



Jim

CANTONESE SEAFOOD CHOW MEIN

- 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
- 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.

YU SHIANG BEEF SLICES

Jim

- 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

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.
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.

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GROUND PORK WITH EGGPLANT

1 small eggplant	1 tsp. sugar
½ lb. ground pork	1 Tbs. soy sauce
4 Tbs. oil	1 Tbs. oyster sauce
1 scallion minced	1 clove garlic minced

1. Peel and cut the eggplant into ½ inch cubes.
2. Heat the wok and add the oil, when hot add the eggplant and stir-fry until half done. Then add the ground pork and the garlic. Continue to stir-fry. When almost done, add the sugar, soy sauce, and the oyster sauce. Mix thoroughly. Stir-fry until eggplant is done. Garnish with the scallions.

NOTE: This dish can be kept warm in a low oven. However, don't garnish with the scallion until ready to serve.

Northern-Style

UK

BEAN SPROUT AND CUCUMBER SALAD

large cucumber	2 Tbs. rice vinegar
½-1 cup bean sprouts	1 Tsp. sesame oil
1 carrot	1 scallion greens minced
½ t. salt	2 Tbs. raw peanuts
	½ cup oil

1. Heat the oil to 350 degrees and deep-fry the peanuts until lightly golden. Drain on paper towels and chop.
2. Peel the cucumber and slice as thinly as possible. Sprinkle with the salt for about 10 minutes or until the cucumber is limp. Then rinse well under cold running water and drain thoroughly.
3. Wash the bean sprouts and drain well.
4. Peel the skin off the carrot and then continue peeling to make long, skinny strips by using the vegetable peeler.
5. Mix all the vegetables together and add the rice vinegar and the sesame oil. Toss well. Taste; if the flavors are not predominant enough, just add more of the vinegar and the sesame oil. Refrigerate to cool. Garnish with the minced scallion and chopped peanuts.

NOTE: A nice decorative touch is to take 6 precooked medium shrimp, slice them lengthwise through the thickness, and arrange, skin-side up, in the center of the vegetables.

HONEYDEW-WATERMELON

3 cups cubed watermelon
3 Tbs. lemon juice
1½ Tbs. brown sugar

3 cups cubed honeydew melon
1/4 cup orange juice
½ cup fresh ginger sliced or
crystalized ginger, minced

1. Cut the melons into bite-sized pieces. Put in a bowl. Add the lemon juice, orange juice, and sugar; stir gently.
2. Peel ginger and cut into thick slices; stab with fork.
3. Add ginger to mixture. Stir in. Place for one hour in the refrigerator. Remove fresh ginger before serving. Crystallized ginger may be left in.

uk

Cantonese Dish

UK

SPINACH AND BEAN CURD SOUP

Increase stock

- 1/3 lb. fresh spinach
- 2 pieces bean curd or 1 packaged bean curd
- 1/2-1 cup thinly sliced bamboo shoots and/ or fresh mushrooms, slices
- 1/4 lb. pork
- 1/4 cup Smithfield ham, finely shredded

6 cups chicken broth, seasoned
 4 T. cornstarch mixed with 6 T. water to make a paste

- 1 t. soy sauce
- 1 t. rice wine
- 1/4 t. sesame oil
- 1/2 t. cornstarch

1. Shred the pork into matchstick pieces. This is easier to do when the pork is semi-frozen. Marinate in mixture (1) for 20 minutes.
2. Wash the spinach and discard the stems. Plunge into boiling water for 5 seconds. remove and rinse under cold running water. Squeeze dry and chop into fine pieces.
3. Cut the bean curd into 1/3 inch cubes.
4. Boil the chicken broth. Add the bamboo shoots, marinated pork, ham, and bean curd. Bring to a boil again, and then lower the heat and simmer for 15 minutes.
5. Restir the cornstarch paste and add to the soup. Stir until it thickens.
6. Just before serving add the spinach and stir to blend. Sprinkle with black pepper and serve immediately.

CANTONESE

UK

CURRIED CHICKEN WITH WALNUTS AND GREEN PEPPERS

- 2 chicken breasts
- 1 egg white
- 2 t. cornstarch
- 4 scallions diced
- 1 large green pepper diced / 1 lg. red
- 1/2 cup coarsely chopped walnuts

- 3-5 T. curry powder
- 1/2 t. salt
- 1 t. sugar
- 1/4 cup chicken broth
- 4 T. oil
- 2 t. cornstarch mixed in 1 T. water

1. Debone the chicken breasts, remove the tendons, and cut into 1/2 " pieces. Marinate in the cornstarch and the eggwhite.
2. Heat the wok and add the oil. When thin tendrils of smoke appear, add the scallions, and peppers. Stir-fry until fragrant. Then lower the heat and add the curry powder, salt and sugar. Stir-fry until all the ingredients are mixed together. ~~Then add the chicken and and turn up the heat, stir fry until chicken pieces turn white.~~ Add the chicken stock and walnuts, and continue to stir-fry until the sauce has thickened. Serve immediately.

1/2 t

deep fry chicken breasts in 2c. oil until done
 350° heat to seal juices, drain oil continue step 2.
 when stock boils add cornstarch paste + chicken

DUCK SOUP WITH CABBAGE AND BEAN THREADS

Jim

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

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.

3. Drain on paper towels.
4. Reserve cooking oil in a covered jar to be used another time.

NOTE: This recipe makes approximately 12 egg rolls. In a dinner for four you may want to serve only 4 or 6 and freeze the others to be used another time.

CORN SOUP

PREPARATION TIME: 10 MINUTES

SHANTUNG

COOKING TIME: 5 MINUTES

This delicious soup has a smooth texture and a delicate flavor. It is not difficult to make but the timing is critical because the cornstarch and the egg whites must be added immediately before serving. It is the beaten egg whites that give the soup its smooth, velvety consistency.

- 4 cups canned chicken broth
- 1 8-ounce can creamed corn
- $\frac{1}{4}$ teaspoon salt
- $1\frac{1}{2}$ tablespoons cornstarch, dissolved in 3 tablespoons cold water
- 1 tablespoon dry sherry
- 2 egg whites, beaten until fluffy
- 1 whole scallion, thinly sliced

TO COOK:

1. Bring chicken broth to a boil.
2. Add salt and creamed corn.
3. Stir constantly and bring to a boil again.
4. Stir dissolved cornstarch, which will have settled, then add to the soup.
5. Stir until the soup is thickened, about 1 minute.
6. Add sherry and stir.
7. Remove soup from the heat and add egg whites, stirring gently.
8. Garnish with scallion and serve immediately in individual bowls.

BATT

1 egg
1 ta
1 ta
2 ta
 $\frac{1}{2}$ tea

4

2

VEGETA

2 me
8 sma
8 drie

SEASONI

1 teasp
 $\frac{1}{2}$ teasp

SAUCE:

1 cup c
 $\frac{1}{2}$ teasp
3 table
1 table
3 table
3 table

3. Add the rice vinegar and the salt. (It should be a smooth, thin sauce.)
4. Cover tightly and refrigerate.

DUCK SAUCE

PREPARATION TIME: 10 MINUTES

CANTON

- 1 cup mango chutney
- 1 cup apricot preserves
- ¼ cup cold water

TO PREPARE:

1. Chop chutney coarsely with your cleaver.
2. Mix chutney with the preserves and the water.
3. Cover tightly and refrigerate.

CHICKEN WITH HOISIN SAUCE AND CASHEWS

MARINATING TIME: 20 MINUTES

SHANTUNG

PREPARATION TIME: 20 MINUTES

COOKING TIME: 5 MINUTES

This dish combines tender pieces of boneless chicken with vegetables and cashews in a sweet bean sauce. Preparation of this dish will require the use of a cleaver (or heavy kitchen knife) for chopping. When preparing the various ingredients cut them into uniform pieces. In this recipe the pieces are diced or cut into ½-inch cubes. The reasons for uniformity in shape and size are to enable all the ingredients to cook evenly, to simplify eating the food with chopsticks, and to produce a more pleasing appearance.

Do not cook this dish ahead because the vegetables will lose their crispness. However, if you have all the ingredients ready and set up on a tray as suggested, it will be a simple task to stir-fry at the last minute.

- 2 whole chicken breasts, boned, skinned, and diced into ½-inch cubes

MARINADE:

- 1 egg
- 1 tablespoon soy sauce
- 1 tablespoon dry sherry
- 1 tablespoon cornstarch
- ½ teaspoon salt
- 3 tablespoons peanut oil
- 1 tablespoon peanut oil

VEGETABLES:

- ½ cup diced canned water chestnuts
- ½ cup diced green pepper
- ½ cup diced fresh or canned mushrooms
- 2 tablespoons hoisin sauce
- ½ cup roasted cashews, unsalted

TO PREPARE:

1. Mix the ingredients for the marinade in a bowl until smooth.
2. Put in the diced chicken and mix well with marinade. Set aside uncovered for at least 20 minutes. (The chicken can be marinated up to 24 hours, covered, in the refrigerator.)

ON THE TRAY:

- Bottle of peanut oil
- Bowl containing marinated chicken
- Bowl containing diced vegetables
- Hoisin sauce
- Cup containing cashews

TO COOK:

1. Heat wok or skillet over high heat.
2. Add 3 tablespoons peanut oil.
3. When oil is hot, add marinated chicken.
4. Stir-fry for 2 minutes or until chicken loses its pink color.
5. Remove chicken from wok and set aside in a bowl.
6. In the same wok heat 1 tablespoon peanut oil.
7. Add vegetables and stir-fry 1 minute.
8. Return chicken to wok and stir.
9. Add hoisin sauce and mix well.

10. Add cashew nuts.
11. Stir-fry 1 minute until food is heated through.
12. Remove wok from heat and serve immediately.

BOILED RICE

PREPARATION TIME: 2 MINUTES

COOKING TIME: 40 MINUTES

See Menu Lesson 1.

BLACK TEA

PREPARATION TIME: 2 MINUTES

BREWING TIME: 3 MINUTES

See recipe for Green Tea in Menu Lesson 1.

ORANGE-PINEAPPLE SOUP

PREPARATION TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

A sweet, hot soup is sometimes served for dessert in China. We include a recipe so that you may try it.

½ cup canned mandarin oranges, drained

½ cup canned pineapple tidbits, drained

2 cups water

¼ cup sugar

1 tablespoon cornstarch, dissolved in 2 tablespoons cold water

TO COOK:

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

CANTON

dinner we combine the noodles
boiled separately ahead of time,
then the two are tossed together.
Do not to overcook them. They
cook in the center. This dish, like
Lo Mein. Just let your imagination and
your guide. Lo Mein may be

noodles

pieces and shredded
soak in warm water 30 minutes

green stems, shred.
boil, add noodles, and cook
and mix with 2 tablespoons

together

TO COOK:

1. Heat wok or skillet over high heat.
2. Add 2 tablespoons peanut oil.
3. When oil is hot add vegetables and stir-fry 2 minutes.
4. Add sauce and stir-fry 1 minute.
5. Toss in cooked noodles and stir about 3 minutes until blended and heated through.
6. Remove from heat and serve immediately.

SPICY GREEN BEANS

PREPARATION TIME: 15 MINUTES

SZECHUAN

COOKING TIME: 6 MINUTES

This dish uses fresh, whole green beans that have been parboiled for 3 minutes before they are stir-fried with the other ingredients. They should be prepared just before serving to preserve the crunchy texture of the beans.

- ½ pound fresh green beans, ends trimmed*
- 1 tablespoon peanut oil*
- 3 dried red chili peppers, cut in half*

PORK AND SHRIMP MIXTURE:

- ¼ cup lean, ground pork*
- 10 dried shrimp, soaked in warm water 30 minutes, then minced*
- 1 teaspoon minced fresh ginger*
- ½ teaspoon minced garlic*

SAUCE:

- 1 teaspoon sugar*
- 2 tablespoons dry sherry*
- ½ teaspoon salt*
- 2 tablespoons soy sauce*
- 1 teaspoon cornstarch, dissolved in 2 tablespoons cold water*
- 1 teaspoon sesame oil (optional)*

JASMINE TEA

PREPARATION TIME: 2 MINUTES

BREWING TIME: 3 MINUTES

See recipe for Green Tea in Menu Lesson 1.

PEKING HONEY BANANAS

PREPARATION TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

PEKING

This dessert is absolutely delicious but it does require last-minute work. The bananas are dipped in batter and deep fried, then dipped into a caramelized syrup and plunged into ice water to harden the syrup. It is not difficult but timing is very important, so have everything ready before you begin cooking.

3 bananas, cut into 1-inch slices

BATTER:

1/2 cup all-purpose flour

1/2 cup cornstarch

1/2 teaspoon salt

2 teaspoons baking powder

1 cup water

4 cups peanut oil for deep frying

SYRUP:

1 cup sugar

1/2 cup water

4 tablespoons peanut oil

1 bowl ice water

TO PREPARE:

1. Combine ingredients for batter and mix until smooth.
2. Combine ingredients for syrup in a small saucepan.

TO COOK:

Step 1:

1. Heat 4 cups peanut oil to 375° in a deep-fat fryer. (See page 79 for basic deep-frying instructions.)
2. Dip bananas in batter and deep fry about 3 minutes until crisp and golden.
3. Drain on paper towels.
4. Reserve cooking oil in a covered jar to be used again.

Step 2:

Boil ingredients for syrup until the water evaporates and the sugar reaches the hard-crack stage. (Test by putting a few drops of syrup in ice water. When the syrup hardens it is ready.)

TO SERVE:

1. Dip the hot fried bananas into the caramel syrup.
2. Place on a well-oiled plate.
3. Plunge the bananas into ice water for 30 seconds.
4. Serve immediately in individual bowls.

remaining noodles the same way. Reserve cooking oil in a covered jar to be reused.

TO SERVE:

Arrange beef and onions on a platter. Heap the fried noodles on top of the beef. Serve immediately.



SPICY EGGPLANT

PREPARATION TIME: 30 MINUTES

SZECHUAN

COOKING TIME: 6 MINUTES

- 1 large eggplant, peeled and cut into $3 \times \frac{1}{2}$ -inch fingers
- $\frac{1}{4}$ pound lean, ground pork
- 1 tablespoon peanut oil
- 3 tablespoons peanut oil

SEASONINGS:

- 1 tablespoon minced fresh ginger
- 1 teaspoon minced garlic
- 10 pieces dried shrimp, soaked in warm water 30 minutes, then chopped

SAUCE:

- 1 cup canned chicken broth
- 3 tablespoons soy sauce
- 2 tablespoons dry sherry
- 1 teaspoon white rice vinegar
- $1\frac{1}{2}$ teaspoons sugar
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon chili paste with garlic
- 1 tablespoon cornstarch, dissolved in 2 tablespoons cold water
- 1 tablespoon sesame oil (optional)
- 3 whole scallions, chopped

PREPARATION TIME: 15 MINUTES

COOKING TIME: 15 MINUTES

SZECHUAN

36 *hard-shell clams, littlenecks or cherrystone, washed and drained*

2 *tablespoons peanut oil*

SEASONINGS:

1 *teaspoon minced fresh ginger*
1 *teaspoon minced garlic*

SAUCE:

2 *cups canned chicken broth*
 $\frac{1}{4}$ *teaspoon salt*

2 *tablespoons soy sauce*

1 *teaspoon chili paste with garlic*

3 *tablespoons dry sherry*

1 *tablespoon oyster sauce*

2 *tablespoons cornstarch, dissolved in 2 tablespoons cold water*

1 *tablespoon sesame oil (optional)*

2 *whole scallions, thinly sliced*

ON THE TRAY:

Bottle of peanut oil

Cup containing seasonings

Bowl containing sauce

Cup containing dissolved cornstarch

Bottle of sesame oil

Bowl containing clams

Cup containing scallions

TO COOK:

Step 1:

To a heated wok add 2 tablespoons peanut oil. When oil is hot add seasonings and stir. Add sauce and stir until it comes to

a boil. Add cornstarch and stir 1 minute until it is thickened. Remove from heat and stir in sesame oil, if desired.

Step 2:

Place clams in a large pot with cold water to cover. Cover pot and bring water to a boil. Boil 5-10 minutes or until the shells open. Drain.

TO SERVE:

Arrange cooked clams on a deep platter. Pour sauce over the clams. Garnish with scallions and serve immediately.

BUDDHA'S DELIGHT

PREPARATION TIME: 30 MINUTES

COOKING TIME: 12 MINUTES

CANTON

1 *cup sliced bok choy*

1 *cup broccoli flowers*

16 *dried tiger lily buds, soaked in warm water 30 minutes*

20 *dried ginkgo nuts, shelled and soaked in boiling water 15 minutes*

2 *tablespoons tree ears, soaked in warm water 30 minutes*

4 *dried lotus roots, soaked in hot water 30 minutes, drained, and sliced*

$\frac{1}{4}$ *cup sliced canned water chestnuts*

$\frac{1}{4}$ *cup sliced carrots*

$\frac{1}{4}$ *cup canned baby ears of corn, drained and sliced in half lengthwise*

$\frac{1}{4}$ *cup sliced canned bamboo shoots*

15 *fresh or frozen snow peas, stems and strings removed*

3 *tablespoons peanut oil*

SAUCE:

1 *cup canned chicken broth*

1 *tablespoon dry sherry*

1 *teaspoon soy sauce*

1 *teaspoon salt*

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

WITH PINE NUTS

MINUTES
MINUTES

PEKING

small shrimp, shelled and

oil

oil

ginger

sliced

or marinade and mix until smooth.
for 30 minutes.

in marinade
eggs

Bowl containing sauce
Cup containing pine nuts
Cup containing scallion

TO COOK:

To a heated wok add 3 tablespoons peanut oil. When oil is hot, add shrimp and stir-fry about 1 minute until they turn pink. Remove shrimp from the wok and set aside in a bowl.

In the same wok heat 2 tablespoons peanut oil. Add seasonings and stir-fry 30 seconds. Add sauce and stir until it boils. Return shrimp to wok and stir. Add pine nuts and stir. Remove from heat and garnish with scallion. Serve immediately.

BATTER-DIPPED CRABMEAT

PREPARATION TIME: 10 MINUTES

CANTON

MARINATING TIME: 30 MINUTES

COOKING TIME: 15 MINUTES

1 pound fresh king crabmeat, shelled and cut into 2-inch lengths

MARINADE:

2 tablespoons dry sherry
½ teaspoon minced fresh ginger
½ teaspoon minced garlic

BATTER:

½ cup all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
2 tablespoons peanut oil
½ cup ice water

4 cups peanut oil for deep frying

4 large lettuce leaves

1 lemon, sliced

Roasted salt and pepper (optional—see recipe)

TO PREPARE:

Combine crab pieces with marinade and set aside for 30 minutes. Combine ingredients for batter and mix until smooth.

TO COOK:

Heat oil to 400° in a deep-fat fryer. Dip crab pieces in batter and fry 6 pieces at a time for 2 minutes until golden brown. Drain on paper towels. Reserve cooking oil in a covered jar to be reused.

TO SERVE:

Arrange lettuce leaves on a platter. Place the crab pieces on top and garnish with lemon slices. Serve with Roasted Salt and Pepper. This is optional.



KING CRABMEAT AND BROCCOLI

PREPARATION TIME: 15 MINUTES

PEKING

COOKING TIME: 5 MINUTES

1/2 pound cooked king crabmeat, cut into 2-inch pieces

1 bunch broccoli, cut into bite-sized pieces

2 tablespoons peanut oil

1/2 teaspoon minced garlic

SAUCE:

1/2 cup canned chicken broth

1/2 teaspoon salt

2 tablespoons dry sherry

1/4 teaspoon sugar

2 teaspoons cornstarch, dissolved in 2 teaspoons cold water

TO PREPARE:

Bring 2 quarts of water to a boil. Add broccoli and bring to a boil again. Cover and cook 2 minutes. Drain and rinse in cold water.

ON THE TRAY:

Bottle of peanut oil

Cup containing garlic

Bowl containing broccoli

Bowl containing crabmeat

Cup containing sauce

Cup containing dissolved cornstarch

TO COOK:

To a heated wok add 2 tablespoons peanut oil. When oil is hot, add garlic and stir. Add broccoli and stir-fry 1 minute. Add crabmeat and stir. Add sauce and stir until it comes to a boil. Add cornstarch and stir 1 minute until the sauce is thickened. Remove from heat and serve immediately.

SEAFOOD TRIPLE DELIGHT

PREPARATION TIME: 30 MINUTES

SZECHUAN

MARINATING TIME: 30 MINUTES

COOKING TIME: 5 MINUTES

1 cup medium shrimp, shelled, deveined, and sliced in half lengthwise

MARINADE:

1 egg white

1 tablespoon cornstarch

2 tablespoons peanut oil

2 tablespoons peanut oil

SEASONINGS:

1 teaspoon minced fresh ginger

1 teaspoon rinsed garlic

1 whole scallion, minced

VEGETABLES:

2 tablespoons tree ears, soaked in warm water 30 minutes

1/2 cup sliced canned water chestnuts

1/2 cup diced red or green sweet pepper

SAUCE:

- 1/4 cup canned chicken broth*
- 2 tablespoons dry sherry*
- 1 tablespoon white rice vinegar*
- 3 tablespoons soy sauce*
- 1/2 teaspoon chili paste with garlic*
- 1 teaspoon sugar*
- 1 cup cubed cooked lobster meat*
- 1 cup cubed cooked crabmeat*
- 1 tablespoon cornstarch, dissolved in 2 tablespoons cold water*
- 1 tablespoon sesame oil (optional)*

TO PREPARE:

Combine ingredients for marinade and mix until smooth. Add shrimp and marinate 30 minutes. Rinse tree ears to remove sand, and dice.

ON THE TRAY:

- Bottle of peanut oil*
- Cup containing marinated shrimp*
- Cup containing seasonings*
- Cup containing vegetables*
- Bowl containing sauce*
- Bowl containing lobster and crabmeat*
- Cup containing dissolved cornstarch*
- Bottle of sesame oil*

TO COOK:

To a heated wok add 2 tablespoons peanut oil. When oil is hot, add shrimp and stir-fry 30 seconds until they turn pink. Remove shrimp and set aside in a bowl.

In the same wok heat 2 tablespoons peanut oil and add seasonings. Stir-fry 30 seconds. Add vegetables and stir-fry 1 minute. Add sauce and stir until it boils. Add lobster and crabmeat and stir. Return shrimp to wok and stir. Add cornstarch and stir until sauce is thickened. Stir in sesame oil, if desired. Remove from heat and serve immediately.

SHELLED LOBSTER IN SPICY SAUCE

SZECHUAN

PREPARATION TIME: 15 MINUTES

COOKING TIME: 5 MINUTES

- 2 cups cooked lobster meat, cut into 1-inch cubes*
- 2 tablespoons peanut oil*

SEASONINGS:

- 1 teaspoon minced fresh ginger*
- 1 teaspoon minced garlic*
- 1/4 cup chopped onion*

SAUCE:

- 1/4 cup canned chicken broth*
- 2 tablespoons catsup*
- 2 tablespoons dry sherry*
- 1 teaspoon chili paste with garlic*
- 1 teaspoon sugar*
- 1/2 teaspoon salt*

1/4 cup frozen peas, thawed

- 1 teaspoon cornstarch, dissolved in 2 teaspoons cold water*
- 1 teaspoon sesame oil (optional)*
- 1 whole scallion, thinly sliced*

ON THE TRAY:

- Bottle of peanut oil*
- Cup containing seasonings*
- Cup containing sauce*
- Bowl containing lobster meat*
- Cup containing peas*
- Cup containing dissolved cornstarch*
- Bottle of sesame oil*
- Cup containing scallion*

TO COOK:

To a heated wok add 2 tablespoons peanut oil. When oil is hot, add seasonings and stir-fry 30 seconds. Add sauce and stir