

TANGERINE PEEL CHICKEN

Anita

- 2 chicken breasts, or
- 1 lb. deboned Chicken breast meat

- 1 Tbs. soy sauce
- 1 Tbs. rice wine
- 3/4 tsp. sesame oil
- 1/2 tsp. minced ginger
- 1/2 Tbs. water
- 3/4 Tbs. cornstarch

- 1 1/2 Tbs. soy sauce
- 1 Tbs. rice wine
- 3/4 tsp. sesame oil
- 1/2 Tbs. rice vinegar
- 1 tsp. sugar
- 1/8 tsp. freshly ground pepper
- 1/8 cup chicken broth or water
- 3/4 tsp. cornstarch

- 2 cups peanut, or corn oil
- 3 pieces dried tangerine or orange peel about 2" long, softened in hot water for 20 minutes and shredded

- 2 Tbs. dried chili peppers cut into 1/2" pieces (seeds removed)

1. Remove skin, debone chicken breasts, and remove tendons and any fat. Cut the meat into 1 inch pieces. Marinate the chicken in mixture (1) for at least 20 minutes. *Combine mixture (2) ingredients in a bowl.*
2. Heat a wok, add the oil, and heat the oil to 375. Add the chicken meat and cook, stirring constantly over high heat, until the meat changes color. Remove with a handled strainer and drain. Remove the oil from the wok, reserving 2 Tbs. *for matchsticks*
3. Reheat the wok, add the 2 Tbs. oil, and heat until very hot. Add the dried chili pepper pieces and the tangerine peel shreds, and cover wok until peppers turn black. Add mixture (2), which should be restirred first, and stir-fry until the sauce has thickened. Add the chicken, toss lightly to coat, and transfer the mixture to a platter. Serve immediately.

CRISPY FISH WITH LEMON SAUCE

Anita

- 1 2-2½ lb. white fleshed fish
such as sea bass or porgy
- 1 tsp. salt
- 2 slices ginger
- 1/4 cup flour
- 1 egg
- 1/4 tsp. baking powder

*

- { 1 cup chicken broth
- { 3 Tbs. sugar
- { 1 Tbs. cornstarch
- 1 large lemon, thinly sliced
- 2 scallions
- 5 cups oil
- 1/4 cup cornstarch

Haddock

1. To make the batter, beat together the egg, baking powder, and 1/4 cup cornstarch. Let rest at least ½ hour.
2. Thoroughly rinse the fish and pat dry. Sprinkle the salt inside and outside the fish.
3. Combine the lemon sauce ingredients, mixture (1) in a bowl. Cut the scallions in 1½ inch pieces, and then shred on the diagonal.
4. Sprinkle the flour over the fish just before you are ready to deep fry. Then dip the fish in the batter and coat well.
5. Heat oil to smoking in a wok. Holding onto the tail of the fish, quickly dip several times in the hot oil before lowering fish into the oil. This will keep the fish from sticking to the wok. While cooking, continuously ladle oil over the top of the fish. This will ensure even cooking without having to turn the fish over in the hot oil. When the skin of the fish is crisp, lower heat to 350 degrees and cook 15 minutes or until done.
6. When the fish is almost done, heat up a little oil in a small pot. Then add the ginger and lemon slices. When the juice has left the lemon, add the restirred mixture (1) and stir continuously until the sauce becomes clear. You don't want the sauce to become too thick, or it won't pour nicely over the fish. If it thickens too rapidly, just add some water to thin it down.
7. Remove fish when cooked with a strainer to a serving platter and pour the sauce over it. Garnish with the shredded scallions. Serve immediately.

sauce good with chicken, scallops (sea)
or shrimp (1 lb)

A simple dish to prepare, the bright emerald green color of the broccoli accents any menu. Broccoli works well in company or served alone. Traditionally it would have been stir-fried and then braised to finish cooking. I prefer to steam, since less vitamins are lost with this cooking technique.

- | | |
|--|-----------------------|
| ½ Bunch broccoli <i>or snow peas + baby corn</i> | ½ Teaspoon sesame oil |
| 3 Tablespoons oyster sauce | 1 Cup bamboo shoots |
| 1 Teaspoon sugar | ½ Teaspoon salt |
| ½ Teaspoon cornstarch | 2 Tablespoons oil |

1. Cut the ends off the broccoli stems and peel them if the skin is very tough. Slice the stems in ¼" rounds on the diagonal. Break the flowerets into smaller pieces.
2. Steam the stems for three minutes; then add the flowerets for an additional three minutes. Remove from the heat.
3. Slice the bamboo shoots thinly.
4. Combine the oyster sauce, cornstarch, sesame oil, and two tablespoons of water in a small bowl.
5. Heat the oil in a wok. When thin tendrils of smoke appear, add the broccoli, bamboo shoots and salt; stir-fry until the broccoli is just tender.
6. Re-stir the seasoning sauce, add to the broccoli and stir-fry until the sauce has thickened and thoroughly coated the broccoli.
7. Serve immediately. Overcooked broccoli is unappealing to the eye and the palate.

You may use the flowerets of the broccoli for another stir-fried dish and use the remaining stems for this dish. If you do this, cut the broccoli in strips two to three inches long and ¼" thick.

Any number of vegetables can be prepared using the above seasoning sauce. Below are several suggestions:

- a) Snow peas with baby ears of corn. String the snow peas, stir-fry until almost done; add the corn and then the seasoning sauce.
- b) Snow peas, sliced water chestnuts and bamboo shoots.
- c) Black mushrooms, sliced bamboo shoots and water chestnuts.

BAMBOO SHOOTS

Bamboo shoots are the young, tender shoots of the bamboo tree, an Oriental plant, and are frequently used in soups and stir-fried dishes. There are two varieties; winter and spring. The best are the winter bamboo shoots; they are smaller and more tender, but are about four times more expensive than the spring variety.

Unfortunately only canned bamboo shoots are available in America. When ready to use, open the can, rinse the shoots in cold water, and empty into a jar of water. Do not save the liquid from the can since it has preservatives. Refrigerate unused bamboo shoots, but change the water every few days. This prevents the bamboo shoots from souring. Bamboo shoots will last this way for a month.

CLAY POT BEEF WITH POTATOES

Ainda

This dish is the Cantonese version of beef stew. You can also use veal, lamb or pork. The first difference is the seasoning, which is decidedly Chinese. The second is deep-frying the potatoes before adding them to the pot. The potatoes become soft on the inside and chewy on the outside.

2 lbs. boneless chuck *or London broil*

5 medium red potatoes

2 medium onions

4 medium carrots

2 cups oil

1 { $\frac{1}{2}$ cup rice wine
2 cloves garlic minced
 $\frac{1}{4}$ - $\frac{1}{2}$ cup soy sauce

2 { 3 slices ginger
2 cups chicken broth
 $\frac{1}{2}$ tsp. crushed peppercorns
1 star anise
1 tsp. salted black beans
1 Tbs. brown bean sauce
1 tsp. hot chili oil
pinch of sugar

1. Cut beef into $1\frac{1}{2}$ inch chunks. Marinate in mixture (1) for 30-60 minutes.
2. Peel and cut potatoes in $1\frac{1}{2}$ inch chunks. Peel and quarter the onions. Peel and "roll cut" the carrots in 1" lengths. Wash and mash the salted black beans. Combine mixture (2) ingredients in a bowl.
3. In a 2-3 quart clay pot (Can substitute a heavy casserole), add mixture (2) and marinade from beef. Bring to a boil, add beef and onions. Bring again to boil, cover, reduce heat to simmer $1\frac{1}{2}$ -2 hours, or until beef is tender.
4. Meanwhile, deep-fry cut potatoes until lightly brown. 30 minutes before serving, add the potatoes and carrots. Serve in the pot.

Can be made ahead and reheated.

STUFFED QUAIL EGG SOUP

Jim

- 12 fresh quail eggs or
12 tinned quail eggs
- 10 oz. shrimp
- 2 tsp. cornstarch
- 3½ tsp. rice wine
- ½ lightly beaten egg white

- 1½ tsp. sesame oil
- ½ tsp. minced ginger
- ½ tsp. salt
- ½ lb. fresh spinach
- 4 cups seasoned chicken broth
- 1/4 tsp. freshly ground pepper

1. Wash the spinach and discard the stems.
2. Cover fresh quail eggs with 1 inch water, bring water to a boil, and simmer eggs for seven minutes. Drain eggs, and cool under cold running water. Shell the eggs and halve them lengthwise. If you are using tinned quail eggs, drain and blanch them for 30 seconds in boiling water.
3. Shell and devein the shrimp and mince to a paste. Add the cornstarch, 2 tsp. of the rice wine, the eggwhite, ½ tsp. sesame oil, the ½ tsp. salt, and minced ginger. Throw mixture lightly against the inside of bowl to combine and compact it.
4. Dredge the cut side of the egg half with cornstarch and with a spoon dipped in cold water scoop a tsp. of the shrimp paste onto the cut side, shaping and smoothing it with the spoon to resemble the original shape. Repeat the same procedure with the remaining eggs and shrimp paste. (Any leftover shrimp paste may be formed into whole egg shapes.)
5. Arrange eggs on a lightly oiled heatproof plate and steam them for seven minutes.
6. In a pot simmer the chicken broth, the 1½ tsp. rice wine, the 1 tsp. sesame oil and 1/4 tsp. pepper. Add the spinach and simmer until the spinach is just wilted.
7. Add the quail eggs to the soup tureen, pour in broth and serve immediately.

CLAY POT BEEF WITH POTATOES

Jim

This dish is the Cantonese version of beef stew. You can also use veal, lamb or pork. The first difference is the seasoning, which is decidedly Chinese. The second is deep-frying the potatoes before adding them to the pot. The potatoes become soft on the inside and chewy on the outside.

- 2 lbs. boneless chuck
- 5 medium red potatoes
- 2 medium onions
- 4 medium carrots
- 2 cups oil
- 1/2 cup rice wine
- 2 cloves garlic minced
- 1/4-1/2 cup soy sauce

- 3 slices ginger
- 2 cups chicken broth
- 1/2 tsp. crushed peppercorns
- 1 star anise
- 1 tsp. salted black beans
- 1 Tbs. brown bean sauce
- 1 tsp. hot chili oil
- pinch of sugar

1. Cut beef into 1 1/2 inch chunks. Marinate in mixture (1) for 30-60 minutes.
 2. Peel and cut potatoes in 1 1/2 inch chunks. Peel and quarter the onions. Peel and "roll cut" the carrots in 1" lengths. Wash and mash the salted black beans. Combine mixture (2) ingredients in a bowl.
 3. In a 2-3 quart clay pot (Can substitute a heavy casserole), add mixture (2) and marinade from beef. Bring to a boil, add beef and onions. Bring again to boil, cover, reduce heat to simmer 1 1/2-2 hours, or until beef is tender.
 4. Meanwhile, deep-fry cut potatoes until lightly brown. 30 minutes before serving, add the potatoes and carrots. Serve in the pot.
- Can be made ahead and reheated.

CRISPY FISH WITH LEMON SAUCE

Jian

- | | | |
|--|--|--|
| <p>1 2-2½ lb. white fleshed fish
such as sea bass or porgy</p> <p>1 tsp. salt</p> <p>2 slices ginger</p> <p>1/2 cup flour</p> <p>1 egg</p> <p>1/4 tsp. baking powder</p> | <p><i>Escallops - 1 lb.</i></p> <p><i>chicken - 2 lb.</i></p> <p><i>Shrimp - 1 lb.</i></p> | <p>1 cup chicken broth</p> <p>3 Tbs. sugar</p> <p>1 Tbs. cornstarch</p> <p>1 large lemon, thinly sliced</p> <p>2 scallions</p> <p>5 cups oil</p> <p>1/4 cup cornstarch</p> |
|--|--|--|

1. To make the batter, beat together the egg, baking powder, and 1/4 cup cornstarch. Let rest at least ½ hour.
2. Thoroughly rinse the fish and pat dry. Sprinkle the salt inside and outside the fish.
3. Combine the lemon sauce ingredients, mixture (1) in a bowl. Cut the scallions in 1½ inch pieces, and then shred on the diagonal.
4. Sprinkle the flour over the fish just before you are ready to deep fry. Then dip the fish in the batter and coat well.
5. Heat oil to smoking in a wok. Holding onto the tail of the fish, quickly dip several times in the hot oil before lowering fish into the oil. This will keep the fish from sticking to the wok. While cooking, continuously ladle oil over the top of the fish. This will ensure even cooking without having to turn the fish over in the hot oil. When the skin of the fish is crisp, lower heat to 350 degrees and cook 15 minutes or until done.
6. When the fish is almost done, heat up a little oil in a small pot. Then add the ginger and lemon slices. When the juice has left the lemon, add the restirred mixture (1) and stir continuously until the sauce becomes clear. You don't want the sauce to become too thick, or it won't pour nicely over the fish. If it thickens too rapidly, just add some water to thin it down.
7. Remove fish when cooked with a strainer to a serving platter and pour the sauce over it. Garnish with the shredded scallions. Serve immediately.

Jim

TANGERINE PEEL CHICKEN

2 chicken breasts, or
1 lb. deboned Chicken breast meat

1 Tbs. soy sauce
1 Tbs. rice wine
3/4 tsp. sesame oil
1/2 tsp. minced ginger
1/2 Tbs. water
3/4 Tbs. cornstarch

2 { 1 1/2 Tbs. soy sauce
1 Tbs. rice wine
3/4 tsp. sesame oil
1/2 Tbs. rice vinegar
1 tsp. sugar
1/8 tsp. freshly ground pepper
1/8 cup chicken broth or water
3/4 tsp. cornstarch

2 cups peanut, or corn oil
3 pieces dried tangerine or orange peel
about 2" long, softened in hot water for
20 minutes and shredded

2 Tbs. dried chili peppers
cut into 1/2" pieces (seeds
removed)

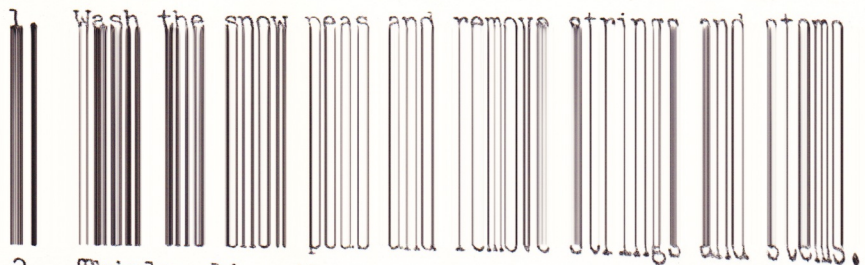
1. Remove skin, debone chicken breasts, and remove tendons and any fat. Cut the meat into 1 inch pieces. Marinate the chicken in mixture (1) for at least 20 minutes. Combine mixture (2) ingredients in a bowl.
2. Heat a wok, add the oil, and heat the oil to 375. Add the chicken meat and cook, stirring constantly over high heat, until the meat changes color. Remove with a handled strainer and drain. Remove the oil from the wok, reserving 2 Tbs.
3. Reheat the wok, add the 2 Tbs. oil, and heat until very hot. Add the dried chili pepper pieces and the tangerine peel shreds, and cover wok until peppers turn black. Add mixture (2), which should be restirred first, and stir-fry until the sauce has thickened. Add the chicken, toss lightly to coat, and transfer the mixture to a platter. Serve immediately.

Cantonese

ROAST PORK WITH SNOW PEAS

Spring

- 1/4 lb. roast pork
 - 1/2 lb. snow peas. or broccoli or any other Chinese veg. or mixture
 - 2 T. oil
 - 1/4 t. salt
- 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.

STIR-FRIED BROCCOLI

Jim

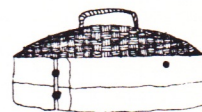
A simple dish to prepare, the bright emerald green color of the broccoli accents any menu. Broccoli works well in company or served alone. Traditionally it would have been stir-fried and then braised to finish cooking. I prefer to steam, since less vitamins are lost with this cooking technique.

- 1/2 Bunch broccoli
- 3 Tablespoons oyster sauce
- 1 Teaspoon sugar
- 1/2 Teaspoon cornstarch
- 1/2 Teaspoon sesame oil
- 1 Cup bamboo shoots
- 1/2 Teaspoon salt
- 2 Tablespoons oil

1. Cut the ends off the broccoli stems and peel them if the skin is very tough. Slice the stems in 1/4" rounds on the diagonal. Break the flowerets into smaller pieces.
2. Steam the stems for three minutes; then add the flowerets for an additional three minutes. Remove from the heat.
3. Slice the bamboo shoots thinly.
4. Combine the oyster sauce, cornstarch, sesame oil, and two tablespoons of water in a small bowl.
5. Heat the oil in a wok. When thin tendrils of smoke appear, add the broccoli, bamboo shoots and salt; stir-fry until the broccoli is just tender.
6. Re-stir the seasoning sauce, add to the broccoli and stir-fry until the sauce has thickened and thoroughly coated the broccoli.
7. Serve immediately. Overcooked broccoli is unappealing to the eye and the palate.

You may use the flowerets of the broccoli for another stir-fried dish and use the remaining stems for this dish. If you do this, cut the broccoli...

lotus root with cold water and dry well on paper towels. Refrigerate. Combine ingredients for the dressing and refrigerate. Combine dressing and lotus root just before serving.



STIR-FRIED ASPARAGUS

PREPARATION TIME: 10 MINUTES

CANTON

COOKING TIME: 4 MINUTES

- 1 pound fresh asparagus, trimmed and cut into 1-inch pieces
- 2 tablespoons peanut oil

SAUCE:

- 1 tablespoon soy sauce
- 1 tablespoon dry sherry
- 1 teaspoon salt
- 1 teaspoon sugar
- 3 tablespoons water

1 teaspoon cornstarch, dissolved in 2 teaspoons cold water

ON THE TRAY:

- Bottle of peanut oil
- Bowl containing asparagus
- Cup containing sauce
- Cup containing dissolved cornstarch

TO COOK:

To a heated wok add 2 tablespoons peanut oil. When the oil is hot, add asparagus and stir-fry 1 minute. Add sauce, cover, and reduce heat to medium. Cook 2 minutes. Remove cover. Add cornstarch and stir about 1 minute until the sauce is thickened. Remove from heat and serve immediately.

This dish can be made with broccoli or cauliflower instead of asparagus.

1/2
*
SWEET CRESCENTS (TEEM GOK) *dessert*

Spring

Yield ~~7-8~~⁵ doz.

1/2 c. chopped, salted
cocktail peanuts
1/2 c. coconut flakes
1/2 c. brown sugar

1/2 c. granulated sugar
1 pkg. wonton skins
1 egg, beaten

1. Mix peanuts, coconut, brown and granulated sugar.
2. Fold wonton skins into triangles.
3. Round off the top corner with scissors.
4. Place 1 tsp. filling in center. Moisten edges with beaten egg and seal.
5. Deep fry in hot oil until golden, turning once.
Drain and cool.

Jim

STEAMED FISH WITH HAM AND MUSHROOM SLICES

- 1 whole fish, 2- 2½ lbs.
ideally a flounder
- 10 slices prosciutto
- 10 Chinese black mushrooms
- 1 Tbs. soy sauce
- 3 Tbs. peanut or sesame oil
- 3 Tbs. shredded scallion
- 3 Tbs. shredded ginger
- 1 Tbs. salt
- 2 Tbs. rice wine
- 3 Tbs. ginger, smashed

1. Soak the black mushrooms in hot water 20 minutes or until soft. Remove and discard the stems. Cut large mushrooms in half or third.
2. Rinse and drain fish. On one side make diagonal cuts every 2/3 of an inch, slicing through white meat to central bone. Put mixture (1) ingredients in a bowl and rub the ginger slices between your fingers to imbibe their flavor to the rice wine. Rub this mixture over fish and into scores. Let sit 20 minutes.
3. Insert a slice or part of a slice of prosciutto and mushroom in scores of fish. Place fish on a heatproof platter. Pour soy sauce over fish.
4. Place fish in steamer over boiling water and steam 20 minutes over high heat. Remove; fish will be flaky. Sprinkle the shredded ginger and scallions over the top of the fish.
5. Heat wok and 3 Tbs. oil until smoking. Sprinkle hot oil over shredded ginger and scallions. Serve immediately.

ON THE TRAY:

- Bottle of peanut oil
- Cup containing pork
- Cup containing seasonings
- Bowl containing eggplant
- Cup containing shrimp
- Bowl containing sauce
- Cup containing dissolved cornstarch
- Sesame oil
- Cup containing scallions

TO COOK:

To a heated wok add 1 tablespoon peanut oil. When the oil is hot, add pork and stir-fry about 1 minute until pork loses its pink color. Remove pork from wok and set aside in a bowl.

In the same wok heat 3 tablespoons peanut oil, add seasonings and stir. Add eggplant and stir-fry 2 minutes. Add shrimp and sauce and stir until sauce boils. Return pork to wok and stir. Add cornstarch and stir until sauce is thickened, about 1 minute. Remove from heat and stir in sesame oil, if desired. Garnish with scallions and serve immediately.

STEAMED SEA BASS IN BROWN BEAN SAUCE

PREPARATION TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

PEKING

- 1 2-pound whole, fresh sea bass or other white fish, cleaned, scaled, and gills removed

SAUCE:

- 3 teaspoons ground brown bean sauce
- 2 teaspoons soy sauce
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1 teaspoon peanut oil
- 2 teaspoons minced fresh ginger
- 1 teaspoon minced garlic

2 whole scallions, cut into 1-inch pieces

TO PREPARE:

Make 3 diagonal slashes about 2 inches long from the backbone toward the tail along each side of the fish.

Combine ingredients for the sauce and mix well. Spread sauce over the fish, and place scallions decoratively on top.

TO COOK:

Bring water to a boil in a steamer. Place fish on a plate 1 inch smaller than the steamer. If the fish is too large to fit into the steamer, cut it in half. Cover and steam for 20 minutes.

TO SERVE:

Serve the whole fish with the sauce poured over it on a platter. If the fish has been cut in half to fit in the steamer, place the two halves together and cover the cut with the scallion pieces.



PORK WITH BEAN SPROUTS

PREPARATION TIME: 20 MINUTES

MARINATING TIME: 30 MINUTES

COOKING TIME: 7 MINUTES

CANTON

- 1/2 pound lean, boneless pork, shredded

MARINADE:

- 1 tablespoon cornstarch
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- 1 tablespoon peanut oil
- 2 tablespoons peanut oil
- 1/4 cup minced onions
- 1/2 pound fresh bean sprouts, or 1 can, drained

can do ahead Through half of step 6

can also make shrimp and/or pork balls without quail eggs

Anita

STUFFED QUAIL EGG SOUP

- 12 fresh quail eggs or
- 12 tinned quail eggs
- 10 oz. shrimp
- 2 tsp. cornstarch
- 3½ tsp. rice wine
- ½ lightly beaten egg white

- 1½ tsp. sesame oil
- ½ tsp. minced ginger
- ½ tsp. salt
- ½ lb. fresh spinach
- 4 cups seasoned chicken broth
- 1/4 tsp. freshly ground pepper

1. Wash the spinach and discard the stems.
2. Cover fresh quail eggs with 1 inch water, bring water to a boil, and simmer eggs for seven minutes. Drain eggs, and cool under cold running water. Shell the eggs and halve them lengthwise. If you are using tinned quail eggs, drain and blanch them for 30 seconds in boiling water.
3. Shell and devein the shrimp and mince to a paste. Add the cornstarch, 2 tsp. of the rice wine, the eggwhite, ½ tsp. sesame oil, the ½ tsp. salt, and minced ginger. Throw mixture lightly against the inside of bowl to combine and compact it.
4. Dredge the cut side of the egg half with cornstarch and with a spoon dipped in cold water scoop a tsp. of the shrimp paste onto the cut side, shaping and smoothing it with the spoon to resemble the original shape. Repeat the same procedure with the remaining eggs and shrimp paste. (Any leftover shrimp paste may be formed into whole egg shapes.)
5. Arrange eggs on a lightly oiled heatproof plate and steam them for seven minutes.
6. In a pot simmer the chicken broth, the 1½ tsp. rice wine, the 1 tsp. sesame oil and 1/4 tsp. pepper. // Add the spinach and simmer until the spinach is just wilted.
7. Add the quail eggs to the soup tureen, pour in broth and serve immediately.

★
STEAMED LOTUS BUNS

Anta
makes 20 buns

1½ t. dry yeast
2 T. sugar
1 cup lukewarm water
7 T. sesame oil

3 cups all purpose flour
1 T. lard, melted and cooled or 1 T.
peanut oil
1 t. 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 a 3 inch diameter (with cut edges facing down towards the counter) and brush the surface with sesame oil. Fold in half, oiled surfaces together, to form a half-moon. Lightly score the surface lengthwise and crosswise with a cleaver and push in the rounded edge of the half-moon at two points to resemble a lotus leaf. Arrange the buns ½ inch apart on steamer trays that have been lined with perforated parchment or wet gauze. Let the buns rise 15 minutes and then steam 12 minutes until they are springy to the touch. They can be prepared in advance and restreamed stacked up for about 5 minutes. Freeze beautifully after being steamed.

pretty banquet soup

GLORIA WONG'S CHICKEN SOUP

excellent! *

Anita

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

or prosciutto
 (trad. with shark's fin)

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 ~~the rest of the bean threads.~~
3. Preheat the oven to 350 degrees. Combine the soy sauce with ~~one~~ one 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.
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.



make-ahead

Jim

DUCK IN CASSEROLE WITH WONTONS (HANGCHOW) - Eastern

- | | |
|--------------------------------|---------------------------------------|
| 1 duck, about 5 lbs. | 1 lb. Napa cabbage cut into 1" pieces |
| 2 slices ginger smashed | 24 boiled wontons |
| 1 scallions, cut into quarters | 4 oz. shredded Smithfield ham or |
| 1 Tbs. rice wine | Virginia ham |

1. Remove fat from the duck. Wash it thoroughly. Pat dry. Place duck in casserole. Add water to cover. Add ginger, scallion, and rice wine. Bring to boil. Cover, lower heat, and simmer 2 hours.
2. Skim off fat. Add cabbage and cook 20 minutes more.
3. Arrange the cooked wontons around the sides of the duck. Spread ham on top. Cook 5 minutes. May be served directly from casserole at the table.

WONTONS

- | | |
|--------------------------|--------------------------|
| 1/2 lb. ground pork | 1 scallion minced |
| 1/4 tsp. salt | 1/2 egg beaten |
| 1 Tbs. light soy sauce | 2 leaves Napa cabbage or |
| 1 Tbs. rice wine | Bok Choy |
| 2 water chestnuts minced | 24 wonton wrappers |

1. Drop cabbage into boiling water and boil 1 minutes. Drain. Squeeze out water and finely chop. Combine with the pork, salt, soy sauce, rice wine, water chestnuts, egg, and scallion. Mix well. This is the wonton filling.
2. To make a wonton, fill the skins, one at a time, with 1 tsp. of the filling. As you work, keep the rest of the wonton skins covered with a damp cloth so that they won't dry out.
3. When you start making the wontons, start boiling 1 1/2 quarts of water so it will be boiling by the time you have a fair amount of wontons made. To the boiling water add 7 or 8 wontons, just enough to cover the bottom of the pot. When the wontons are cooked, they will rise to the surface (this takes about 4 minutes). Take out the cooked wontons with a slotted spoon, and add to a large bowl filled with cold water. This ensures that the cooked wontons won't stick together, and also that the cooked wontons can be made earlier in the day.

NOTE: The duck may be prepared in advance through step 3. May be frozen after step 3. The wontons can also be prepared ahead and frozen. You will probably not need all the wontons for one serving, unless the duck is the main course. Reserve the uneaten wontons and use as part of a soup.

AND COOKING
E MEAL

EGGS

NINGPO

to the palate and to the eye. Their
are cooked in tea and spices so that
as a marbled effect.

and cover with cold water.
Simmer 30 minutes.
ter.

iddle roll eggs on kitchen counter
e shells, but do not peel. (Be
s of the shell. The eggs should
nce.)

cover with water, and add re-

immer 1½ hours. The crackled
he dark tea liquid, giving the

w eggs to cool in liquid before

serving.

and cut each egg into 4 wedges.

SLICED FRAGRANT BEEF

PREPARATION TIME: 10 MINUTES

SHANGHAI

COOKING TIME: 2 HOURS

CHILLING TIME: 4 HOURS OR OVERNIGHT

In this dish the beef has been slowly simmered with flavorings and spices until it is very tender. The simmering liquid is called a master sauce and can be reserved in the refrigerator to be used again for this recipe. After the meat is cooked it is chilled before serving.

2 pounds boneless beef shin or beef chuck

MASTER SAUCE:

- 2 cups water
- 1 teaspoon star anise
- 3 tablespoons dry sherry
- 3 tablespoons soy sauce
- 3 slices fresh ginger, about 1 inch in diameter and 1/8 inch thick
- 3 cloves garlic
- 1 teaspoon salt
- 1 teaspoon sugar

TO COOK:

1. Combine all the ingredients in a large covered casserole and bring to a boil.
2. Reduce heat and simmer for 2 hours.
3. Remove meat from liquid, wrap in foil, and refrigerate.
4. Serve the beef thinly sliced on a platter.

SPICY PICKLED SALAD

PREPARATION TIME: 20 MINUTES

SZECHUAN

MARINATING TIME: 3 DAYS

Spicy Pickled Salad is a specialty of the Mandarin Inn. These tangy tidbits are put on the table for guests to nibble while they study the menu. The salad is a combination of cabbage, carrots,

SPICY HUNAN LAMB

1 lb. lamb
 1 egg
 $\frac{1}{2}$ cup sliced bamboo shoots
 10 dried mushrooms
 $\frac{1}{2}$ cup scallions shredded
 3 cloves garlic minced
 1 T. dry sherry
 4-10 dried chili peppers
 1 t. cornstarch dissolved in 1 T. water
 $\frac{1}{8}$ t. salt
 $\frac{1}{8}$ t. pepper

sauce ingredients

1 T. hoisin sauce
 2 T. soy sauce
 $\frac{1}{2}$ t. chili sauce
 $\frac{1}{2}$ t. vinegar
 1 t. sugar
 $\frac{1}{4}$ cup chicken broth
 1 t. sesame oil

Jim

1. Slice the lamb into thin pieces about 2 inches long and 1 inch wide (this is all approximate). Marinate in one egg, the salt, pepper, sherry, 1 T. oil and 1 t. cornstarch. Refrigerate $\frac{1}{2}$ hour or more.
2. Soak the dried mushroom in boiled water about $\frac{1}{2}$ hour or until the mushroom are soft. Remove the stems (discard) and divide the caps in half or, if very large, in thirds.
3. Combine the seasoning sauce ingredients together in a small bowl.
4. Add about 2 T. of oil to wok. When thin tendrils of smoke appear, add the lamb and stir-fry until the meat changes color. Remove.
5. Add more oil. Add the chili peppers, then after a few seconds the garlic, sauce ingredients, and vegetables. (When frying chili peppers be careful or the air will become filled with chili smoke) Bring to a boil. Add meat, stir and bring to a boil again. Restir the cornstarch paste, add and stir until the sauce has thickened.

NOTE: If you are stir-frying two dishes this one will hold covered in a low oven for a few minutes.

BAKED GOLDEN COINS

Anita

Chinese end

- 1 1/2 lbs. boneless pork loin or centercut
- 1 lb. fatback or salt pork
- 2 sprigs Chinese or regular parsley
- 1 scallion brush

dipping sauce

- 1/2 cup hoisin sauce
- 1 T. soy sauce
- 3/4 T. water
- 1/2 T. sugar
- 1 t. sesame oil

Heat to thicken

seasoning sauce

- 3 T. soy sauce
- 2 T. rice wine
- 1 t. sesame oil
- 1 T. sugar
- 1/2 t. salt
- 1/2 t. five spices powder
- 3 slices ginger root, smashed
- 2 cloves garlic, smashed
- 3 stalks scallions, smashed

1. Remove any fat or gristle from the pork loin and cut slices 1/4 inch thick and about the size of a large coin. Rinse the salt from the fatback by blanching in boiling water. Cut into slices 1/4 inch thick and trim to the same size as the pork slices. Place the pork slices and fatback slices in a bowl with the seasoning sauce. Toss lightly and let marinate one hour or overnight.
2. Preheat the oven to 400 degrees. Skewer the pork and the fatback alternately on bamboo ~~steamers~~ ^{skewers} (which have been soaked in water for one hour to prevent from burning) being careful not to crowd too closely. Arrange the skewers on a cookie sheet and baste with the marinade. Bake the pork slices for 25 minutes, basting occasionally with the marinade. Remove the meat from the skewers, discard the skewers and fatback slices, and arrange the meat slices on a serving platter. Garnish with Cilantro or parsley at either end. Serve with steamed bread. Each diner used a scallion brush to spread the dipping sauce on the bread and then stuffs it with several pieces of the pork slices before eating.