

SEAFOOD HOT POT WITH NOODLES

Jim

$\frac{1}{2}$  lb. fresh noodles - *Yung Fen noodles*  
 2 cups Nappa cabbage, cut in 2" sections and quartered

cup  
 ase { 6 cups chicken stock  
 2 T. rice wine  
 1 $\frac{1}{2}$  t. salt

oyster  
 marinade { 1 pint fresh oysters  
 1 T. rice wine  
 2 slices ginger, smashed  
 2 stalks scallion, smashed  
 $\frac{1}{2}$  t. salt

shrimp  
 marinade {  $\frac{1}{2}$  lb. shrimp  
 1 T. rice wine  
 1 t. salt  
 $\frac{1}{2}$  t. sesame oil

scallop  
 marinade {  $\frac{1}{2}$  lb. fresh scallops  
 1 T. rice wine  
 2 slices ginger smashed  
 $\frac{1}{2}$  t. salt  
 $\frac{1}{2}$  t. sesame oil

1 lb. firm fleshed white fish fillets, skin removed and diagonally cut into pieces 1 $\frac{1}{2}$ " long and 1" wide.

fish  
 marinade { 1 T. rice wine  
 2 slices ginger smashed  
 $\frac{1}{2}$  t. salt

4 T. minced scallion greens  
 1 T. rice wine

1. Prepare all of the individual marinades, pinching the ginger slices in each, to impart the ginger flavor to the mixtures. Discard the ginger. Mix all the seafood with their respective marinades and let marinate separately for 20 minutes.
2. Heat a wok, add a T. oil and heat until smoking. Add the cabbage sections and the rice wine and stir-fry for 30 seconds, adding a T. of the chicken broth. Add the soup base and heat until boiling. Reduce the heat to low, partially cover, and cook 30 minutes.
3. Cook the noodles until "al dente" in 4 quarts of boiling water. Remove, drain, and rinse the noodles. Place the noodles in a heavy, earthenware sandy pot, or in a Dutch oven. Pour the cabbage broth on top. Arrange the seafood on top of the cabbage, keeping each ingredient in its own place. Sprinkle the minced scallions on top, and cover.
4. Cook the casserole 5-7 minutes until the seafood is just cooked over high heat or in a 450 oven. Serve immediately from the pot

Serves six as a full meal.

1/4-1/2 lb. pork loin  
1/2 cup button mushrooms  
1/3 lb. shrimp  
1/3 lb. scallops and or squid  
1/2 cup snow peas  
1 cup bamboo shoots, thinly sliced

3 Treasure Sizzling  
Rice (Soup)

3 cups oil for deep frying  
1 cup rice cakes  
1 T. scallion cut in 1/2" pieces  
3/4 T. ginger cut in thin slices  
2 T. cornstarch made into paste  
1/2 T. rice vinegar  
1 t. sesame oil  
3-3 1/2 cups chicken broth  
1 T. rice wine  
1/4 t. black pepper  
1 t. soy sauce  
1/4 t. sugar  
1 t. salt

1 t. water  
1/4 t. salt  
1 t. cornstarch  
1/2 eggwhite

2 {

1. Thinly slice the pork (will be easier to cut if semi-frozen) Then cut into 1/2 inch shreds. Marinate in mixture (1).
2. Remove the stems from the mushrooms. Cut slits to fan the mushrooms.
3. Clean, remove outside skin and cut the squid into 2 inch squares. Score in diamond shape on the inner side into squid flowers.
4. Heat up 3 cups of water. When boiling, blanch the seafood. Then remove and run under cold running water. Drain.
5. Heat up 1 cup of used oil. When the oil reaches 350, add the pork. When the pork turns white, remove and drain.
6. Heat up 2 T. of oil in a wok, When thin tendrils of smoke appear, add the ginger and scallion. When fragrant, add mixture (2), vegetables, and the seafood. When the stock comes to a boil, add the restirred cornstarch paste to thicken. Just before serving, add the vinegar and sesame oil.
7. Heat up 3 cups of clean oil while preparing the soup. When the oil is 425 (it will just begin to smoke) add the rice cakes in several batches. They are done when they puff up and rise to the surface. Drain on paper towels.
8. Put the rice cakes in the bottom of the soup tureen and pour the broth on top at the table.

TO PREPARE THE RICE CAKES, rinse 1 1/2 cups rice until the water runs clear. Drain and place in the bottom of a 9" by 12" pan and add 2 cups of cold water. Spread the rice evenly along the bottom of the pan. Cover the pan with aluminum foil and let sit for 30 minutes. Preheat the oven to 350 and bake the rice, still covered, for 30 minutes. Remove the foil, flatten the rice with a spatula and return to the oven uncovered. Turn the heat down to the lowest setting and bake 8-10 hours, or until the rice is completely dry. Take the rice out of the pan, and break into squares roughly 2" in size. Use as directed. The rice cakes will last indefinitely in an airtight container. This recipe will be good for 2 or 3 soups.

Jim

WUXI SPARERIBS (Eastern)

$\frac{1}{2}$  cups chicken broth  
 $\frac{2}{2}$  lbs. country style spareribs  
 scallions  
 cloves garlic  
 large slices ginger  
 $\frac{3}{4}$  t. light soy sauce  
 T. light soy sauce  
 $\frac{1}{4}$  cup rice wine  
 T. rice wine

6 cups peanut oil  
 3 T. sugar  
 1 t. sesame oil  
 1 package fresh spinach, stemmed,  
 rinsed and patted dry  
 $\frac{1}{2}$  t. minced garlic  
 $\frac{1}{4}$  t. salt  
 1 T. minced scallion top

Trim excess fat from the spareribs. Ask your butcher to cut the spare-  
 ribs across the bones into thirds for you so they will measure about 2".  
 Separate into individual pieces by cutting between the bones.  
 Smash the 2 scallions, 2 cloves garlic and ginger with flat side of cleaver.  
 Place in a large bowl. Add  $4\frac{1}{2}$  t. of the soy sauce, 1 T. of the rice  
 wine, and the ribs; stir to coat ribs. Marinate in refrigerator,  
 covered, stirring occasionally, at least 3 hours or overnight.  
 Drain ribs; strain and reserve marinade. Pat ribs dry with paper toweling.  
 Heat the 6 cups oil in wok over high heat to 375. Deep-fry half the  
 spareribs until golden brown, about 3 minutes. Remove with slotted spoon;  
 drain well. Repeat with the remaining spareribs.  
 Heat the chicken broth, the  $\frac{1}{4}$  cup rice wine, the remaining 3 T. soy  
 sauce, the sugar and reserved marinade in large heavy saucepan over  
 high heat until boiling. Add spareribs; reduce heat to medium-low.  
 Simmer, uncovered, stirring occasionally, until liquid has reduced to  
 $\frac{1}{2}$  cup, about 20 minutes. Stir in sesame oil; transfer ribs and sauce  
 to heatproof bowl.  
 Place bowl in steamer tray over wok  $\frac{1}{3}$  full with boiling water.  
 Cover steam tray and steam until ribs are tender, about 30 minutes.  
 Remove steamer tray and bowl from wok.  
 Rinse wok; fry thoroughly. Add 1 T. oil to wok; heat over medium high  
 heat. Add spinach and minced garlic; stir-fry 10 seconds. Add 1 T.  
 rice wine and the salt. Stir-fry until the spinach is emerald green  
 and barely limp, about 1 minute. Arrange spinach around edge of large  
 platter. Heap ribs in center of platter; pour sauce over ribs. Garnish  
 with minced scallion.

# CRAB IN SWEET AND SOUR SAUCE

Jim

- 8 to 1 dozen blue crabs
- 2 T. rice wine
- 3 slices ginger smahed
- ½ cup cornstarch
- 6 cups oil
- 2 T. finely minced scallion
- 1 T. minced garlic

- 5 T. ketchup
- 4 T. rice vinegar
- 5 T. sugar
- 3/4 t. salt
- 1 t. soy sauce
- ½ t. seame oil
- 6 T. water or chicken broth
- 2 t. cornstarch made into paste

1. Heat up 6 cups of water to boiling. Add the crabs to stun. Remove as soon as they stop moving. Rinse the crabs and drain. Twist off and discard the apron. Remove the upper shell. Remove and discard the spongy gill tissue. Rinse the crab's body and drain well. Cut away the last joints in the legs. Cut the body into quarters. Place the crab sections in a bowl. Pinch the ginger root slices with the rice wine to imbibe the rice wine with their flavor. Add both to the crabs and toss lightly. Let marinate 1 hour. Remove and discard the ginger slices.
2. Heat a wok, add the peanut oil and heat the oil to 375. Lightly dust the crab pieces with the cornstarch. Add half of the crab sections and deep fry about 3 minutes. Remove and drain. Add the remaining crab sections and deep fry about 3 minutes. Remove and drain.
3. Heat up a wok. Add 2 T. oil and heat until very hot. Add the minced scallion and garlic until fragrant. then add mixture (1) and toss until the sauce has thickened. Add the cooked crab and toss lightly to coat the pieces. Remove to a serving platter and serve immediately.
4. Garnish with minced scallions.

Anita

CHINESE VEGETABLE SOUP

(Winter Melon Soup)

6 cups chicken stock, seasoned  
 $\frac{1}{2}$  lb. pork (can omit)  
 $\frac{1}{4}$  -  $\frac{1}{2}$  lb. roast pork  
 $\frac{1}{2}$  to one can baby ears of corn  
8 dried Chinese mushrooms  
 $\frac{1}{2}$  cup snow peas or peas

1 lb. winter melon  
 $\frac{1}{2}$  to one can straw mushrooms  
1 cup bamboo shoots  
1 T. soy sauce  
 $\frac{1}{2}$  t. cornstarch  
1 t. rice wine

*can also add tiny salad shrimp*

1. Rinse the dried mushrooms in cold water and then soak in hot water  $\frac{1}{2}$  hour until soft. Remove and discard the stems. Slice the caps in half or thirds, depending on their size. Reserve 1 cup of the mushroom juice.
2. Cut the pork into small cubes and marinate in the cornstarch, soy sauce, and rice wine for  $\frac{1}{2}$  hour.
3. Drain the canned vegetables and parboil for 1 minutes to help remove the tinny flavor. Immediately run under cold running water and then drain. Slice the bamboo shoots into very thin bite-sized pieces. Half the baby ears of corn on the diagonal if they are quite large.
4. String and slice the snow peas on the diagonal into 3-4 pieces. Remove rind from winter melon and cut the meat into small cubes the same size as the marinating pork. Also cube the roast pork.
5. Bring the chicken broth to a boil. Add the reserved mushroom juice, winter melon, marinated pork, and dried mushrooms. Simmer for 15 minutes.
6. Then add the bamboo shoots, straw mushrooms, and baby ears of corn. Simmer 5 minutes. Finally add the snow peas or peas and roast pork 2 or 3 minutes before serving.

NOTE: All the above ingredients are not necessary to make this soup. Four or five with one of them being the winter melon would be more than satisfactory.

Jan

### SZECHUAN DUCK

- 1 duck
- 2 Tbs. soy sauce
- 1 cup cornstarch
- 10 cups oil

#### marinade for duck

- 5 stalks scallions, smashed
- 6 slices ginger, smashed
- 1 Tbs. rice wine
- 3 Tbs. salt
- 2 tsp. Szechuan peppercorns, toasted briefly and crushed to a powder
- 1 star anise, broken up

1. Rinse the duck and drain thoroughly. Remove any of the fat deposits at the neck and the rear cavity. Rub the ingredients of the duck marinade inside the cavity of the duck, and all along the outside. Place the duck in a bowl, breast-side down, and let marinate at least 1 hour or ideally overnight. Transfer the duck with the marinade to a heatproof bowl and place in a steamer tray. Cover.
2. Fill a wok with water level with the bottom edge of the steamer tray and heat until boiling. Place the steamer tray over the boiling water and steam 2½ hours over high heat, refilling the boiling water every 45 minutes. Remove the duck and let it cool. Discard the marinade. Rub the outside of the duck with the soy sauce and dredge in the cornstarch. Lightly press the cornstarch to adhere to the duck's skin.
3. Heat a wok, add the oil, and heat the oil to 400 degrees. Slowly lower the duck into the hot oil, cover just until the bubbling subsides, and deep-fry on both sides until the outside is crisp and golden brown.
4. Remove, drain on paper towels, and cut the duck, through the bones, into bite-sized pieces. Serve plain or with steamed lotus buns and sweet bean sauce or hoisin sauce and scallion brushes.

### LOTUS BUNS

makes 20 buns

- 1½ TSP. dry yeast
- 2 Tbs. sugar
- 1 cup lukewarm water
- 7 Tbs. sesame oil

- 3 cups all purpose flour
- 1 Tbs. lard melted and cooled or peanut oil
- 1 tsp. baking powder

1. In a large bowl proof the yeast in the sugar and water for 15 minutes or until it is foamy. Gradually stir in the flour and the lard until the mixture is rough but soft. Then turn out onto a lightly floured counter and knead until the dough is smooth and elastic. (If the mixture is too dry, add ¼ cup cold water.). Place the dough in an oiled bowl, cover with a damp towel, and let rise 3½-4 hours until it has tripled in bulk.
2. Punch down the dough, place the baking powder in the center of the dough, gather the edges to enclose, pinch to seal, and knead the dough until the baking powder is evenly incorporated. Cut the dough in half and roll each half to a long roll. Cut each section into 10 pieces and cover with a damp towel. Roll each section to

## STUFFED BEAN CURD, CANTONESE STYLE

4 cakes or 2 packages firm bean curd  
1/4 lb. ground pork  
1 tsp. dried shrimp — or shrimp best filling  
1 Tbs. light soy sauce  
1 Tbs. rice wine  
1/4 tsp. salt  
1 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

optional - cilantro, chinese parsley

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. 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.