

STIR-FRIED RICE STICKS WITH SHRIMPS AND VEGETABLES

Jim

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.

- $\frac{1}{2}$ lb. rice sticks (rice noodles)
- $\frac{1}{2}$ lb. raw shrimps, cleaned and deveined
- 1 T. rice wine
- $\frac{1}{2}$ t. salt
- $\frac{1}{2}$ T. cornstarch
- 4 T. oil

- 2 stalks scallions, shredded
- 1 t. salt
- $\frac{1}{2}$ t. sugar
- 1 $\frac{1}{2}$ T. light soy sauce
- $\frac{1}{2}$ cup chicken broth
- 3 c. shredded Napa cabbage

1. Rinse shrimps with cold water. Drain and pat dry thoroughly with paper towels. Marinate the shrimps with the rice wine, $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 for $\frac{1}{2}$ hour.

ROAST PORK WITH SNOW PEAS

Jim

- 1/4 lb. roast pork - *beef, fish, chicken...*
- 1/2 lb. snow peas, *broccoli, water chestnuts,*
- 2 T. oil
- 1/4 t. salt *baby corn*

- seasoning sauce
- 2 T. oyster sauce
 - 1/2 t. sesame oil
 - 1 t. sugar
 - 1 t. cornstarch mixed with 1/4 cup water

1. Wash the snow peas and remove strings and stems.

2. Thinly slice the roast pork.
3. Mix together the sauce ingredients in a small bowl.
4. Heat up the wok and add the oil. When thin tendrils of smoke appear, add the snow peas and the salt. Stir-fry until half done, then add the roast pork and continue to stir-fry until almost done (the snow peas will turn a brighter green and become limp). Then add the restirred seasoning sauce and continue to stir until sauce has thickened. Serve immediately.

STEAMED CHICKEN IN YUNNAN POT

Jim

- 1 2 1/2-3 lb. chicken
- 8 dried black mushrooms
- 1/4 cup Smithfield ham
- 4 cups boiling water
- 1/2 t. salt
- 1/4 cup rice wine
- 3 slices ginger root, smashed
- 3 stalks scallions, smashed

1. Cut the chicken up into small serving pieces. Blanch the pieces in boiling water for one minute to clean them. Then rinse in cold water.
2. Soften the black mushrooms in hot water until they are spongy. Remove and discard the stems, and cut the caps in half. Cut the ham slices into 1 inch squares.
3. Arrange the chicken pieces, black mushrooms, and the ham squares in the bottom of the Yunnan pot. Slowly pour the boiling water into a bowl with the salt, rice wine, ginger, and scallions. Then slowly add to the pot. Cover securely. Place the Yunnan pot in a steam tray and cover.
4. Fill a wok with water level with the bottom edge of the steaming tray and heat until boiling. Place the steaming tray over the boiling water and steam 1 hour over high heat. Check the water level in the wok after 45 minutes and add boiling water to the wok if necessary. Remove the pot, skim away the fat and discard the seasonings. Serve the soup directly from the Yunnan pot.

Szechuan

Anita

CRISPY DEEP-FRIED FISH

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| 1 2-2½ lb. white fleshed fish | | ½ cup shredded bamboo shoots |
| 1/4 lb. ground pork | seabass | ½ cup shredded black mushrooms |
| 1 Tbs. chili sauce | rock cod | 1 cup chicken broth |
| 1 Tbs. garlic, minced | red fish | 1 tsp. salt |
| 1 Tbs. scallion minced | porgy | 6 cups oil |
| 1/4 cup flour ^{or} cornstarch | | 2 Tbs. cornstarch dissolved in
2 Tbs. water |

also can use shredded red + green peppers - parboiled

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 Tbsp. soy sauce + 1 Tbsp. wine
6. Remove the fish when cooked to a serving platter and pour the sauce over it. Serve immediately.


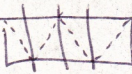
Can also be made served with Shanghai Sweet + Sour Sauce
Can use large deep fryer also.

Anita

STUFFED BEAN CURD, CANTONESE STYLE

- 4 cakes or ² packages firm bean curd
- 1/4 lb. ground pork
- 1 tsp. dried shrimp
- 1 Tbs. light soy sauce
- 1 Tbs. rice wine
- 1/4 tsp. salt
- 1/2 Tbs. cornstarch
- 2 scallions shredded, green part only

- 1 scallion minced
- 1/3 cup oil
- 1 cup chicken broth
- 1 Tbs. soy sauce
- 1 Tbs. oyster sauce
- 1 Tbs. cornstarch dissolved in 2 Tbs. water

1. Press the bean curd with a chopping board for about 1/2 hour to reduce excess water. Then cut each cake diagonally into 4 triangular pieces. If using packaged bean curd, cut each bean curd into four equal pieces, and then each section diagonally in half. 
2. Soak the dried shrimp in hot water 20 to 30 minutes and chop fine.
3. Marinate the ground pork with the light soy sauce, wine, salt, and cornstarch for at least 15 minutes. then mix in the chopped dried shrimp and minced scallion.
4. Cut a slit on the long side of each bean curd triangle. ^{Make a pocket} Take out some bean curd and stuff the opening carefully with the meat mixture. 
5. Heat the oil in the wok. Arrange half of the bean curd, meat side down, in the wok and fry for two minutes until brown. Remove and fry the remaining bean curd pieces. Drain out most of the oil, add all the bean curd to wok, along with the chicken broth. Cover and simmer 3 to 4 minutes. Dish the bean curd out carefully onto a plate and arrange them attractively, meat side up.
6. Add the soy sauce and oyster sauce to the liquid in the wok. Bring to a boil and thicken with the restirred cornstarch paste. Pour this sauce on top of the bean curd and garnish with the shredded scallion.

Can hold it simmering in stock until ready to serve.
 Just before serving, thicken sauce
 Shrimp toast filling can also be used.