

You may substitute shrimp or crabmeat for the ham in this recipe.

BROCCOLI STEM SALAD

PEKING

PREPARATION TIME: 15 MINUTES

CHILLING TIME: 1 HOUR

Stems from 1 bunch of broccoli

DRESSING:

- 2 *tablespoons soy sauce*
- 2 *tablespoons sesame oil*
- 1 *teaspoon white rice vinegar*
- ½ *teaspoon sugar*

TO PREPARE:

Peel broccoli stems, removing tough strings. Cut stems on a diagonal into 1-inch pieces. Cover and refrigerate. Mix dressing. Combine dressing and broccoli just before serving.

SPICED FRESH LOTUS ROOT SALAD

SZECHUAN

PREPARATION TIME: 10 MINUTES

CHILLING TIME: 1 HOUR

2 pieces fresh lotus root, 6-8 inches long

DRESSING:

- 2 *tablespoons sesame oil*
- ¼ *teaspoon chili paste with garlic*
- 1 *teaspoon sugar*
- 2 *tablespoons white rice vinegar*
- 2 *tablespoons soy sauce*

TO PREPARE:

Peel lotus root and slice thin. Bring 1 quart of water to a boil and add lotus root. Bring to a boil again and drain. Rinse

ginger

dissolved in 2 teaspoons cold water

tough stems, and chop. Combine pepper in a large mixing bowl.

cornstarch
tablets, ham, salt, and pepper

1 teaspoon peanut oil. When oil is hot, and bring to a boil. Add cornstarch until the sauce is thickened.

1 tablespoon peanut oil. When oil is hot, add egg mixture to make a pancake. Cook about 30 seconds on one side and cook the other side about 30 seconds. Remove to a plate. Repeat in the skillet and keep warm in a low oven. Add more peanut oil if you need it. Serve under the pancakes.

After and serve warm sauce in a

SHRIMP WITH LOBSTER SAUCE

PREPARATION TIME: 15 MINUTES

CANTON

MARINATING TIME: 30 MINUTES

COOKING TIME: 8 MINUTES

1 pound (about 32–35) medium shrimp, shelled and deveined

MARINADE:

1 tablespoon cornstarch

1 tablespoon dry sherry

2 tablespoons peanut oil

1 tablespoon peanut oil

SEASONINGS:

2 teaspoons fermented black beans, soaked and minced

1 teaspoon minced garlic

2 whole scallions, minced

$\frac{1}{4}$ cup lean, ground pork

SAUCE:

1 tablespoon soy sauce

1 tablespoon dry sherry

$\frac{1}{2}$ cup water

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ teaspoon sugar

1 egg, lightly beaten

TO PREPARE:

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

ON THE TRAY:

Bottle of peanut oil

Bowl containing marinated shrimp

Cup containing seasonings

Cup containing pork

Bowl containing sauce
Cup containing egg

TO COOK:

To a heated wok add 2 tablespoons peanut oil. When oil is hot add marinated shrimp and stir-fry 1 minute until shrimp 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 pork and stir-fry about 2 minutes until it loses its pink color. Add sauce and stir until it comes to a boil. Add shrimp and stir about 1 minute until heated through. Add beaten egg. (There should be delicate shreds of egg running through the sauce.) Remove from heat and serve immediately.

STIR-FRIED SPINACH

PREPARATION TIME: 10 MINUTES

CANTON

COOKING TIME: 3 MINUTES

- 1 pound fresh spinach, washed and drained (tear apart larger leaves)*
- 3 tablespoons peanut oil*
- ½ teaspoon minced garlic*
- ½ teaspoon salt*
- ½ teaspoon sugar*

TO COOK:

To a heated wok add peanut oil. When oil is hot add salt, then garlic, and stir-fry 30 seconds. Add spinach, then sugar, and stir-fry about 2 minutes, until spinach is wilted. Remove from heat and serve immediately.

SEAFOOD HOT POT WITH NOODLES

$\frac{1}{2}$ lb. fresh noodles ^(or dried) (Yung Fen noodles, flat + skinny) or spaghetti ^{SA}
2 cups Nappa cabbage, cut in 2" sections and quartered

soup base { 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, ^{STOP} Arrange the seafood on top of the cabbage, keeping each ingredient in its own place. Sprinkle the minced scallions on top, and cover. 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.

Carbonated - but found all over

STIR-FRIED CHICKEN IN BIRD'S NEST

Springer

- 1 lb. deboned chicken breast
- 2 large green peppers
- 1 can straw mushrooms
- 2 Tbs. minced scallions
- 1 Tbs. minced ginger

- 1/2 tsp. baking powder
- 1 1/2 Tbs. flour
- 1/2 tsp. salt
- 1 tsp. rice wine
- 1-3 Tbs. water

- 1 Tbs. ginger wine
- 1/2 tsp. salt
- 1 tsp. minced garlic
- 1 Tbs. cornstarch
- 1 eggwhite

- 3 Tbs. soy sauce
- 1 1/2 Tbs. rice wine
- 1 1/2 tsp. cornstarch
- 1 1/2 Tbs. sugar

3 cups oil for deep frying *fresh oil*
 about 1 lb. taro or 2 large potatoes

1. Remove the tendons from the deboned chicken and cut into 1/2 inch squares. Place the chicken pieces in a bowl, add mixture (1), toss lightly and let marinate 30 minutes. Prepare mixture (2) in a small bowl. Cut peppers the same size as the chicken. Parboil the straw mushrooms to remove the tinny taste.
2. Peel the potatoes or taro, cut into thin slices, and shred finely. (Cuisinart)
 Place shreds in a bowl. Sprinkle with the baking powder, flour salt, and wine. Add enough water to moisten lightly. Heat a wok, add the peanut oil, and heat the oil to 350 degrees. Dip a slotted strainer in the hot oil and remove. Carefully arrange taro shreds in thin layer inside strainer, starting at top. Depending on size of the strainer and thickness of layer, you may have enough taro for 1-7 nests. When nest is completed, place second strainer, which should also be dipped in hot oil, inside first to hold taro in place. Deep-fry the potato shred 4-5 minutes in the hot oil until golden brown. Remove and drain on paper towels. Repeat same procedure until all the taro shreds are used up. The taro nests can be reheated in a 350 oven, just before you are ready to eat. *or they will get soggy*
 Put on cookie sheet
3. Heat a wok, add 2 Tbs. oil. When thin tendrils of smoke appear, add the peppers and stir-fry until just done. Remove from wok. Add 3 more Tbs. of oil to wok. When hot add the chicken pieces and cook until they change color. Remove and drain. Add 1 Tbs. of oil to wok; add the minced ginger and scallions and stir-fry until fragrant. Then add the chicken pieces, mixture (2), the peppers, and the straw mushrooms. Stir-fry until the sauce thickens, stirring constantly. Remove and spoon the mixture into the bird's nests. Serve immediately.

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

Springer

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

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

2 { 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. 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. *(This step must be done)*
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, *except mushrooms* 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. *Add vegetables and seafood JUST before serving.*
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. *Just before done, add the veg. and seafood*
8. Put the rice cakes in the bottom of the soup tureen and pour the broth on top at the table. *Broth must be very hot.*

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

CHINESE VEGETABLE SOUP

- | | |
|----------------------------------|--------------------------------|
| 6 cups chicken stock, seasoned | 1 lb. winter melon |
| 1/2 lb. pork | 1/2 to one can straw mushrooms |
| 1/4 - 1/2 lb. roast pork | 1 cup bamboo shoots |
| 1/2 to one can baby ears of corn | 1 T. soy sauce |
| 8 dried Chinese mushrooms | 1/2 t. cornstarch |
| 1/2 cup snow peas or peas | 1 t. rice wine |

1. Rinse the dried mushrooms in cold water and then soak in hot water 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 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 satis factory.

Soup

Spring

STEAMED CHICKEN IN YUNNAN POT

clay pot with a funnel in center

use metal bowl in pot
w. water as substitute

- 1 2½-3 lb. chicken
- 8 dried black mushrooms
- ¼ cup Smithfield ham or prosciutto
- 4 cups boiling water

- ½ t. salt
- ¼ 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.

hot add garlic, and stir. Add vegetables and stir-fry 1 minute. Add sauce and stir about 1 minute until it boils. Add cornstarch and stir about 1 minute until it is thickened. Add chicken and walnuts and stir about 1 minute until heated through. Remove from heat and serve immediately.

BEAN SPROUT SALAD

PREPARATION TIME: 5 MINUTES

PEKING

CHILLING TIME: 1 HOUR

1 pound fresh bean sprouts, or 1 can, drained

DRESSING:

1 teaspoon sugar
1 teaspoon white rice vinegar
1 tablespoon soy sauce
1 tablespoon sesame oil

TO PREPARE:

Place fresh bean sprouts in a colander and pour over 2 quarts of boiling water to blanch them. Drain well and refrigerate. Combine ingredients for the dressing and refrigerate. Toss bean sprouts and dressing together just before serving.

BEEF WITH SHINING NOODLE SOUP (HUNAN)

Anita
ringed and

- | | |
|------------------------------------|-----------------------------------|
| 1 2 oz. package cellophane noodles | 2 Tbs. salted black beans, minced |
| 3/4 lb. flank steak or sirloin tip | 6 cups seasoned chicken broth |
| 2 tsp. cornstarch | 2 dried chili peppers, broken up |
| 2 tsp. rice wine | 1 Tbs. minced garlic |
| 2 tsp. oil to marinate meat | 1 Tbs. soy sauce |
| 3 scallions cut in 2" lengths | 1 1/2 tsp. sugar |
| 2 Tbs. oil | 1 tsp. sesame oil |

1. Soak the cellophane noodles in hot water until soft, about 15 minutes. Drain, and cut into 6 inch pieces.
2. Cut the beef into matchstick pieces. Marinate with the cornstarch, rice wine, and oil for 1/2 hour.
3. Add 2 Tbs. oil to a ^{regular soup pot.} hot pot. Then add the black beans, garlic, and chili peppers. Stir-fry until the peppers turn black. Then add the chicken broth, soy sauce, sugar, and cellophane noodles. Bring to a boil. Stir in the beef and scallions. Cook until meat loses its pinkness, about 3 minutes. Stir in the 1 tsp. sesame oil and serve.

Note: The cellophane noodles are usually called bean threads.

beautiful banquet dish
Cantonese - frequently cook w. fruit

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Anita

LYCHEE CHICKEN

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

1. Debone the chicken, remove tendons, and mince finely.
2. Finely mince the onion and water chestnuts. *half-chopped by processor. Then add chicken in 1 inch pieces*
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. *until paste-like*
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. *use fresh oil. Do not overcook.*
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. *can be warmed first*

CHICKEN WITH PINE NUTS

-Northern/Eastern

Jim

This is an elegant imperial dish that originated in Yangchow.

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|--|--|
| 1 lb. boneless chicken breast (partially frozen) | |
| 1 t. salt | $\frac{1}{4}$ cup finely minced baked ham |
| 1 T. cornstarch | $\frac{1}{4}$ cup frozen peas, blanched in |
| 2 egg whites | boiling water and rinsed |
| 2 cups fresh oil for deep frying | |
| 1 scallion, white part only, | <u>sauce</u> |
| finely minced | 2 T. chicken broth |
| $\frac{1}{2}$ clove garlic, finely chopped | 1 T. dry sherry |
| | $\frac{1}{2}$ t. salt |
| 1/3 cup pine nuts | $\frac{1}{2}$ t. cornstarch |

1. Cut chicken lengthwise 1/8 inch thick. Shred into thin slices. Then mince crosswise. Put into bowl. Add salt, cornstarch, and egg white. Mix thoroughly with hand. Set aside.
2. Thoroughly combine sauce ingredients in a small bowl. Set aside.
3. Heat oil in wok. When it is warm, pour in chicken. Deep-fry chicken, stirring to separate, until it turns white. Remove by draining through strainer.
4. Reheat oil. In strainer, deep-fry pine nuts until they are light brown, watching carefully not to burn. Drain nuts on towel paper.
5. Reheat 1 T. of oil in wok. When thin tendrils of smoke appear, stir-fry the garlic and scallion. When aroma is evident, pour in sauce (re-stir before adding) Add chicken, ham and peas. Toss quickly for 1 minute. Remove to platter.
6. Sprinkle pine nuts over the chicken. Serve hot.



* SAVORY COTTAGE-CHEESE BREAD -106

- 2 teaspoons instant minced onion
- 1 package active dry yeast
- Butter or margarine, softened
- Salt
- 1 teaspoon oregano leaves
- 1 cup small-curd creamed cottage cheese
- 2 tablespoons sugar
- 1/4 teaspoon baking soda
- 1 egg
- 2 to 2-1/2 cups all-purpose flour

Add small amount of cold water to onion and let stand until rehydrated; drain if necessary. Soften yeast in 1/4 cup warm water. In medium bowl, mix well onion, 1 tablespoon butter, 1 teaspoon salt and remaining ingredients, except flour. Add yeast mixture and mix well. Gradually add enough flour to make a firm dough. Mix well, cover with plastic wrap and let stand in warm place 1 hour, or until doubled. Punch down and put in well-buttered 1-1/2-quart casserole. Let rise 30 minutes, or until light, then bake in moderate oven (350°F.) about 40 minutes. Turn out and, if desired, brush with butter and sprinkle with salt. Serve warm or cold.

APPLE BAKED BEANS -103

- 2 cans (1 pound each) Boston-style beans with pork and molasses
- 1 tart apple, peeled and chopped
- 1 tablespoon prepared mustard
- 1/4 cup apple juice

Mix all ingredients, put in shallow baking dish and bake in moderate oven (350°F.) about 35 minutes. Serves 4.

CURRIED SCALLOPED POTATOES -104

- 5 medium potatoes, peeled and very thinly sliced
- 1 small onion, minced
- 1 teaspoon curry powder
- 2 tablespoons butter or margarine
- 1-1/2 tablespoons flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/4 cups milk
- Chopped parsley

Put potatoes in shallow 1-1/2-quart baking dish. Sauté onion with curry powder in the butter 2 to 3 minutes. Blend in flour, salt and pepper. Gradually add milk and cook, stirring, until slightly thickened. Pour over potatoes, cover with lid or foil and bake in moderate oven (350°F.) about 1-1/2 hours. Uncover; sprinkle with parsley. Serves 4.

RAISIN CASSEROLE BREAD -105

- 4 cups all-purpose flour
- 1-1/4 teaspoons salt
- 1-1/2 teaspoons baking soda
- 3/4 cup packed dark-brown sugar
- 1-1/4 cups raisins
- 2 tablespoons butter or margarine, melted
- 2 eggs, slightly beaten
- 1-1/2 cups buttermilk

Mix first 5 ingredients in bowl. Add remaining ingredients and mix only until dry ingredients are moistened. Spoon into 2 greased 1-quart casseroles and smooth tops. Bake in moderate oven (350°F.) about 45 minutes. Loosen edges and turn out on racks to cool.

LEMON-PEPPERED CRACKLIN' BREAD -107

- 1 package (13-3/4 ounces) hot-roll mix
- 1 egg
- 1/2 cup butter or margarine, melted
- 1/2 teaspoon onion flakes
- 1-1/2 teaspoons lemon-pepper seasoning
- 2 cups finely crushed French-fried pork rinds (cracklings)

Prepare hot-roll mix with egg as directed on label. Let rise in warm place 20 to 30 minutes. Punch down and roll to about a 16" x 13" rectangle. Mix next 3 ingredients and brush on rectangle, reserving 2 tablespoons. Sprinkle cracklings on dough, reserving 2 tablespoons. Roll dough up tightly and seal. Stretch to about 22" in length and coil in well-greased 1-1/2- or 2-quart casserole. Pour reserved butter over top and sprinkle with reserved cracklings. Let rise in warm place 30 minutes, or until light. Bake in moderate oven (350°F.) about 1 hour. Turn out; serve hot or cold.

COTTAGE-PRUNE DESSERT -108

- 1/2 cup butter or margarine
- 1/2 cup sugar
- 4 eggs, separated
- 3/4 cup uncooked pitted soft prunes, finely chopped
- 1 cup cottage cheese, sieved
- 1 cup dairy sour cream
- 1 tablespoon lemon juice

Cream butter and sugar until light and fluffy. Beat in egg yolks. Add remaining ingredients, except egg whites. Beat whites until stiff but not dry. Fold into first mixture. Pour into buttered 2-quart casserole and set in pan of hot water. Bake in moderate oven (350°F.) 1 hour, or until set. Good warm or cool. Makes 6 servings.

SPICY COLD LEMON CHICKEN

Springer

1 chicken, 2½-3 lbs.
4 dried mushrooms
2 lem ons
1½ Tbs. oil
4 slices ginger

3-5 dried chili peppers, broken up
4 tsp. sugar
½ cup chicken broth
½ head iceberg, Boston or leaf
lettuce

1. 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 with the chicken on it, and steam it for about 45 minutes, or until done. Reserve ½ cup of the broth. Cool the chicken, remove and discard the skin, and shred the chicken into strips.
2. Soak the dried mushrooms in hot water until soft, about ½ hour. Then cut off the tough stems and discard; shred the caps. Shred the ginger slices. Shred the lettuce and place on a serving platter.
3. Squeeze the lem ons to make 1/4 cup juice. Then shred 2 or 3 tsp. of the lemon rind.
4. Heat the wok and then add the oil. When thin tendrils of smoke appear, add the shredded ginger and mushrooms and stir-fry until until fragrant. Then add the chili peppers and lemon shreds, sugar and chicken broth. When it boils, add the lemon juice. Finally add the chicken shreds and cook just enough to heat through. Remove from the wok and let stand to room temperature.
5. Just before serving place on the shredded lettuce.

SHRIMP TOAST

Spring 3

It is an excellent appetizer for Western style meals as well as Chinese ones. It can be prepared in advance, and heated up just before serving.

- | | |
|--------------------------------|------------------------|
| ½ Pound shrimp | 1 Teaspoon dry sherry |
| 1 Egg white | 1 Scant teaspoon salt |
| 6 Water chestnuts | 2 Teaspoons cornstarch |
| 8 Slices Pepperidge Farm Bread | 2 Cups oil |

1. Clean and devein the shrimp. To save time you may use frozen, peeled and deveined salad shrimp. Remove excess water from the shrimp with paper towels and mince.
2. Mince the water chestnuts. Mix with the shrimp. *Can be done in Cuisinart*
3. Add the dry sherry, cornstarch, egg white, and salt to the shrimp mixture. Refrigerate until chilled.
4. Remove the crust from the bread slices. The bread must be slightly dried out. This prevents it from becoming soggy when the shrimp paste is added. Put the bread in a 300° oven for about half an hour - 15 minutes each side. Watch carefully to make sure they don't get too dried out. You can also dry out the bread by leaving it out for a half a day. Just remember to turn them over so that both sides dry out evenly.
5. Spread the chilled shrimp mixture on the slices of bread. Press down firmly, making sure to extend it out to the edges.
6. Using a small pot, heat enough oil to a depth of 2" to 375°. To prevent the bread from picking up impurities during deep-frying, use only clean oil. Place the shrimp toast shrimp-side down in the oil for about a minute or until the edges begin to turn brown. Then turn the toast over and fry the other side until golden brown. Remove and drain on paper towels. You can also use an electric frying pan and deep-fry 3 or 4 slices of bread at a time. However, there must be enough oil in the pan so that the shrimp doesn't touch the bottom. If this happens, the shrimp will stick and fall off the bread.
7. Cut the shrimp toast into quarters so that each part forms a triangle.

The shrimp toast can be kept warm in the oven or you can make it earlier in the day, and re-heat for 10 minutes in a 350° oven just before serving.

- VARIATIONS:
- a - One minced scallion can be added to the shrimp toast.
 - b - Sesame seeds can be sprinkled on top of shrimp toast just before deep-frying.
 - c - Divide shrimp toast into triangles or diamonds before deep-frying. Strategically place little clumps of minced, fresh coriander or parsley, black sesame seeds, and minced ham. Press down lightly to make sure they adhere.

Jim

MEAT LO MEIN

- make ahead of time - good for buffet

1/2-1 lb. beef, chicken or pork

1/2 lb. fresh Chinese noodles (white)
1 medium-sized head bok choy
2 Tbs. soy sauce
1/2 lb. bean sprouts
6 Tbs. oil

- 1 Tbs. soy sauce
- 1 Tbs. water
- 1 Tbs. cornstarch
- 1 tsp. rice wine

1. Slice the meat and shred into matchstick pieces. Marinate in mixture (1) at least 20 minutes.
2. Rinse the bean sprouts and drain well. Shred the cabbage on the diagonal into matchstick pieces.
3. Drop the noodles into 2 quarts of boiling water and cook 3-5 minutes, or until tender. Drain and rinse under cold water. Add 1 Tbs. of oil to the noodles to keep them from sticking together.
4. Heat wok. Add 2 Tbs. of oil. When hot add the bok choy and stir-fry until almost done. Remove from wok. Add 2 more Tbs. of oil. Swirl a few times around the wok and add the meat; stir-fry until the meat changes color. Then add the last Tb. oil, the noodles, bok choy, and the soy sauce. Stir-fry until all the noodles have become stained a darker color. Then add the bean sprouts and continue to stir-fry an additional minute. Taste to see if the noodles are salty enough. Adjust with salt, not soyv sauce, so as not to make the noodles too dark.

BOILED RICE

PREPARATION TIME: 2 MINUTES

COOKING TIME: 40 MINUTES

See Menu Lesson 1.

OOLONG TEA

PREPARATION TIME: 2 MINUTES

BREWING TIME: 3 MINUTES

See recipe for Green Tea in Menu Lesson 1.

ALMOND FLOAT

PREPARATION TIME: 5 MINUTES

CHILLING TIME: 4 HOURS OR OVERNIGHT

SHANGHAI

This is a refreshing dessert often served at banquets. It is especially pleasing in the summertime. For a change you may add strawberries, mandarin oranges, or fruit cocktail to the syrup.

- 2 cups milk
- $\frac{1}{4}$ cup sugar
- 1 envelope unflavored gelatin, dissolved in $\frac{1}{4}$ cup cold water
- 1 tablespoon almond extract

TO COOK:

1. Heat milk to just below boiling.
2. Add sugar and stir until it is dissolved.
3. Add gelatin and stir until it is completely mixed in.
4. Stir in almond extract.
5. Pour into an 8 × 8-inch pan and cover.
6. Chill about 4 hours in the refrigerator until solid.
7. Serve with the syrup given below.

SYRUP:

- $\frac{1}{2}$ cup sugar
- 2 cups warm water
- 1 teaspoon almond extract

TO PREPARE:

1. Dissolve sugar in water.
2. Cool slightly in the refrigerator.
3. Add almond extract.
4. Cover and refrigerate at least 1 hour to chill.

TO SERVE:

1. Cut gelatin mixture into small squares and float in syrup.
2. Serve in individual rice bowls.