4 hours, then turn down oven to 300 and bake an additional 30 minutes.
10. Remove the chicken from the oven and bring to the table. Strike the clay sharply with a mallet or hammer to open. Then chicken meat will be so tender and juicy that it can be served with a spoon.

QUICK VERSION OF SWEET ALMOND SOUP

Jim

3 cups milk
3 Tbs. cornstarch dissolved
in $\frac{1}{2}$ cup water

$\frac{1}{2}$ cup sugar
4 tsp. almond extract

1. Heat the milk and sugar. When sugar is dissolved, add the restirred cornstarch paste.
2. When the soup thickens, add the almond extract.
3. Serve hot at the end of a meal. This soup is sweet and soothing to the stomach.

SWEET ALMOND SOUP

1 cup almonds
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ tsp. vanilla
 $2\frac{1}{2}$ Tbs. water mixed with $1\frac{1}{2}$ Tbs.
cornstarch

$\frac{1}{4}$ cup cream or half and half
2 Tbs. finely slivered glazed
apricots, lemon peel, or dried
Chinese dates
 $\frac{1}{4}$ tsp. salt

1. Place the almonds in a blender or a food processor and grind into a fine powder. Strain to remove unpulverized almond pieces.
2. Boil 3 cups of water. Add the sugar, salt, and vanilla and stir to dissolve the sugar.
3. Sprinkle in the almond powder and whisk until smooth.
4. Slowly add the restirred cornstarch paste and stir until soup thickens.
5. Turn off the heat. Add cream or the half and half and stir.
6. Chill in the refrigerator before serving. Garnish with the glazed fruit just before serving.

CINNAMON FLAVORED BEEF

Jim

- 1½ lbs. flank steak, pot roast or sirloin tip - *thick for slicing*
- 3 T. rice wine
- 2 slices ginger root, smashed
- ¾ t. salt
- 1 t. Szechuan peppercorns
- 1-2 sticks cinnamon
- 4 dried chili peppers
- 3-4 pieces tangerine peel, about size of a quarter or 1/3 cup fresh peel

- one orange, cut in half and sliced *in semi circles*
- ½ T. rice vinegar
- 4 T. sesame oil
- 2 cups oil for deep frying
- 1 star anise, crushed coarsely

- Seasoning sauce
- 1 ½ T. soy sauce
 - 3 T. rice wine
 - 3 T. sugar
 - 1 ½ cups water or chicken broth

1. Remove any fat or gristle from the meat and cut across the grain into thin slices. Place the slices in a bowl with the 3 T. rice wine, the ginger slices and the salt, toss lightly, and let marinate 8 hours or overnight. Soften the tangerine peel in warm water for 1 hour. Remove, drain and shred. Diagonally cut the chili peppers into ¼ inch sections. Shake out the seeds.
2. Heat the 2 cups oil to 300 degrees. Drain the beef slices and discard the ginger slices. Add half of the beef slices to the oil and cook for five minutes. Remove the beef, drain and reheat the oil to 300 degrees. Add the remaining beef slices and deep-fry for 5 minutes. Remove, drain and reheat the oil until it is almost smoking. Add all of the beef slices and deep-fry for 1½ minutes, until the beef is somewhat crisp. Remove and drain.
3. Heat a pan and 2 T. of sesame oil until very hot. Add the chili pepper sections and stir-fry over low heat until black. Remove the chili peppers. Add an additional T. of sesame oil and heat until very hot. Add the Szechuan peppercorns and the star anise and stir-fry until fragrant over low heat. Add the tangerine peel shreds, cinnamon stick and the seasoning sauce. Heat until boiling, add beef and reduce the heat to low, and simmer partially covered until the sauce has reduced to one-third of the original quantity. Uncover and add the dried chili peppers. Turn the heat to high and stir-fry until the mixture is dry. Sprinkle with the vinegar and the remaining T. of sesame oil over the meat slices and toss so that the meat is coated evenly with the sauce. Remove to a serving platter and arrange the halved orange peels around the plate.

Jim

LYCHEE CHICKEN (Cantonese)

- 2 chicken breasts
- 12 water chestnuts
- 1 small onion
- 2 T. cornstarch
- 2 T. soy sauce
- 3/4 cup lychee juice
- 1 T. cornstarch made into paste
- 1/2 t. salt
- 1 egg white
- fresh peanut oil for deep frying
- 1 can lychees
- 2 T. chicken broth
- 1 t. rice wine or dry sherry

1. Debone the chicken, remove tendons, and mince finely.
2. Finely mince the onion and water chestnuts. *Add chicken & mince.*
3. Mix the minced chicken with the onion, water chestnuts, 1 T. soy sauce, rice wine, salt, and 2 T. of the cornstarch and egg white.
4. Form the chicken into small balls the same size as the lichees.
5. Heat peanut oil to 350 and deep fry the chicken balls in batches until all are cooked.
6. Make the sauce by combining the lychee juice, 1 T. soy sauce, the chicken broth, and 1 T. cornstarch (which should be ~~made into a paste~~ *restored* before adding). Bring to a boil and stir until thickened.
7. To serve, place the chicken balls in a bowl, add the lychees and the thickened sauce.

CURRIED SHRIMP (scallops too)

- 1 lb. shrimp
- 1/2 cup peas
- 1 medium sized onion, sliced
- 2 Tbs. curry powder
- 3 Tbs. oil
- 1 1/2 tsp. cornstarch dissolved in
1 Tbs. water to make a paste

- 1 tsp. rice wine
- 1/2 cup water
- 1/2 tsp. soy sauce
- 1/2 tsp. salt
- 1 tsp. sugar

1. Clean and devein the shrimp. Rinse and pat dry.
2. Mix together the ingredients of mixture (1) in a small bowl.
3. Heat wok. Add the oil and heat until hot. Lower heat and add onion and stir-fry until onion is soft and translucent. Add the curry powder and mix thoroughly with the onions; Continue to stir fry an additional 2 minutes before adding the shrimp. (Make sure the heat is not too high or you will burn the curry!) Stir-fry the shrimp until half-cooked. (They will start to curl up and change color) Then add mixture (1) which should be restirred first, to wok and raise heat to high. Bring mixture to a boil. Add peas and restirred cornstarch paste. Stir until thickened. Serve immediately.

NOTE: Can substitute scallops for shrimp, or use half shrimp and half scallops.

GLORIA WONG'S CHICKEN SOUP (Shanghai)

Jim

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|--------------------------------|-------------------------------|
| 1 small chicken, 2½-3 lbs. | 2 Tbs. rice wine |
| 6 cups chicken broth, seasoned | 1 Tbs. soy sauce |
| 4 star anise | 4 slices ginger |
| 1 cup Smithfield ham, shredded | 1 2 oz. package bean threads* |
| 1 cup bamboo shoots, shredded | 1 cup spinach or bok choy |
| 1 cup water chestnuts, sliced | |

1. Pour hot water over the bean threads and soak for ten minutes or until soft. Drain and cut into 2" sections. Use only half of the bean thread. Reserve the rest for another dish.
2. To make a stuffing for the chicken, combine the bean threads with the shredded ham, bamboo shoots, water chestnuts, and 1 Tbs. of the rice wine.
3. Preheat the oven to 350 degrees. Combine the soy sauce with 1 Tbs. of rice wine and rub the inside and outside of the chicken. Use the remainder of the marinade to flavor the stuffing. Stuff the chicken. Place the chicken in a deep pyrex dish without the cover and roast for about 30 minutes or until the chicken is browned.
4. Then add the chicken broth, star anise, ginger slices and remaining Tbs. of rice wine to the chicken, cover, and return to the oven for another 45 minutes, or until the chicken will easily fall off the bones when poked. You can also finish this dish by simmering on top of the stove. *Hold here until ready to serve.*
5. Cut the bok choy in 1" pieces on the diagonal, or take the stems off the spinach and cut in half or thirds depending on size. Add vegetables to soup just before serving. The bok choy will take about five minutes to cook. The spinach will cook immediately.
6. At the table disassemble the chicken with chopsticks. Give each person some of the broth, chicken, stuffing, and vegetables.

NOTE: If you don't feel like stuffing the chicken, just add the stuffing ingredients to the soup when adding the chicken broth. Originally bird's nest was used in the stuffing, instead of the bean thread.

Jim

ORANGE AND PINEAPPLE SOUP

A sweet, hot soup, it is sometimes served for dessert in China.

1 tablespoon crystallized ginger, minced	1 cup canned mandarin oranges, drained
$\frac{1}{4}$ cup sugar	1 cup canned unsweetened pineapple tidbits, drained
2 cups of liquid (reserved pineapple juice plus water)	1 tablespoon cornstarch dissolved in water to make a paste

1. Bring water and pineapple juice mixture to a boil.
2. Add sugar and stir until it is dissolved.
3. Stir cornstarch and add. Stir until thickened, about one minute.
4. Add fruit and crystallized ginger. Stir one minute until soup is heated through.
5. Serve warm in individual bowls.

trad. served in middle of meal

Anita

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|--|--|
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DEEP-FRIED FISH ROLLS IN SWEET AND SOUR SAUCE

This recipe comes from Szechuan province and would be considered a banquet dish. Eggplant can be substituted for the fish.

1-1½ lbs. firm-fleshed fish fillets,
such as haddock or shrod
6 cups peanut, safflower or corn oil
1 Tbs. minced scallions
2 tsp. minced garlic
6 Tbs. flour
12 Tbs. water
10 dried bean curd sheets

seasoning sauce

6 Tbs. ketchup
4 Tbs. rice vinegar
6 Tbs. sugar
2 tsp. soy sauce
1 tsp. salt
½ cup water
1 tsp. sesame oil
2 tsp. cornstarch mixed
with 1 Tbs. water

{ 1 Tbs. rice wine
1 tsp. salt
1 tsp. minced ginger
1 egg white

1. Rinse the fillets thoroughly and drain well. Holding the knife at a 45 degree angle, cut the fillets into slices that are ½" thick and 2" long and 1" wide. Place the slices in a bowl, add mixture (1), toss lightly and let marinate 20 minutes.
2. Soak the bean curd sheets in hot water to cover for 5 minutes. Drain and pat dry with paper towels. Cut the bean curd sheets into 4" squares. Mix together the flour and the water to make a paste that is smooth. Prepare the seasoning sauce ingredients in a small bowl.
3. Lay out each bean curd sheet flat on a counter and spread the surface with a little paste, or dip the fish first in the paste, because the skin is fragile. Place the fish slice in the center and gather up the edges to enclose the fish slice. Wrap up like a package and press the ends to seal securely. Wrap up each fillet pieces in the bean curd sheet.
4. Heat wok, add the oil and heat up to 375 degrees. Add a portion of the fish slices and deep-fry for three minutes, or until the outside is golden brown and crisp.. Remove, and drain on paper towels. Reheat the oil, and continue to deep-fry the fish in batches. This initial frying can be done earlier in the day. just before serving heat the oil to 450 degrees, and deep-fry all the fish rolls at one time to crisp up. The sweet and sour sauce should be all ready by the time you refry the fish rolls.
- 5: To prepare the sweet and sour sauce, heat a wok add a Tbs. of oil, and heat until very hot. Add the minced scallions and ginger, and stir-fry until fragrant. Add the restirred seasoning sauce and cook, stirring constantly, until thick. Add the fried fish rolls, toss lightly to coat with the sauce, and serve immediately.

Anita

SHAO MAI

These open-faced dumplings are delectable appetizers or hors d'oeuvres. They are one of the most popular dim sum served in tea houses in China and the United States.

Filling

- 1/2 tsp. salt
- 1 1/2 cups Chinese cabbage, finely chopped
- 3/4 tsp. salt
- 6 dried mushrooms
- 6-0 fresh water chestnuts *canned is ok* 1 package round wonton skins
- 1/4 lb. raw shrimp, peeled and deveined
- 1 lb. ground pork (*bulk*) *cheap salad shrimp*
- 1 Tbs. light soy sauce
- 1 Tbs. rice wine
- 1/2 tsp. sugar
- 1 Tbs. cornstarch
- 2 Tbs. sesame oil
- 2 Tbs. chicken broth
- 1 scallion finely minced
- 1 Tbs. ginger finely minced

1. Put the chopped cabbage in a mixing bowl and sprinkle with the 3/4 tsp. salt. Mix well and let stand for 10 minutes. Then squeeze the excess water from the cabbage with both hands. Set aside.
2. Soak the dried mushrooms in hot water for 20 minutes or until soft. Cut off and discard stems. Dice and then chop the mushrooms. Peel and then chop the fresh water chestnuts. Dice the shrimp into 1/4" pieces.
3. Combine the ground pork, shrimp, water chestnuts, and mushrooms with all the filling ingredients except the cabbage. Mix well; then add the cabbage and mix some more.
4. Cover the wrappers with a damp cloth to prevent them from drying out. To make shao mai, place about 1 Tbs. filling in the center of each wrapper and moisten the side with a little water. Gather the sides of the wrapper around the filling, letting the wrapper form small pleats naturally. Squeeze the middle gently to make sure the wrapper sticks firmly against the filling, and press down on a flat surface so that the shao mai flattens and can stand with the filling exposed at the top.
5. Brush some oil on the bamboo steamer (if you do not have one, place the shao mai on a greased plate and put the plate on a steaming tray in the wok). Place the shao mai in the steamer, cover and steam over medium-high heat for 15 to 20 minutes and serve directly from the steamer.

Note: The shao mai can be made ahead and frozen. To freeze, put them in the freezer on an open plate until they are quite hard. Then put them in an airtight container or plastic bag. Don't thaw before cooking. Add 5-7 minutes to cooking time when steaming. They can also be kept, covered, in the refrigerator for 2 to 3 days.

CHICKEN POM POMS

Anita

This dish can aptly be called finger food. You hold each mini drumstick with your fingers as you nibble at the sesame coated meat. This appetizer is also great for western style meals.

3 lbs. chicken wings
or
2 lbs. drumettes
1 egg
sesame seeds

3 cups oil
1 Tbs. soy sauce
1 Tbs. rice wine
1½ Tbs. cornstarch
½ tsp. salt

1. If using wings, cut off and discard tips. Separate the middle and end sections of each wing. Reserve the middle sections for another dish. Take the drumette and use a small knife to cut the tendons which attach the meat to the smaller end of the bone. Push meat down with the knife until two thirds of the bone is exposed. Use the same procedure for the rest of the drumettes.
2. Marinate the chicken in the soy sauce, rice wine, cornstarch, and salt for at least ½ hour. Beat the egg with 1 tsp. water and set aside.
3. When ready to cook, heat the oil to 350 degrees. Dip each piece of chicken in the egg mixture and then roll in the sesame seeds. Deep-fry five pieces of chicken at a time for five minutes or until easily pierced by a fork or knife. Drain on paper towels. Use same procedure with remaining chicken.
The chicken can be kept warm in the oven for a short period of time.

CHICKEN WITH GREEN PEPPERS

Spring

- 2 chicken breasts
- 2 green pepp or
- 2 sweet red pepper
- 1/2 cup bamboo shoots
- 2 cloves *garlic*
- 1 eggwhite

- 1 T. cornstarch
- 1 T. soy sauce
- 3 T. oil

- seasoning sauce
- 2 T. soy sauce
 - 1 T. vinegar - *black vinegar or Worcestershire*
 - 1/2 T. sherry
 - 1 t. cornstarch
 - 1 t. sesame oil
 - 1 t. sugar
 - 1/8 t. salt

1. Debone and cut chicken into tiny cubes. *Marinate in mixture*
2. Cornstarch, and soy sauce.
3. Cube peppers and bamboo shoots same size as chicken.
4. Smash garlic and remove skins.
5. Combine ingredients for seasoning sauce together in a bowl.
6. Heat up oil in wok. Stir fry chicken until done. Remove.
7. Add more oil. Add garlic, bamboo shoots and peppers. When almost done, add chicken and seasoning sauce (restir before adding) stir until sauce has thickened. Serve immediately.

CURRIED BEEF

Spring

2/3 lb. flank steak or sirloin tip

- 1 Tbs. soy sauce
- 1 tsp. sugar
- 1 tsp. cornstarch
- 1 tsp. sesame oil
- 1 Tbs. oil
- 1/2 tsp. baking soda

- 1 carrot, peeled *or more*
- 1 lb. potatoes, peeled
- 3 cups boiling water
- 3 Tbs. oil
- 1 medium onion, chopped in 2/3 " pieces
- 1 1/2 Tbs. curry *or more*
- 1 tsp. salt
- 1/2 tsp. sugar
- 2 Tbs. sesame oil

1 and 1/4 cup water

1. Slice semi frozen beef into thin strips about 2 inches long. Marinate in mixture (1) for at least 30 minutes.
2. Cook carrot and potatoes in boiling water for five minutes. Drain and cool. Chop cooked carrot into thin slices and potato into diagonal slices 1/3 inch thick.
3. Heat oil until hot. Add the onions and stir-fry until almost limp. Lower heat and add the curry powder, carrots, and potatoes; Stir-fry over increased heat for 30 seconds. Then stir in the 1 and 1/4 cup water, and sugar. Cover wok, reduce heat to low and simmer 10 minutes until vegetables are tender. Place marinated beef on top of the vegetables. Cover, turn heat to high, and cook 1 minutes or until beef is cooked. Sprinkle sesame oil on top of beef; mix well. Serve immediately. *(rare!)*

• If curry is added to high heat, it will be bitter
 • If beef is cooked past rare stage, it will be overcooked and tough when it reaches the table
 oil is frequently added at end for max. flavor and

STUFFED SPARERIBS

This dish tastes equally good served with either a sweet bean sauce or a black bean sauce. Try one the first time, and the other another time; and then decide which one you personally prefer.

4 lbs. spareribs
3 bunches large scallions

sweet bean sauce

3 Tbs. sugar
2 Tbs. sweet bean paste
4 Tbs. soy sauce
1 tsp. sesame oil
2 Tbs. rice wine
½ cup water

½ Tbs. cornstarch dissolved in
1 Tbs. water

black bean sauce

2 { ½ cup chicken broth or water
1 Tbs. rice wine
5 Tbs. soy sauce
1½ tsp. sugar

3 Tbs. salted black beans,
rinsed and minced
1 Tbs. minced ginger
1 Tbs. minced garlic
1 Tbs. minced scallion

½ Tbs. cornstarch dissolved
in 1 Tbs. water

1. Have the butcher cut the spareribs crosswise into 3" lengths. Then at home cut the spareribs into small sections between the bones. Use only the spareribs that have bone, not cartilage, through them. From the 4 lbs. of spareribs there is usually 2 lbs. that are suitable for stuffing. Reserve the rest of the spareribs for another dish.
2. Cook the spareribs in approximately 3 cups of water or just enough to cover. Bring to a boil and then lower the heat and gently simmer for 45 minutes. Drain the spareribs and allow to cool.
3. In a small bowl blend together mixture (1) ingredients until smooth. In another small bowl combine together mixture (2) ingredients.
4. Cut off the white section of scallion, about 3-4 inches, from the green and reserve for stuffing spareribs. Shred ½ cup of scallion greens into matchstick pieces. Reserve for garnish.
5. Carefully remove the bones from the spareribs and replace with the scallions. Don't worry if you can't remove some of the bones from the spareribs. Use as is.
6. To make sweet bean sauce, heat a wok and add 1 Tbs. oil. When hot, add the sweet bean mixture (1) and stir-fry over high heat until boiling. Then add the spareribs and the restirred cornstarch paste, and continue to stir-fry until the spareribs are reheated and the sauce has thickened. Place on a serving platter and garnish with shredded scallion. Serve immediately.
7. To make the black bean sauce, heat a wok and add 1 Tbs. oil. When hot, add the minced garlic, scallion and ginger, and stir-fry until fragrant. Then add mixture (2) and continue to stir-fry until boiling. Add the spareribs and the restirred cornstarch paste and continue to stir-fry to reheat the spareribs and to thicken the sauce. Then place on a serving platter and garnish with the scallions. Serve immediately.

CHINESE NEW YEAR SWEET SESAME BOWS

Ainta

Many Chinese families, prior to Chinese New Year, make plenty of them to exchange with relatives, friends, and neighbors. If you need to double the recipe, make it twice, so that you don't have to handle a large dough.

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|---|------------------------------------|
| 2 cups all purpose flour | 1 egg |
| 6 T. sugar | about $\frac{1}{4}$ cup cold water |
| $3\frac{1}{2}$ T. lard or butter | 2 T. white sesame seeds |
| $\frac{1}{2}$ t. vanilla extract (Optional) | 3 cups oil for deep frying |

1. In a mixing bowl, place flour, sugar, lard, and vanilla extract. Rub them together with your fingers. Add the egg. Knead to mix well. Add water, a little at a time until dough is soft but not sticky.
2. Put sesame seeds on a plate. Roll dough in the sesame seeds until it is generously covered.
3. Turn dough onto a floured surface. With a rolling pin, roll dough into a $\frac{1}{8}$ inch thin long sheet. Cut the sheet into 3 by 1 inch strips. Then make a 1 inch slit lengthwise in the middle of each strip. Pick up one end of a strip and put the other end through the slit, and then pull it straight. It looks like a bow.
4. Heat oil in wok over high heat to deep-fry temperature (375 degrees) Deep-fry bows, several at a time, until golden brown. Drain and cool on paper towels. Put in a covered container to preserve crispness.

YU SHIANG BEEF SLICES

Schezuan

Ainda

- 1-1½ lb. flank steak or sirloin tip
- 10 dried wood ears
- 1 cup water chestnuts
- 1 cup peanut oil
- 1 T. chili paste
- 3 T. minced scallion
- 2 T. minced ginger
- 2 T. minced garlic

- 1 {
- 1½ T. soy sauce
 - 1½ T. rice wine
 - 1 t. sesame oil
 - 1 T. cornstarch
 - 2 T. water

- 2 {
- 4 T. soy sauce
 - 2 T. rice wine
 - 1 T. sugar
 - 2 t. black vinegar
 - 1 t. sesame oil
 - 1/4 t. black pepper
 - 2 t. cornstarch mixed with 4 T. water to make pas

can be done ahead through step 3

semi-frozen meat

1. Remove any fat or gristle from the meat and cut, across the grain, into thin slices. Cut the slices lengthwise into thirds. Marinate with mixture (1) for 30 minutes.
2. Soften the wood ears in warm water for 25 minutes. Drain and shred them. Blanch the water chestnuts in boiling water for 10 seconds. Remove, refresh in coldwater and drain. Slice finely.
3. Heat a wok and add the 1 cup of peanut oil. Heat to 375 degrees. Add the beef and stir-fry over high heat until color changes and the pieces separate. Remove and drain. *scallion bubbles + sizzles*
4. Heat a wok and add 2 T. of oil until very hot. Add the minced ginger, garlic, and scallions and stir-fry until fragrant. Add the chili paste and stir-fry briefly. Add the water chestnuts and wood ears. Stir-fry about a minute and add restirred mixture (2). Stir constantly and add the meat slices. Toss lightly to cook with the sauce, which should have thickened. Serve immediately.

- 1 lb. yu chow
- 1 T. oyster sauce
- 2 T. oil
- ½ t. salt

Cantonese

"Yu choy-rapini" has yellow flowers

YU CHOW WITH OYSTER SAUCE

1. Wash the yu chow under cold running water. Snap off the small stems attached to each main stem of yu chow. Then peel the skins of the thickest stems.
2. Cut the yu chow into 3 inch lengths. Keep stems separate from the leaves.
3. Heat wok and add oil. When thin tendrils of smoke appear, add the stems and salt and stir-fry until half cooked. Then add the leaves. Continue to stir-fry until just done.
4. Remove to serving platter and garnish with the oyster sauce by dribbling it down the center.

NOTE: Y u chow literally means oil cabbage. Oil can be pressed from the yellow flowers of the plant. English name is rape.

DUCK SOUP WITH CABBAGE AND BEAN THREADS

Anita

- 1 duck carcass from cooked duck
- 1 2 oz. package bean threads
- 2 slices ginger
- 4 cups Napa cabbage
- 2 scallions
- 2 Tbs. rice wine
- 1 tsp. sesame oil

1. Let the bean threads soak in hot water 20 minutes or until soft. Drain and cut into 4 inch lengths.
2. Cut enough Napa cabbage into 1½" pieces to make 4 cups.
3. With a cleaver cut the duck carcass into 1 inch pieces.
4. In a pot combine 8 cups water, the duck pieces, rice wine, scallions, which have been flattened with the side of a cleaver, and ginger. Bring liquid to a boil; then simmer partially covered for 45 minutes. Skim the froth as it rises to the surface.
5. Add the cabbage and simmer an additional 30 minutes. Continue to skim off froth. Just before serving, remove scallion and ginger, add the bean threads and stir in the sesame oil. Season with salt to taste.

Eastern style red-cooking

Anita

HOME-STYLE SPARERIBS

2 lbs. spareribs

- 1 T. soy sauce
- 2 T. rice wine #1
- 1 t. salt
- 4 stalks scallion, smashed
- 4 slices ginger root, smashed

- 2 cups chicken broth
- 2 T. rice wine
- 2 T. soy sauce
- 1 T. sugar
- 1 stick cinnamon
- 1/2 star anise

- 1 T. minced gingerroot
- 1 T. minced scallion

a 24 inch length aluminum foil

5 cups peanut oil

Can do up to ^(through) step 4 ahead of time

1. Direct the butcher to cut the spareribs lengthwise into half so that they measure 1 1/2-2 inches in length. Separate the ribs by cutting between the bones and placing them in a bowl with mixture (1). Toss lightly and let marinate overnight refrigerated. Discard the scallion and gingerroot and drain the spareribs.
2. Cut the aluminum foil into three-inch squares. *or wax paper or kitchen parchment*
3. Heat a wok and add the peanut oil. Heat the oil to 400° and add half of the spareribs. Deep-fry about 2 minutes until golden brown. Remove, drain the spareribs, and reheat the oil. Then deep-fry the remaining spareribs until golden brown, remove and drain.
4. Heat a wok and 1 T. of oil until thin tendrils of smoke appear. Add the minced ginger and scallion and stir-fry until fragrant. Add mixture (2) and the spareribs. Heat the mixture until boiling. Then partially cover and reduce the heat to low. Cook 30 minutes. Uncover and cook the liquid to a syrupy glaze. Discard the star anise and the cinnamon stick.
5. Preheat the oven to 450°. Wrap one or two spareribs in a square of aluminum foil and place on a cookie sheet. Bake ten minutes. Remove *from oven* and arrange the spareribs on a serving platter. Serve *in the foil.*

Anita

MELTED ASPARAGUS SOUP

- | | |
|-----------------------|--|
| 1 can white asparagus | 2 thin slices baked ham, minced or 2 L. Smithfield ham, minced |
| 1 chicken breast | $\frac{1}{2}$ cup cornstarch |
| 3 egg whites | 4 cups chicken broth |

1. Make a rich chicken broth with chicken bones, backs and necks. Add celery tops, several slices ginger and an onion. Add salt to taste after it has simmered for an hour. Strain the broth and remove $\frac{1}{2}$ cup broth and chill.
2. Debone and ^{or minced} mince the chicken breast. Mix chilled chicken broth gradually into the chicken pulp. Beat mixture in one direction only. Remove muscle clinging to fork or chopstick until no more exits.
3. Open cans of asparagus. Reserve $\frac{1}{2}$ cup juice. Mince asparagus and mix with juice.
4. Dissolve cornstarch in $\frac{1}{4}$ cup water.
5. Boil broth. Add asparagus pulp. Then ~~mix~~ restir cornstarch mixture and slowly add to soup. Simmer 15 minutes. If soup doesn't thicken, add more cornstarch mixed with water.
6. Beat egg whites until frothy. Add to chicken pulp. Mix thoroughly. Turn off heat and gradually add chicken, egg white mixture; keep stirring the soup with a fork in a figure eight pattern as you add mixture. This way the egg white comes out string-like rather than in clumps. Allow chicken to cook five minutes.
7. Garnish with minced ham just before serving.

CANTONESE SEAFOOD CHOW MEIN

Anita

- 1/2 lb. fresh egg noodles
- 3-4 squid, tentacles removed
- 1/3 cup raw shrimp, shelled and deveined
- 1/3 cup scallops sliced into discs 1/4" thick
- 1/4 cup celery cut into matchstick pieces
- 6 dried mushrooms *or fresh mushrooms*
- 1 head broccoli
- 1/4 cup scallion tops cut in 1" lengths
- 3 cups oil
- 1 Tbs. cornstarch dissolved in 2 Tbs. water
- 1 tsp. sesame oil

- 1 Tbs. light soy sauce
- 2 Tbs. oyster sauce
- 1 cup chicken broth
- 2 1/2 Tbs. rice wine
- 1/2 tsp. sugar
- 1/4 tsp. freshly ground black pepper or white pepper

- 1 1/2 tsp. minced ginger
- 1 1/2 tsp. minced garlic

1. Soak the dried mushrooms in very hot water for 20 minutes or until soft. Remove the stems and discard. Slice the caps into matchstick pieces.
2. Split the squid open lengthwise and remove cartilage and outside membrane. Score inside the squid in both directions at 1/8" intervals, cutting diagonally at a 45 degree angle. Then cut each squid into four equal parts.
3. Cut the flowerets off the broccoli and divide into bite-sized pieces. Reserve the stems for another dish. Bring 1 quart of water to a boil and blanch the broccoli for three minutes. Drain and run under cold running water to stop the cooking and to set the color. Drain again.
4. Prepare mixture (1) sauce ingredients in a bowl.
5. Immerse the noodles in one quart of boiling water for 30 seconds. Remove, drain, and toss with 1 Tbs. oil. Place the noodles in a round pie plate or cake pan and let cool. (It is not necessary to cool the noodles before frying them).
6. Heat a wok and add 3 Tbs. of oil until thin tendrils of smoke appear. Add the noodles as a solid mass (do not separate) and brown them, turning the wok from time to time in a circular motion to prevent them from sticking. Flip the noodles over and brown them on the other side. Remove and keep warm in the oven.
7. Heat 3 cups of oil to 350 degrees. Add shrimp and cook until they turn pink. Remove with a slotted spoon and drain. Add scallops and cook until they just turn white. Remove with slotted spoon, drain and add to shrimp. Add squid to wok and cook until they curl into roll. Remove with slotted spoon, drain and add to shrimp and scallops.
8. Discard all but 3 Tbs. oil. Heat oil until hot; add minced ginger and garlic and stir-fry until fragrant (about 10 seconds). Add celery and stir-fry until half cooked. Then add scallions and mushrooms and stir-fry 5 seconds. Restir the seasoning sauce (mixture 1) and add to wok. When it comes to a boil, add the seafood, restirred cornstarch paste, broccoli, and sesame oil, and stir-fry until sauce thickens. Place noodles on a serving platter and pour contents of wok over them. Serve immediately.

Ainda

PEKING DUCK (BEI JING YA)

Peking duck is a famous banquet dish which originated in Peking, China. Traditionally the head is still attached to the duck, and it is carved right at your table. The bones are used to make a duck soup, which is served at the end of the meal. It is a delectable combination of crispy duck skin, moist duck meat, sweet bean sauce, and scallion wrapped up in a wheat flour pancake.

Preparation of duck

- 1 duck, the larger the better
- 2 Tbs. honey
- ½ cup rice wine

1. Clean, rinse, and pat dry the duck inside and out. Remove as much extra fat as possible. Combine the honey and rice wine.
2. In a large bowl, thoroughly baste the duck with the honey, rice wine mixture. Marinate the duck in it for 1 hour. Turn it about every 15 minutes to ensure even distribution of the marinade.
3. The traditional way to dry out the skin of the duck is to hang the duck overnight or all day long in a cool place.
4. Preheat the oven at 350 degrees. Fill a broiling pan with 1" water and bake duck, breast side up, for thirty minutes. Turn duck over and bake another thirty minutes. Then reduce the temperature to 300 degrees and continue to bake the duck another hour (thirty minutes on each side once again.) Start pricking the duck at 15 minute intervals the last hour to help drain out excess fat. The duck should be nicely browned by this time.

Preparation of scallion Brushes

large scallions, enough for at least one per dinner guest

1. Cut the white part of the scallion off, about 3" long. Cross slit both sides of the scallion with at least three slits 1" deep. Soak in cold water in which ice cubes have been added; keep in the refrigerator for 1 hour or more. The ends of the scallions will open up like flowers.

Preparation of Mandarin pancakes

To heat up the pancakes, gently fold them in half and loosely encase, five at a time, in aluminum foil. Make sure the ends of the foil overlap tightly, so that no moisture can reach the pancakes and make them soggy. If you put too many pancakes in one packet, the heat will not reach the center ones. Warm the pancakes by steaming for five minutes or by placing in a 350 oven for five minutes. When ready to serve the Peking duck, place the warmed pancakes on a small plate, preferably covered.

Preparation of sauce

Use either Szechuan sweet bean paste or mix together 6 Tbs. hoisin sauce, 1 Tbs. sugar, and 2 Tbs. soy sauce in a small bowl.

To Serve

1. Slice the duck skin into strips 1" wide and 2" long; then slice the duck meat the same way. Keep the legs and wings intact. Scrape away any fat that adheres to the skin or meat. Arrange the pieces of skin, crispy side up, in the center of a platter with

CINNAMON FLAVORED BEEF

Springer

1½ lbs. flank steak, pot roast or
sirloin tip

3 T. rice wine

2 slices ginger root, smashed

¾ t. salt

1 t. Szechuan peppercorns

1-2 sticks cinnamon

4 dried chili peppers

3-4 pieces tangerine peel, about size of
a quarter or 1/3 cup fresh peel

one orange, cut in half and sliced

½ T. rice vinegar

in semi circles

4 T. sesame oil

2 cups oil for deep frying

1 star anise, crushed coarsely

Seasoning sauce

1 ½ T. soy sauce

3 T. rice wine

3 T. sugar

1½ cups water or chicken broth

1. Remove any fat or gristle from the meat and cut across the grain into thin slices. Place the slices in a bowl with the 3 T. rice wine, the ginger slices and the salt, toss lightly, and let marinate 8 hours or overnight. Soften the tangerine peel in warm water for 1 hour. Remove, drain and shred. Diagonally cut the chili peppers into ¼ inch sections. Shake out the seeds.
2. Heat the 2 cups oil to 300 degrees. Drain the beef slices and discard the ginger slices. Add half of the beef slices to the oil and cook for five minutes. Remove the beef, drain and reheat the oil to 300 degrees. Add the remaining beef slices and deep-fry for 5 minutes. Remove, drain and reheat the oil until it is almost smoking. Add all of the beef slices and deep-fry for 1½ minutes, until the beef is somewhat crisp. Remove and drain.
3. Heat a pan and 2 T. of sesame oil until very hot. Add the chili pepper sections and stir-fry over low heat until black. ^{cover pan} Remove the chili peppers. Add an additional 1 T. of sesame oil and heat until very hot. Add the Szechuan peppercorns and the star anise and stir-fry until fragrant over low heat. Add the tangerine peel shreds, cinnamon stick and the seasoning sauce. Heat until boiling, add beef and reduce the heat to low, and simmer partially covered until the sauce has reduced to one-third of the original quantity. Uncover and add the dried chili peppers. Turn the heat to high and stir-fry until the mixture is dry. Sprinkle the vinegar and the remaining T. of sesame oil over the meat slices and toss so that the meat is coated evenly with the sauce. Remove to a serving platter and arrange the halved orange peels around the plate.

Shanghai

SWEET AND SOUR FISH or Pork

Spring

- 1 lb. white fleshed fish fillet *or large shrimp, scallops, chicken, or pork (cutlet)*
- 1½ t. garlic, minced
- 2 eggs
- ½ cup cornstarch
- ½ t. baking powder
- 2 peppers
- oil for deep frying
- 1½ t. ginger, minced

- Sauce
- 2 scallions minced
 - 7 T. water
 - 5 T. sugar
 - 5 T. vinegar
 - 1½ T. ketchup
 - 2 t. soy sauce
 - 2 t. cornstarch

1. Wash the fish, pat dry, and lightly salt. Cut the fish into 1" squares.
2. Combine the sauce ingredients in a small bowl. *Let it sit for a while.*
3. Beat the eggs. Mix with the cornstarch and the baking powder. Add fish to batter.
4. Cut the peppers into 1" squares. You may use red or green peppers or a combination of both. You may also add baby ears of corn, snowpeas, or the flowerets of broccoli. *Parboil the peppers and other veg. (cauliflower is ok)*
5. Heat up the oil for deep-frying. 350-375 is good for the first frying. Deep fry only a few pieces at a time. This way the fish will cook quickly and retain its moisture, because the temperature of the oil hasn't dropped too much. When cooked, remove and drain. Use the same procedure with the rest of the fish.
6. Heat 1 T. oil in a wok or small pan and when hot, fry the garlic, ginger, and ~~peppers~~. *When the peppers are almost cooked, restir the seasoning sauce and add. Bring to a boil. The sauce should thicken quickly. If this doesn't happen, add more cornstarch paste to the sauce. Add peppers.*
7. Meanwhile, reheat the oil to smoking and add fish, half at a time, to make crisp. *oil must be hot*
When crisp, remove and drain; wait until the oil is very hot again before crisping the rest of the fish.
8. Arrange the fish on a serving platter and pour the sauce over it. Never pour the sauce until ready to eat or the fish will become soggy

STIR-FRIED RICE STICKS WITH SHRIMPS AND VEGETABLES

Spring

This dish is an Amoy specialty. Amoy is a city in Eastern China. Light and absorbant, the rice noodles are excellent for stir-frying and blend wonderfully with the firm pink shrimps and crisp green cabbage. In China this dish is often served as a snack or lunch dish. It is also excellent for buffet dinners.

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|---|---|
| ½ lb. rice sticks (rice noodles) | 2 stalks scallions, shredded |
| ½ lb. raw shrimps, cleaned and deveined | 1 t. salt |
| 1 T. rice wine | ½ t. sugar |
| ½ t. salt | 1½ T. light soy sauce |
| ½ T. cornstarch | ½ cup chicken broth |
| 4 T. oil | 3 cups shredded Napa cabbage
(Shan Tung) |

1. Rinse shrimps with cold water. Drain and pat dry thoroughly with paper towels. Marinate the shrimps with the rice wine, ½ t. salt, and the cornstarch.
2. Soak the rice sticks in hot water 10 to 15 minutes until soft; drain well.
3. Heat a wok over high heat until hot. Add 2 T. oil and stir-fry the shrimps for 1 minute or until they change color. Remove and set on a plate.
4. Heat the wok with the remaining 2 T. oil. Stir-fry the scallions and cabbage for ½ minute, then add 1 t. salt, sugar and the soaked rice sticks, and keep stirring for 1 more minute. Add the soy sauce and the chicken broth. Turn the heat to high and stir-fry until all the liquid is absorbed. Add the cooked shrimp and mix well. Serve hot.
5. Covered with aluminum foil, this dish can be kept warm in the oven ½ hour. - Add shrimp just before serving