

**Chinese Food at Home**

Chicken, Shrimp and Vegetable Spring Rolls

Chicken and Asparagus in Black Bean Sauce

Sichuan Shrimp with Tri-Color Bell Peppers

Tender Pork in Hoisin Sauce

Vegetable and Tofu Lo Mein

**Chicken, Shrimp and Vegetable Spring Rolls**

3 ounces shrimp, shelled, deveined and julienned

2 ounces chicken breasts, cut into shreds

Salt

Soy sauce

Sugar

5 cups vegetable oil

3 scallions, julienned

1 pound mung bean sprouts, trimmed

12 spring roll wrappers

1 large egg, beaten

1. Add shrimp and chicken to separate bowls. Add a pinch of salt and sugar and a dash of soy sauce to the shrimp. Add  $\frac{1}{2}$  teaspoon salt and  $\frac{1}{4}$  teaspoon soy to the chicken. Let stand 30 minutes.
2. Heat a wok over high heat. Add 1 tablespoon of oil and when hot, add the chicken. Let cook 30 seconds and add the shrimp; cook 20 seconds more. Add the scallions; cook 30 seconds. Add the bean sprouts and cook, stirring often, until the sprouts are wilted. Remove from heat and strain.
3. Place a wrapper on your work board with a corner facing you. Place 2 tablespoons filling in a line across one end of the wrapper. Wet the edges of the wrapper with a little of the egg. Fold over the tip and continue to roll, folding in the sides as you go. Repeat with remaining rolls.
4. Wipe out the wok and add the remaining oil. Heat to 350 degrees. Fry rolls in batches until golden brown. Drain and serve.

**Chicken and Asparagus in Black Bean Sauce**

1 egg white  
3 tablespoons oil  
2 chicken breasts, trimmed and cut thinly on a bias  
1 tablespoon cornstarch  
1 small onion, thinly sliced  
1 pound asparagus, trimmed and cut into 1-inch pieces  
1 tablespoon minced fresh ginger  
1 tablespoon minced garlic  
1 shallot, thinly sliced  
1-½ tablespoons bean sauce  
1 batch stir-fry sauce (recipe follows)  
Fresh cilantro  
Salt and pepper

1. Mix together the egg white and 1 tablespoon oil. Add chicken and cornstarch and toss to combine.
2. Bring a wok to high heat and add 1 tablespoon of oil. Add the chicken and cook until golden. Remove from pan and set aside; keep warm.
3. Add the remaining oil. Add the onion and asparagus and cook until crisp-tender. Add the ginger, garlic and shallot and cook 1 minute more. Add the bean sauce and the stir-fry sauce and bring to a simmer.
4. Add back the reserved chicken and simmer until chicken is cooked through to the center and the sauce is combined. Season with cilantro, salt and pepper.

**Stir Fry Sauce**

½ cup chicken stock  
1 tablespoon Shao-Hsing wine  
2 teaspoons mushroom soy sauce  
2 teaspoons oyster sauce  
1 teaspoon sugar  
1 teaspoon cornstarch

**Sichuan Shrimp with Tri-Color Bell Peppers**

1-½ tablespoons peanut oil  
 1 pound shrimp, peeled and deveined  
 1 pound bell peppers (red, yellow and green)  
 2 teaspoons minced fresh ginger  
 1 tablespoon minced garlic  
 2 tablespoons finely chopped scallions

1 tablespoon tomato paste  
 2 teaspoons chili bean sauce  
 2 teaspoons Chinese vinegar  
 2 teaspoons sugar  
 2 teaspoons sesame oil  
 Cilantro (optional)  
 Salt and pepper

1. Heat a wok over high heat and add the oil. Add the shrimp and cook until lightly browned but not completely done. Remove from wok and set aside; keep warm.
2. Add the pepper and cook until tender; add the ginger, garlic and scallions and cook 1 minute more.
3. Add the tomato paste, bean sauce, vinegar, sugar and sesame oil and stir-fry until flavors combine. Season with cilantro, salt and pepper and serve.

**Tender Pork in Hoisin Sauce**

1 tablespoon hoisin sauce  
 1 tablespoon ketchup  
 1 tablespoon soy sauce  
 2 teaspoons minced garlic  
 ½ teaspoon sugar  
 1-½ pounds country style pork ribs

2 tablespoons soy sauce  
 2 cloves garlic, crushed  
 1 teaspoon rice vinegar  
 1 teaspoon sugar  
 1 teaspoon chili oil  
 Fresh cilantro  
 Salt and pepper

1. Preheat oven to 325°F. Line a shallow baking pan with foil. Place rack on top.
2. In a small bowl whisk together hoisin sauce, ketchup, soy sauce, garlic, and sugar. Coat pork with sauce and place on rack. Place in oven and cook until tender, about 2 hours.
3. In a small bowl stir together the soy sauce, garlic, vinegar, sugar and chili oil. Season with cilantro, salt and pepper.
4. Serve pork with white rice topped with garlic sauce.

**Vegetable and Tofu Lo Mein**

1 pound fresh wheat noodles  
4 tablespoons oil  
2 cups bok choy, cut into bite-size pieces  
½ cup carrot, shredded  
½ cup broccoli florets  
1 onion, thinly sliced  
1 clove garlic, minced  
1 tablespoon light soy sauce  
2 tablespoons bean sauce  
1 package firm tofu  
Salt and pepper

1. Bring a large pot of salted water to a boil. Add the noodles and cook until just tender. Drain and rinse under cold water. Drain again and set aside.
2. Heat a wok over high heat and add 2 tablespoons of oil. Add the bok choy, carrot, broccoli and onion and stir-fry until tender. Add the garlic and cook 1 minute more. Add the soy sauce and bean sauce and stir to combine. Remove from wok and set aside.
3. Add the remaining oil to the wok. Cook the noodles until heated through. Add the sauce and bring to a simmer. Add back the vegetables and tofu and cook until warmed. Season with salt and pepper and serve.

**Sauce**

½ cup stock  
1 teaspoon fish sauce  
1 teaspoon light soy sauce  
1 tablespoon chili oil  
1 teaspoon sugar  
1 teaspoon sesame oil  
2 teaspoon cornstarch

1. Combine ingredients in a small jar. Cover and shake to combine. Set aside.

## Key Ingredients

- Rice – rice is not only sustenance but an invitation to dine, to make friends and be spiritually nourished.
  - Long Grain – Jasmine (Three Elephant Brand), Basmati and Carolina
  - Short Grain – Sushi Rice
  - Sweet Rice – or glutinous rice, needs to be soaked before use, used for sweets
- Noodles – Second only to rice in importance.
  - Fresh wheat are most prized
  - Brand: Canton Noodle Factory, Twin Marquis
- Bean Sauce – fermented yellow or black soy beans, mashed with salt, sugar and spices.
  - Used for sauces or in stir-fries
  - Brand: Koon Chun Sauce Factory
- Chili Bean Sauce – also called hot bean sauce.
  - Brown bean sauce infused with chili peppers, vinegar and other seasonings.
  - Used in Sichuan cooking as a sauce or condiment.
  - Brand: Kim Lan; Pearl River Bridge
- Spring Roll Wrappers
  - Thin pliable sheets made from wheat flour and water.
  - Brand: TYJ “Spring Home”
- Soy Sauce – dark, salty liquid made from a mixture of soybeans, wheat and water. Naturally fermented, aged and distilled.
  - Brands: Kikkoman, Yamasa, Tung Chun
  - Light – delicate and subtle, used for seafood and broths
  - Medium or Thin – saltier and darker, all-purpose
  - Heavy or Dark – molasses added, best for hearty stews, marinades and BBQ
  - Mushroom – smoother and woodier, made from dark soy infused with dried mushrooms
    - Brand: Pearl River Bridge
  - Kecap Manis – dark, sweet soy sauce sweetened with palm sugar and seasoned with star anise.
    - Brand: ABC Brands
- Oyster Sauce – Rich sauce made from oyster extracts and soy sauce, slightly sweet, smoky flavor.
  - Brand: Lee Kum Kee, Sa Cheng, TRA Maekrua
- Fish Sauce – the basic salty, savory ingredient of Southeast Asia (instead of soy sauce). A thin caramel-colored liquid made from the extract of fermented anchovies and other fish. Very salty.
  - Brand: Three Crabs Brand
- Hoisin Sauce – Sweet, tangy, dark reddish-brown bean sauce made from soy mash, sugar, flour, vinegar and salt with garlic, chili and sesame added. Used for BBQ and as a glaze.
  - Brand: Koon Yick Wah Kee