



MEAT

SAN FRANCISCO SWEET AND SOUR PORK

- 1 whole pork tenderloin (about 12 oz.)
 - 2 green peppers
 - 1 tablespoon cornstarch
 - $\frac{3}{4}$ cup water
 - 1 tablespoon bottled chili sauce
 - 1 tablespoon soy sauce
 - 5 tablespoons sugar
 - 3 tablespoons wine vinegar
 - 2 drops Tabasco sauce
 - 1 egg yolk
 - 2 teaspoons water
 - 1 tablespoon cornstarch
 - 1 tablespoon flour
 - $\frac{1}{4}$ cup peanut oil
 - 1 clove garlic
1. Trim excess fat from pork; cut into 2-inch crosswise sections; cut each into lengthwise strips $\frac{1}{2}$ -inch in diameter.
 2. Seed green peppers; cut into strips $\frac{1}{4}$ -inch wide; set aside.
 3. **Prepare seasoning sauce:** combine cornstarch, water; add chili sauce, soy sauce, sugar, vinegar, Tabasco; blend; set aside.
 4. Combine egg yolk, water; beat thoroughly; add cornstarch, flour; blend until smooth.
 5. Brush pork strips with batter mixture; arrange on platter.
 6. Add oil to Wok, pouring it around sides; add garlic clove; preheat oil at 325° —about 2 minutes; remove garlic when browned.
 7. Add pork; stir-fry about 10 minutes.
 8. Add green pepper strips; stir-fry 1 minute; make well in center.
 9. Stir seasoning sauce then add to center of Wok; bring to boil without stirring—about 1 minute; cook additional 1 minute or until thickened, stirring rest of ingredients with sauce.
 10. Serve with steamed rice.
 11. Three servings.

SWEET AND SOUR PORK

- 1 pound pork tenderloin, trimmed
 - $\frac{1}{2}$ cup dark corn syrup
 - $\frac{1}{3}$ cup white vinegar
 - 1 teaspoon MSG (optional)
 - 2 tablespoons cornstarch
 - $\frac{1}{4}$ cup dry sherry
 - $\frac{1}{4}$ cup water
 - 2 tablespoons soy sauce
 - $\frac{1}{4}$ cup peanut oil
 - 1 cup chopped onion
 - $\frac{1}{2}$ cup shredded green pepper
 - 8 maraschino cherries, cut in halves
1. Place pork tenderloin in freezer 1 hour or until meat is slightly firm (makes slicing easier); cut meat into thin crosswise strips about 3-inches long, $\frac{1}{8}$ -inch thick.
 2. **Prepare seasoning sauce:** combine corn syrup, vinegar, MSG, cornstarch, sherry, water, soy sauce; blend thoroughly; set aside.
 3. Add oil to Wok, pouring it around sides; preheat at 325° —about 2 minutes.
 4. Add pork strips, one third at a time; stir-fry 1 minute after each addition; add onion; stir-fry with meat an additional 3 minutes; make well in center.
 5. Add green pepper, cherries; stir-fry about 1 minute; make well in center.
 6. Stir seasoning sauce, then add to center of Wok; bring to boil without stirring—about 1 minute; cook additional 1 minute or until thickened, stirring rest of ingredients with sauce.
 7. Four servings.

HONG KONG STEAK

- $1\frac{1}{2}$ pound flank steak
 - $\frac{1}{4}$ cup water
 - 2 tablespoons soy sauce
 - 1 teaspoon vinegar
 - 1 clove garlic, minced
 - $\frac{1}{2}$ teaspoon dry mustard
 - 1 10-oz. package frozen broccoli spears
 - 1 8-oz. can tomato sauce
 - $\frac{1}{2}$ cup chopped chives
 - $\frac{1}{2}$ cup sliced water chestnuts
 - $\frac{1}{4}$ cup water
 - $\frac{1}{4}$ cup peanut oil
1. Place steak in freezer 1 hour or until meat is slightly firm (makes slicing easier).
 2. Thinly slice steak (about $\frac{1}{8}$ inch thick), cutting diagonally across the grain; cut slices into $2\frac{1}{2}$ -3 inch strips.
 3. Combine water, soy sauce, vinegar, garlic, mustard; blend thoroughly; pour over steak strips; marinate one hour.
 4. Thaw broccoli; remove flowerets; cut into 2-3 pieces; slice stalks into thin strips, 1-inch long.
 5. Combine tomato sauce, chives, water chestnuts, water; blend thoroughly.
 6. Add oil to Wok, pouring it around sides; preheat at 325°F .—about 2 minutes.
 7. Add marinated meat, one third at a time; stir-fry 1 minute after each addition, then stir-fry all meat together an additional 2-3 minutes; make well in center.
 8. Add broccoli; stir-fry about 2 minutes; make well in center.
 9. Add sauce mixture; bring to boil without stirring—about 1 minute; cook additional 1 minute, stirring rest of ingredients with sauce.
 10. Five-six servings.

BASIC CHINESE ROAST PORK

This is a main ingredient for stir-fried dishes or a garnish.

- 1 pound pork loin, 2" thick (very lean)
- 6 tablespoons soy sauce
- ¼ cup instant minced onion
- 4 slices, fresh ginger root
- 2 tablespoons dry white wine
- 1 clove garlic, minced
- 2 tablespoons honey

1. Cut pork into strips about 2-inches wide, 2-inches thick (length does not matter).
2. Combine soy sauce, onion, ginger root, wine, garlic; toss pork strips with sauce; refrigerate at least 4 hours, preferably overnight.
3. Oil rack from broiler pan (to prevent meat from sticking); pour a little water in bottom of broiler pan (water should not touch rack); place rack in pan.
4. Place marinated meat on rack; brush with honey.
5. Roast at 350°F. for 20 minutes; turn meat; brush with honey; roast 15 minutes longer. Turn heat up to 450°F; roast additional 15 minutes; cool before slicing.

FRIED RICE

- ¼ cup peanut oil
- ½ cup diced onion
- ½ cup diced celery
- 1 cup diced Chinese Roast Pork*
- 1 clove garlic, minced
- 3 cups cooked rice, cold
- 1 cup frozen peas
- 1 cup bean sprouts
- 3 eggs, slightly beaten
- 3 tablespoons soy sauce

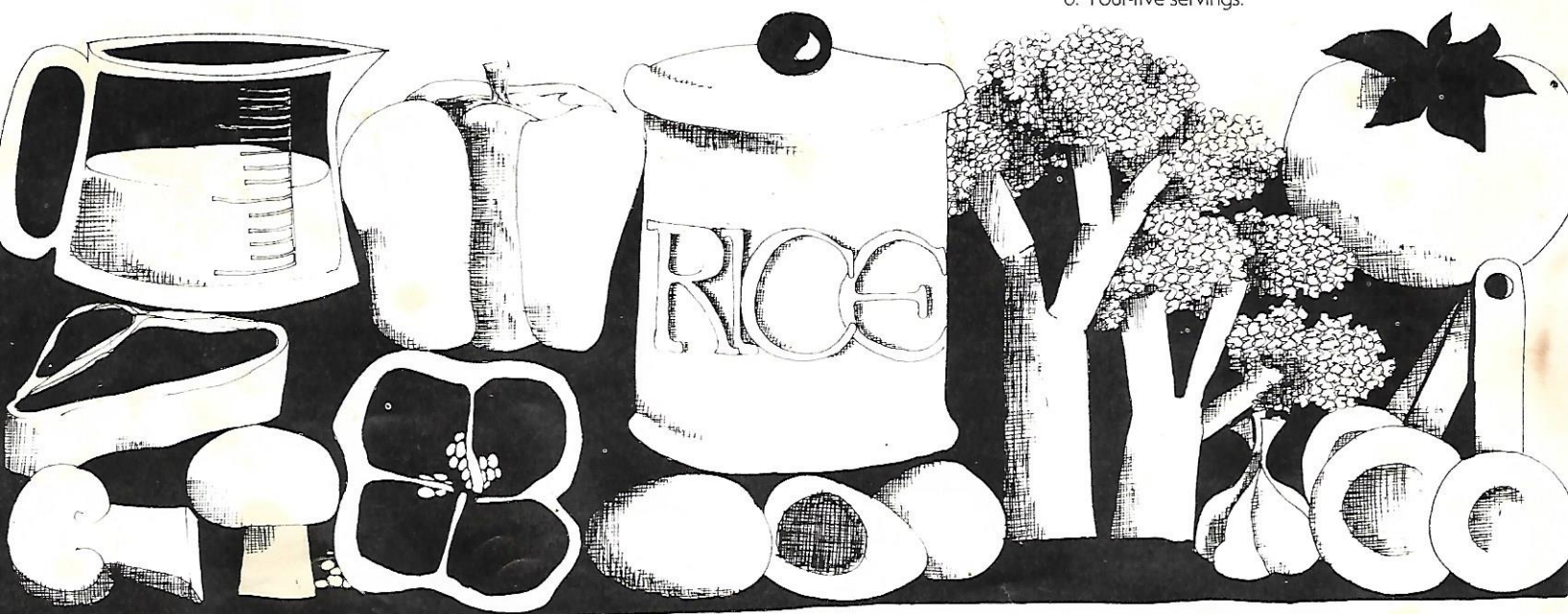
1. Add oil to Wok, pouring it around sides; preheat at 325°F. —about 2 minutes.
2. Add onion, celery, Roast Pork, garlic; stir-fry about 2 minutes; make well in center.
3. Add rice, peas, bean sprouts; stir-fry about 3 minutes; make well in center.
4. Add eggs to center of Wok; cook 1 minute without stirring, then 1 additional minute, stirring constantly; stir all ingredients together; make well in center.
5. Add soy sauce; stir all ingredients together until well blended—about 1 minute.
6. Five-six servings.

*See recipe for Basic Chinese Roast Pork on page 9.

BEEF PEPPER STEAK

- 1 pound flank steak
- ½ cup soy sauce
- 2 tablespoons cornstarch
- 1 tablespoon dry sherry
- 1 clove garlic, minced
- ¼ cup peanut oil
- 2 large green peppers, chopped
- 2 large tomatoes, chopped

1. Place steak in freezer 1 hour or until meat is slightly firm (makes slicing easier).
2. Thinly slice steak (about ⅛-inch thick), cutting diagonally across the grain; cut slices into 2½-3-inch strips.
3. Prepare seasoning sauce: combine soy sauce, cornstarch, sherry, garlic; blend thoroughly; set aside.
4. Add oil to Wok, pouring it around sides; preheat at 325°F. —about 2 minutes.
5. Add beef slices, one third at a time; stir-fry 1 minute after each addition; then stir-fry all meat together an additional 2 minutes; make well in center.
6. Add green peppers, tomatoes; stir-fry about 2 minutes; make well in center.
7. Stir seasoning sauce, then add to center of Wok; bring to boil without stirring—about 1 minute; cook additional 1 minute or until thickened, stirring rest of ingredients with sauce.
8. Four-five servings.



SZECHWAN BEEF

- 1 pound sirloin tip, trimmed
 - ¼ cup dry sherry
 - ¼ cup dark corn syrup
 - ¼ cup water
 - 2 tablespoons cornstarch
 - 3 tablespoons soy sauce
 - 2 tablespoons white vinegar
 - ¼ cup peanut oil
 - 1 cup sliced fresh mushrooms
 - 2 6-oz. package frozen pea pods, thawed
 - ½ cup canned bamboo shoots, shredded
 - 1 teaspoon crushed red pepper* (optional)
 - 2 tablespoons sliced green onions
 - 1 clove garlic, minced
1. Place sirloin tip in freezer 1 hour or until meat is slightly firm (makes slicing easier); cut meat into thin crosswise strips about 3-inches long, ⅛-inch thick.
 2. Prepare **seasoning sauce**: combine sherry, corn syrup, water, cornstarch, soy sauce, vinegar; blend thoroughly; set aside.
 3. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
 4. Add beef strips, one third at a time; stir-fry 1 minute after each addition; then stir-fry all meat together an additional 3 minutes; make well in center.
 5. Add mushrooms, pea pods, bamboo shoots, red pepper, green onions, garlic; stir-fry 1 minute.
 6. Stir seasoning sauce, then add to center of Wok; bring to boil without stirring—about 1 minute; cook additional 1 minute or until thickened, stirring rest of ingredients with sauce.
 7. Four-five servings.

*For a milder flavor, use less red pepper.

BEEF BEAN CURD WITH OYSTER SAUCE

- 1 pound flank steak
 - 3 tablespoons vegetable oil
 - ¼ cup soy sauce
 - ¼ teaspoon MSG (optional)
 - 1 tablespoon cornstarch
 - 1 teaspoon sugar
 - 1 tablespoon dry sherry
 - ¼ cup oyster sauce
 - 1 teaspoon sugar
 - 2 tablespoons water
 - 1 teaspoon cornstarch
 - ¼ cup peanut oil
 - 6 green onions, shredded
 - ½ pound bean curd, ½" cubes
1. Cut flank steak into pieces 2" x 1" x ¼" thick.
 2. Combine oil, soy sauce, MSG, cornstarch, sugar, sherry; add meat; stir to coat; set aside.
 3. Prepare **seasoning sauce**: combine oyster sauce, sugar, water, cornstarch; blend; set aside.
 4. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
 5. Add marinated meat, onions, stir-fry 6 minutes; make well in center of Wok.
 6. Stir seasoning sauce, then add to center of Wok; bring to boil without stirring—about 1 minute; cook additional 1 minute, stirring rest of ingredients with sauce; gently stir in bean curd.
 7. Four-six servings.

PORK LO MEIN

- 5 Chinese dried black mushrooms
 - 2 quarts water
 - ½ pound fresh Chinese noodles*, fine
 - ½ tablespoon peanut oil
 - 1 teaspoon salt
 - 2 tablespoons oyster sauce
 - 2 tablespoons soy sauce
 - ½ cup chicken broth
 - 1 tablespoon cornstarch
 - 2 tablespoons dry white wine
 - ½ teaspoon sugar
 - 3 tablespoons peanut oil
 - 1 clove garlic, minced
 - 2 teaspoons minced ginger root
 - 4 green onions, shredded
 - 1 cup shredded Chinese Roast Pork**
 - 1 cup shredded Chinese cabbage
 - 1 6-oz. package frozen snow peas, thawed
 - ½ cup bean sprouts, drained
 - ½ cup shredded zucchini
1. Rinse mushrooms; cover with warm water; soak 30-60 minutes or until soft.
 2. Slice mushrooms.
 3. Bring water to boil in large saucepan; add noodles; bring back to boil; cook 3-4 minutes, stirring occasionally. (Do not overcook).
 4. Drain noodles; rinse in cold water; add oil, salt; toss together.
 5. Prepare **seasoning sauce**: combine oyster sauce, soy sauce, broth, cornstarch, wine, sugar; set aside.
 6. Add 2 tablespoons oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
 7. Add noodles; stir-fry about 2 minutes; pour onto serving platter; keep warm.
 8. Add remaining 1 tablespoon oil, mushrooms to Wok; stir-fry 1 minute; add garlic, ginger root, onions; stir-fry 1 minute; make well in center.
 9. Stir seasoning sauce, then add to center of Wok; bring to boil without stirring—about 1 minute; cook additional 1 minute stirring rest of ingredients with sauce.
 10. Add pork, cabbage, snow peas, bean sprouts, zucchini; cook additional 1-2 minutes, stirring all ingredients with sauce.
 11. Pour pork mixture over noodles; toss together; serve immediately.
 12. Four-six servings.

*Regular fine egg noodles may be substituted.

**See recipe for Basic Chinese Pork Roast on page 9.

LEMON VEAL

- 1 pound veal steak or cutlet
- 3 tablespoons soy sauce
- 1 tablespoon sesame oil (optional)
- 2 tablespoons dry white wine
- 1/2 cup sugar
- 1 cup chicken broth
- 1/4 cup lemon juice
- 1 teaspoon lemon peel
- 1/4 cup cornstarch
- 1/4 cup peanut oil
- 1/2 cup shredded carrots
- 6 green onions, shredded
- 1 6-oz. package frozen snow peas, thawed
- Chinese cabbage, shredded

1. Pound veal until thin; cut into 1/2-inch strips.
2. Combine soy sauce, sesame oil, wine; pour over veal; refrigerate at least 30 minutes.
3. **Prepare seasoning sauce:** combine sugar, broth, lemon juice, lemon peel, cornstarch; blend thoroughly; set aside.
4. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
5. Drain veal; save marinade.
6. Add veal to Wok; stir-fry 3 minutes; make well in center.
7. Blend together seasoning sauce, marinade, then add to center of Wok; bring to boil without stirring—about 1 minute; add carrots, onions, snow peas; cook additional 1 minute, stirring rest of ingredients with sauce.
8. Serve on a bed of shredded Chinese cabbage.
9. Four-five servings.

SWEET PEPPER LAMB

- 1 pound boneless lamb
- 1 egg white
- 1 tablespoon cornstarch
- 1 tablespoon dry sherry
- 2 teaspoons minced ginger root
- 3 tablespoons soy sauce
- 2 tablespoons wine vinegar
- 3 tablespoons dry sherry
- 1 clove garlic, minced
- 1/4 teaspoon pepper
- 2 teaspoons cornstarch
- 1 tablespoon dry white wine
- 3 tablespoons peanut oil
- 4 medium sweet red peppers*, shredded
- 7 green onions, shredded
- 1 teaspoon sesame oil (optional)

1. Place lamb in freezer 1 hour or until meat is slightly firm (makes slicing easier).
2. Slice meat, with grain, into 1 1/2-inch wide strips; slice strips, across grain, into 1/4-inch slices.
3. Beat egg white slightly; add cornstarch, sherry; blend thoroughly; add lamb; stir to coat slices; marinate 30 minutes in refrigerator.
4. **Prepare seasoning sauce:** combine ginger root, soy sauce, vinegar, sherry, garlic, pepper, cornstarch, wine; blend; set aside.
5. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
6. Add lamb; stir-fry 4 minutes; add red peppers, onions; stir-fry 1 minute; make well in center.
7. Stir seasoning sauce, then add to center of Wok; bring to boil without stirring—about 30 seconds; cook additional 1 minute or until thickened, stirring rest of ingredients with sauce.
8. Serve with steamed rice or fine egg noodles.
9. Four servings.

*Green peppers may be substituted.





RED-COOKING

A cooking technique in which the food is simmered in a soy sauce.

RED-COOKED BEEF

- 2 pounds lean chuck
- 1 tablespoon peanut oil
- 1½ cups water
- 1 clove garlic, minced
- 1 tablespoon instant minced onion
- ¼ cup soy sauce
- 2 tablespoons dry white wine
- 1 tablespoon sugar
- 1 teaspoon pepper
- ½ teaspoon sesame seeds

1. Cut beef into 1-inch cubes.
2. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
3. Add beef cubes; stir-fry about 5-6 minutes.
4. Combine water, garlic, onion, soy sauce, wine, sugar, pepper; pour over beef; stir thoroughly; heat to boiling.
5. Reduce setting to 200°-225°F.; simmer uncovered for about 1 hour, stirring every 20 minutes. (Small amount of sauce will remain after cooking).
6. Before serving, sprinkle with toasted sesame seeds; serve with Sesame Noodles.
7. Six servings.

SESAME NOODLES

- 1 10-oz. package fine egg noodles
- 2 quarts water
- 2 teaspoons salt
- 1 tablespoon peanut oil
- ½ teaspoon salt
- 3 green onions, sliced
- ½ teaspoon ground ginger
- 1 tablespoon soy sauce
- 2 tablespoons sesame seeds

1. Cook noodles in boiling salted water until tender, about 3-4 minutes.
2. Drain in large strainer; rinse with cold water; return to saucepan; toss with peanut oil; heat over low heat.
3. Add onions, ginger, soy sauce, sesame seeds; toss lightly to blend.

SOY SAUCE CHICKEN

- 1 whole chicken (2-2½ pounds)
- ½ cup soy sauce
- 2 tablespoons dry white wine
- 3 slices ginger root
- 5 green onions, sliced
- ½ cup sugar

1. Clean chicken; place in large pot; cover with hot water; bring to boil; boil 5 minutes.
2. Remove chicken from water; drain on towel; blot dry. (Liquid in pot may be retained for making soup).
3. Pour soy sauce into Wok; preheat at 300°F. until sauce boils—about 1 minute.
4. Add wine, ginger, onions, sugar; blend; place chicken in Wok; turn several times to coat with sauce; cover.
5. Turn heat to 200°-225°F.; cook 30 minutes, rotating chicken every 10 minutes.
6. To serve: cut chicken into serving pieces; serve with the soy sauce gravy and steamed rice.
7. Four servings.

RED-COOKED LAMB

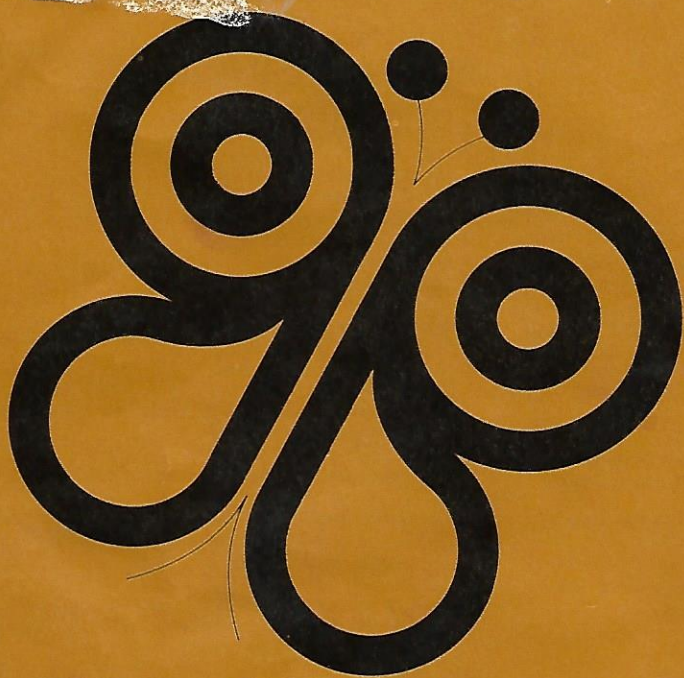
- 3 pounds lean lamb
- 3 tablespoons peanut oil
- 2 cups water
- ½ cup soy sauce
- 1 teaspoon minced ginger root
- 1 tablespoon oyster sauce
- 2 teaspoons Five-Spices Powder
- 1 tablespoon sugar
- 2 tablespoons dry sherry
- 2 cloves garlic, minced
- 2 green onions, shredded

1. Cut lamb into 1-inch cubes.
2. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
3. Add lamb cubes; stir-fry about 5-6 minutes.
4. Combine water, soy sauce, ginger root, oyster sauce, Five-Spices, sugar, sherry, garlic; pour over lamb; stir thoroughly; heat to boiling.
5. Reduce setting to 200°-225°F.; simmer uncovered for 40 minutes or until lamb is tender; stir occasionally.
6. Serve over steamed rice; garnish with shredded green onions.
7. Eight servings.

RED-COOKED PORK

- 3 pounds lean pork
- 1 tablespoon peanut oil
- 2 cups water
- ½ cup soy sauce
- ½ cup dry sherry
- 2 teaspoons minced ginger root
- 2 cloves garlic, minced
- 4 green onions, whole
- 2 tablespoons sugar
- 1 tablespoon hoisin sauce
- 2 green onions, shredded

1. Cut pork into 1-inch cubes.
2. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
3. Add pork cubes; stir-fry about 5-6 minutes.
4. Combine water, soy sauce, sherry, ginger root, garlic, onions, sugar, hoisin sauce; pour over pork; stir thoroughly; heat to boiling.
5. Reduce setting to 200°-225°F.; simmer uncovered for about 1 hour or until pork is very tender; stir every 20 minutes; discard whole onions.
6. Serve with Sesame Noodles p. 13; garnish with shredded green onions.
7. Eight servings.



POULTRY

CHICKEN LIVERS WITH SNOW PEAS

- 1 pound chicken livers
- $\frac{1}{4}$ cup soy sauce
- 1 teaspoon sugar
- 3 tablespoons dry sherry
- 2 teaspoons cornstarch
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ cup peanut oil
- 2 tablespoons sliced green onions
- 1 6-oz. package frozen snow peas, thawed

1. Cut away any clinging membranes from chicken livers; wash quickly under cold water; pat dry; cut in halves.
2. **Prepare seasoning sauce:** combine soy sauce, sugar, sherry, cornstarch, ginger; blend thoroughly; set aside.
3. Add oil to Wok, pouring it around sides; preheat at 325°—about 2 minutes.
4. Add chicken livers, onions; stir-fry, tossing gently, about 2 minutes or until livers are firm, lightly browned; make well in center.
5. Add snow peas; stir-fry about 1 minute; make well in center.
6. Stir seasoning sauce; then add to center of Wok; bring to boil without stirring—about 1 minute; cook additional 1 minute or until thickened; stirring rest of ingredients with sauce.
7. Four-five servings.

CELERY CHICKEN WITH ALMONDS

- 4 large chicken breast halves
- $\frac{3}{4}$ cup chicken broth
- $\frac{1}{4}$ cup soy sauce
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon MSG (optional)
- 2 tablespoons cornstarch
- 2 tablespoons water
- $\frac{1}{4}$ cup peanut oil
- 1 8-oz. can water chestnuts, sliced
- 1 8-oz. can bamboo shoots, shredded
- 2 cups diagonally sliced celery
- 1 cup sliced fresh mushrooms
- 1 3-oz. package whole blanched almonds, French fried*

1. Remove skin from chicken breasts; cut meat from bones; cut into 1-inch cubes.
2. Prepare seasoning sauce: combine chicken broth, soy sauce, salt, MSG, cornstarch, water; blend thoroughly; set aside.
3. Add oil to Wok, pouring it around sides; preheat at 325°—about 2 minutes.
4. Add chicken cubes; stir-fry 2-3 minutes or until chicken turns white; make well in center.
5. Add water chestnuts, bamboo shoots, celery, mushrooms; stir-fry about 1 minute; make well in center.
6. Stir seasoning sauce, then add to center of Wok; bring to boil without stirring—about 1 minute; cook additional 1 minute or until thickened, stirring rest of ingredients with sauce.
7. Sprinkle with French Fried Almonds before serving.
8. Four servings.

*French Fried Almonds: Heat 2-inches peanut oil in 1-quart sauce pan to 365°F.; add almonds, $\frac{1}{4}$ cup at a time, frying until golden brown—about 2 minutes; remove with slotted spoon; drain on paper towels. Almonds can be fried and stored in covered jar several days in advance.

CHICKEN WITH CASHEWS

- 4 large chicken breast halves
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup dry sherry
- $\frac{1}{4}$ cup soy sauce
- 2 tablespoons dark corn syrup
- 1 tablespoon vinegar
- 4 teaspoons cornstarch
- $\frac{1}{4}$ cup peanut oil
- $\frac{1}{2}$ cup chopped green pepper
- $\frac{1}{2}$ cup cashews
- 2 tablespoons sliced green onions
- 2 cloves garlic, minced
- $\frac{1}{4}$ teaspoon ground ginger
- $\frac{1}{2}$ teaspoon crushed red pepper (optional)

1. Remove skin from chicken breasts; cut meat from bones; cut into 1-inch cubes.
2. Prepare seasoning sauce: combine water, sherry, soy sauce, syrup, vinegar, cornstarch; blend thoroughly; set aside.
3. Add oil to Wok, pouring it around sides; preheat at 325°—about 2 minutes.
4. Add chicken cubes; stir-fry 2-3 minutes or until chicken turns white; make well in center.
5. Add green pepper, cashews; stir-fry $\frac{1}{2}$ minute; make well in center.
6. Add onions, garlic, ginger, red pepper; stir-fry 1 minute; make well in center.
7. Stir seasoning sauce, then add to center of Wok; bring to boil without stirring—about 1 minute; cook additional 1 minute or until thickened, stirring rest of ingredients with sauce.
8. Four servings.

Variation: 8-oz. lean pork cut into $\frac{1}{2}$ -inch cubes may be substituted for the chicken.

ORIENTAL CHICKEN

- 4 large chicken breast halves
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 teaspoon MSG (optional)
- $\frac{1}{4}$ cup peanut oil
- $\frac{1}{4}$ cup sliced green onions
- 1 cup sliced fresh mushrooms
- 2 tablespoons sliced pimiento
- $\frac{1}{4}$ teaspoon ground ginger*
- $\frac{3}{4}$ cup chicken broth
- 2 tablespoons dry sherry
- 1 6-oz. package frozen snow peas, thawed
- 1 tablespoon cornstarch
- 2 tablespoons water

1. Remove skin from chicken breasts; cut meat from bones; cut into 1-inch cubes; sprinkle with salt, pepper, MSG.
2. Add oil to Wok, pouring it around sides; preheat at 325°—about 2 minutes.
3. Add chicken cubes; stir-fry 2-3 minutes or until chicken turns white; make well in center.
4. Add onions, mushrooms, pimiento, ginger; stir-fry 1 minute; make well in center.
5. Add broth, sherry, snow peas; bring to boil; cook 1 minute.
6. Combine cornstarch, water; add to center of Wok; bring to boil without stirring—about 1 minute; cook additional 1 minute or until thickened, stirring rest of ingredients with sauce.
7. Serve with Plum Sauce and/or Hot Sweet Mustard Sauce, page 30.
8. Four-five servings.

*May substitute 1 teaspoon minced ginger root for ground ginger.





SEAFOOD

STIR-FRIED SCALLOPS

- 6 Chinese dried black mushrooms
- 1 pound fresh sea scallops
- 2 tablespoons cornstarch
- 1 tablespoon soy sauce
- 1½ tablespoons wine vinegar
- 1½ tablespoons sugar
- 1 teaspoon sesame oil (optional)
- 1 tablespoon dry white wine
- 2 teaspoons cornstarch
- ¼ cup peanut oil
- ½ cup shredded bamboo shoots
- ⅓ cup shredded carrots
- ¼ cup chopped green peppers
- 1 green onion, shredded
- ½ cup thinly sliced water chestnuts

1. Rinse mushrooms; cover with warm water; soak 30-60 minutes; drain; slice; set aside.
2. Cut scallops into ¼-inch slices; add cornstarch; blend.
3. **Prepare seasoning sauce:** combine soy sauce, vinegar, sugar, sesame oil, wine, cornstarch; set aside.
4. Add oil to Wok, pouring it around sides; preheat at 325°F. —about 2 minutes.
5. Add scallops; stir-fry 1-2 minutes; add mushrooms, bamboo shoots, carrots, green peppers, onion, water chestnuts; stir-fry 1 minute; make well in center.
6. Stir seasoning sauce; then add to center of Wok; bring to boil without stirring —about 30 seconds; cook additional 1 minute or until thickened; stirring rest of ingredients with sauce.
7. Four servings.

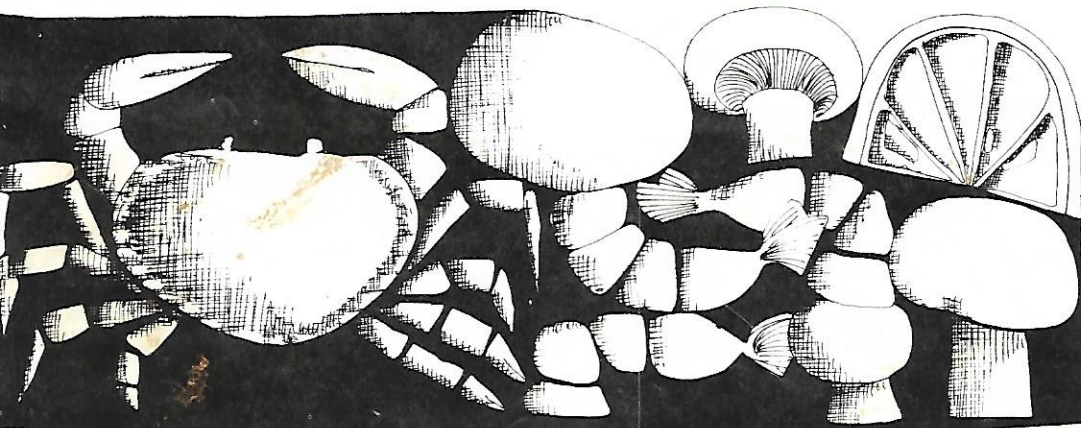
SHRIMP WITH CRUNCHY RICE

- 1 pound cleaned shrimp, medium size
 - 2 tablespoons dry sherry
 - 2 teaspoons minced ginger root
 - 1 clove garlic, minced
 - 2 green onions, sliced
 - 6 Chinese dried black mushrooms
 - 2 tablespoons tomato paste
 - 1 cup chicken broth
 - 2 teaspoons sugar
 - 1 teaspoon salt
 - 2 tablespoons soy sauce
 - 1 tablespoon wine vinegar
 - 1 teaspoon Tabasco sauce
 - 2 tablespoons cornstarch
 - ¼ cup peanut oil
 - 1 8-oz. can water chestnuts, chopped
 - 1 6-oz. package frozen snow peas, thawed
1. Combine shrimp, sherry, ginger root, garlic, onions; marinate in refrigerator at least 30 minutes.
 2. Rinse mushrooms; cover with warm water; soak 30-60 minutes; drain; slice; set aside.
 3. **Prepare seasoning sauce:** combine tomato paste, broth, sugar, salt, soy sauce, vinegar, Tabasco, cornstarch; blend thoroughly; set aside.
 4. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
 5. Add shrimp mixture; stir-fry 1-2 minutes; make well in center; stir seasoning sauce, then add to center of Wok; bring to boil without stirring—about 1 minute.
 6. Add mushrooms, water chestnuts, snow peas; cook additional 1 minute, stirring rest of ingredients with sauce.
 7. Serve over Crunchy Rice.
 8. Four-six servings.

CRUNCHY RICE

- 1 cup regular rice, uncooked
 - 1 ¼ cups cold water
 - 2 cups peanut oil
1. Place rice in well greased 9-inch square bake pan; add water; spread evenly over bottom; cover with foil.
 2. Bake 30 minutes at 375°F.; remove foil; reduce temperature to 300°F.; bake uncovered an additional 45 minutes or until rice is dry enough to be removed from pan with spatula.
 3. With your hands, break rice into free-form pieces about 1 ½-inches square; gently mold any broken pieces into squares.
 4. Add oil to Wok; preheat at 375°F.—about 8 minutes.
 5. Add rice squares, 4 at a time; fry 1 minute or until light golden, crisp both sides; drain on paper towels; keep warm on serving platter until all squares are fried.

Stir-fried vegetables should be bright in color, crisp and crunchy. Serve immediately after cooking.



SHRIMP WITH MUSHROOMS

- 1 pound large frozen shrimp, shelled, deveined
 - 1 ½ teaspoons salt
 - Dash pepper
 - 1 teaspoon MSG (optional)
 - ¼ cup peanut oil
 - 2 cups sliced fresh mushrooms
 - ¼ cup sliced green onions
 - ¼ cup diced green pepper
 - 1 tablespoon diced pimiento
 - 1 ½ tablespoons lemon juice
 - 1 tablespoon cornstarch
1. Thaw shrimp according to directions on package; pat dry with paper towels; sprinkle with salt, pepper, MSG.
 2. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
 3. Add shrimp; stir-fry about 1 minute; make well in center.
 4. Add mushrooms, onions, green pepper; stir-fry about 2 minutes; make well in center.
 5. Combine pimiento, lemon juice, cornstarch; add to center of Wok; bring to boil without stirring—about 30 seconds; cook additional 1 minute or until thickened, stir rest of ingredients with sauce.
 6. Four servings.

EGG FOO YOUNG

- 1 16-oz. can mixed Oriental vegetables, drained
 - 1 6-7 oz. can crabmeat, drained, flaked
 - ¼ cup minced green onions
 - ½ teaspoon seasoned salt
 - 4 eggs
 - 3 tablespoons peanut oil
1. Combine vegetables, crabmeat, green onions, salt in bowl; blend thoroughly; add eggs; stir just until combined.
 2. Add 1 tablespoon oil to center bottom of Wok; preheat at 325°F.—about 2 minutes.
 3. Add ¼ cup of egg mixture; press down with spatula to spread evenly across bottom; cook 45 seconds or until starting to lightly brown on bottom; turn with spatula; cook second side—about 45 seconds.
 4. Repeat with remaining mixture; add about 1 teaspoon oil before adding the egg mixture—make eight 5 ½-inch diameter Egg Foo Young; serve immediately with Sweet-Sour Sauce or Hot Sweet Mustard Sauce (page 30).
 5. Eight servings.

Variation: One 6-oz. can boned chicken or ¾ cup diced cooked chicken may be substituted for crabmeat.



VEGETABLES

Stir-fried vegetables should be bright in color, crisp and crunchy. Serve immediately after cooking.

STIR-FRIED BROCCOLI

- 1 pound fresh broccoli
- 2 tablespoons peanut oil
- 2 teaspoons salt
- 1 teaspoon sugar
- 1 cup water
- ½ teaspoon MSG (optional)
- 1 teaspoon sesame oil (optional)

1. Remove large leaves; trim ends of stalks; rinse thoroughly in cold water; cut stalks into 2" by ½" pieces using a diagonal cut; cut flowerets into 3 or 4 pieces, depending on size.
2. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
3. Add broccoli; stir-fry for 1 minute; add salt, sugar, water, MSG; cover; cook 3 minutes.
4. Remove cover; stir every ½ minute for about 5-7 minutes or until done—broccoli should be bright in color, crisp but tender; stir in sesame oil.
5. Four-six servings.

SWEET AND SOUR CUCUMBERS

- 2 medium cucumbers, crisp
- 2 tablespoons peanut oil
- ½ cup shredded green onions
- ¼ teaspoon Tabasco sauce
- 3 tablespoons soy sauce
- 2 tablespoons vinegar
- 1 teaspoon sesame oil (optional)
- 1 teaspoon sugar
- 2 teaspoons cornstarch
- 2 teaspoons water

1. Cut cucumbers in half lengthwise, then cut into thin diagonal slices; set aside.
2. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
3. Add onions; stir-fry 1 minute.
4. Add Tabasco, soy sauce, vinegar; stir to blend; bring to boil.
5. Add cucumbers, sesame oil, sugar; stir-fry 2 minutes; make well in center.
6. Combine cornstarch, water; add to center of Wok; bring to boil—about 1 minute; cook additional 1 minute or until thickened, stirring rest of ingredients with sauce.
7. Six-eight servings.

STIR-FRIED SPINACH

- 1 pound fresh spinach
- ¼ cup peanut oil
- 1 clove garlic, minced
- ½ teaspoon salt
- ¼ teaspoon sugar
- Dash pepper
- ½ teaspoon MSG (optional)
- 1 teaspoon sesame oil (optional)

1. Wash spinach; discard stems, bruised areas of leaves; drain.
2. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
3. Add spinach; garlic; toss lightly to coat spinach leaves with oil—about 30 seconds; cover; cook 1 minute; remove cover; stir-fry additional 1 minute—leaves should be dark green and glisten; add salt, sugar, pepper, MSG, sesame oil; stir to blend—about 30 seconds.
4. Three-four servings.

Variation: This recipe can be used with any leafy vegetable, such as kale, turnip greens, cabbage.



STIR-FRIED MIXED VEGETABLES

- 2 tablespoons peanut oil
- 8-oz. can water chestnuts, sliced
- 1 teaspoon minced ginger root
- 2 cups sliced Chinese cabbage
- 1 clove garlic, minced
- 1/2 cup chicken broth
- 1 cup thinly sliced fresh mushrooms
- 2 6-oz. packages frozen snow peas, thawed
- 1 teaspoon salt
- 1 Dash pepper
- 1 teaspoon dry sherry
- 1/2 teaspoon sugar
- 1/2 teaspoon MSG (optional)
- 2 teaspoons cornstarch
- 2 teaspoons water

1. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
2. Add water chestnuts, ginger root, Chinese cabbage, garlic; stir-fry 30 seconds.
3. Add chicken broth; cover; cook 1 minute.
4. Remove cover; add mushrooms, snow peas, salt, pepper, sherry, sugar, MSG; stir-fry 1 minute; make well in center.
5. Combine cornstarch, water; add to center of Wok; bring to boil without stirring—about 1 minute; cook additional 1 minute or until thickened, stirring rest of ingredients with sauce.

6. Four-six servings.

Using a Wok for deep frying is convenient and efficient. The oil in the curved bottom of the Wok heats rapidly, so food cooks with unusual speed.

STIR-FRIED GREEN BEANS

- 1/2 pound fresh green beans
- 2 tablespoons peanut oil
- 1 clove garlic, minced
- 1/2 cup chicken broth
- 1/2 teaspoon salt
- 1/4 teaspoon sugar
- 1 Dash pepper
- 1/2 teaspoon MSG (optional)
- 1 teaspoon sesame oil (optional)

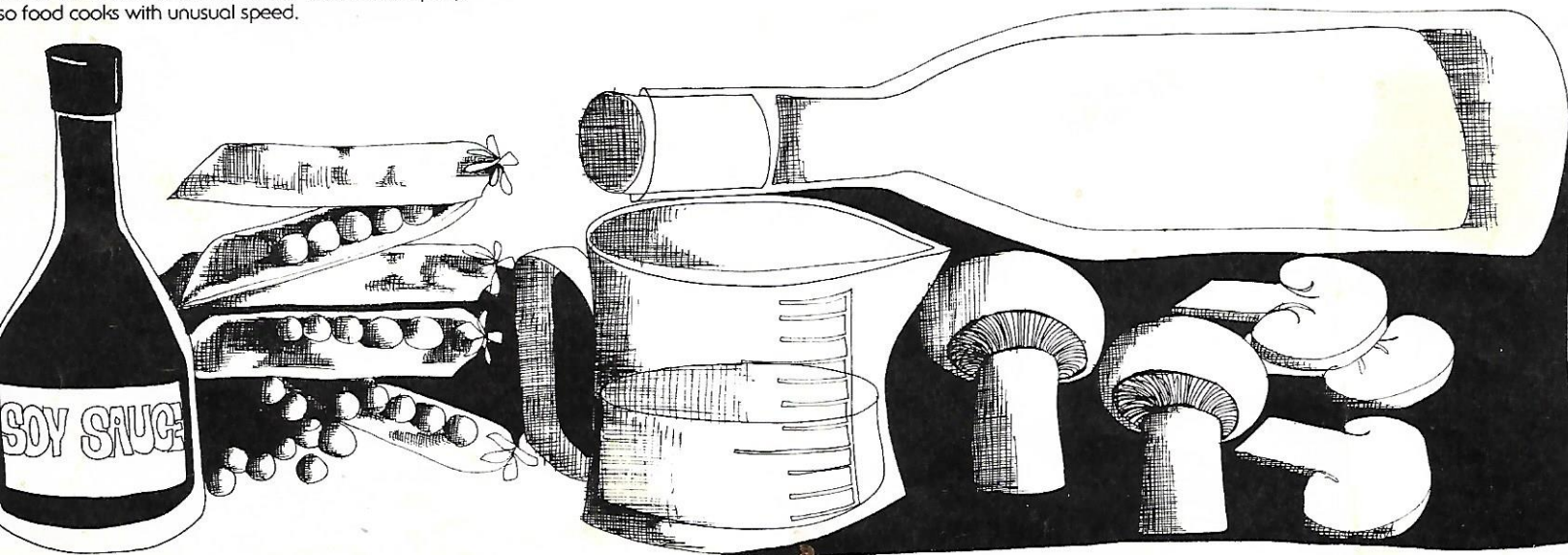
1. Wash beans; cut diagonally into 1 1/2-inch lengths.
2. Add oil to Wok, pouring it around sides; preheat at 325°F.—about 2 minutes.
3. Add green beans, garlic; stir-fry 30 seconds to coat beans with oil.
4. Add broth; bring to boil; reduce setting to 200°-225°F.; cover; cook 8 minutes, stirring occasionally. (Beans should be bright green, crisp and crunchy).
5. Remove cover; add salt, sugar, pepper, MSG, sesame oil; stir to blend.
6. Two-three servings.

GREEN BEANS SZECHWAN STYLE

- 1 pound fresh green beans
- 2 tablespoons soy sauce
- 1 tablespoon dry sherry
- 1 tablespoon sesame oil (optional)
- 1/2 teaspoon sugar
- 1 tablespoon hoisin sauce
- 3 cups peanut oil
- 3/4 cup minced Chinese Roast Pork* (page 9)
- 1 clove garlic, minced

1. Wash, dry beans; cut ends off; leave beans whole.
2. Prepare seasoning sauce: combine soy sauce, sherry, sesame oil, sugar, hoisin sauce; blend; set aside.
3. Add oil to Wok; preheat at 400°F.—about 11-12 minutes.
4. Add one fourth the beans; deep-fry until they wrinkle—about 2-3 minutes; remove from oil with slotted spoon; drain on paper towels; repeat until all beans are fried.
5. Turn dial to Off; remove plug from wall outlet; pour oil out of Wok; return 1 tablespoon oil to Wok; plug cord back into wall outlet; preheat at 325°F.—about 1 minute.
6. Add Roast Pork, garlic; stir-fry 2 minutes; add beans, seasoning sauce; continue cooking 1 1/2 minutes, stirring all ingredients with sauce; serve immediately.
7. Four-six servings.

*May substitute 6-ounces fresh pork, minced.





DEEP-FRYING

Using a Wok for deep frying is convenient and efficient. The oil in the curved bottom of the Wok heats rapidly, so food cooks with unusual speed.

SPRING ROLLS

Spring Rolls, called Egg Rolls in America, are filled rolls, deep-fried and served with a variety of sauces. To make preparation easy, the spring roll wrappers may be purchased by the pound in a Chinese market.

For persons wanting to prepare their own doilies, a recipe follows. Note: The doilies are delicate, making preparation of the Spring Rolls a little tricky.

DOILY BATTER

- 2 eggs
- 2¼ cups water
- 2 cups sifted flour
- Melted butter

1. Combine eggs, water; beat together; add flour; beat until smooth.
2. Preheat 8-inch Sauté or Crepe pan over medium high heat until a few drops of water dance across the surface.
3. Brush pan tightly with melted butter using pastry brush.
4. Measure 3 tablespoons batter into custard cup; pour into pan while rotating pan to evenly coat bottom.
5. Cook about 1 minute or until doily starts to lightly brown on bottom; remove from pan; place flat on cookie sheets or waxed paper to cool; repeat with remaining batter. (Stir batter frequently for best consistency).
6. Makes about 24 doilies.

Note: Doilies may be filled immediately, or frozen for future use. Cornstarch between the doilies will prevent them from sticking. Use the following procedure:

Sift a light dusting of cornstarch onto sheet of waxed paper; add a doily, a little more cornstarch, then top with another sheet of waxed paper. Continue as before until all doilies are used. Keep stacks of doilies flat, and wrap tightly or place in covered plastic container before freezing. Allow frozen doilies to stand at room temperature about 10 minutes before attempting to separate and remove waxed paper.

PORK FILLING

- ½ pound lean pork, ground
- 1 cup bamboo shoots, shredded
- ½ 16-oz. can bean sprouts, drained
- 1 tablespoon instant minced onion
- 2 tablespoons soy sauce
- 1 tablespoon sherry
- 1 tablespoon sesame seeds
- ½ tablespoon cornstarch

1. Sauté pork in large fry pan 3-5 minutes; drain off excess fat.
2. Add bamboo shoots, bean sprouts, onion; cook until pork is well done, stirring frequently—about 2 minutes.
3. Combine soy sauce, sherry, sesame seeds, cornstarch; stir into pork mixture; cook several minutes; cool.
4. Makes 2½ cups filling.

CHICKEN FILLING

- ¼ cup vegetable oil
- 2 large chicken breast halves, minced
- 1 cup shredded bamboo shoots
- 1 cup shredded celery hearts
- ½ cup frozen baby shrimp, thawed, drained
- 1 8-oz. can water chestnuts, diced
- 2 teaspoons salt
- ½ teaspoon white pepper
- Dash Five-Spices Powder (optional)

1. Heat oil in 10-inch fry pan over medium high heat; add chicken; sauté 2 minutes.
2. Add bamboo shoots, celery hearts, shrimp, water chestnuts, salt, pepper, Five-Spices Powder; continue cooking additional 2 minutes, stirring constantly; drain thoroughly.
3. Cool slightly before filling Spring Roll Skins.
4. Makes 3¼ cups filling.

VEGETABLE FILLING

- ¼ cup vegetable oil
- 4 green onions, shredded
- 2 cups shredded Chinese cabbage
- ½ cup minced fresh mushrooms
- 1 8-oz. can water chestnuts, minced
- 2 cups bean sprouts
- 2 teaspoons salt
- ½ teaspoon pepper
- 1 teaspoon MSG (optional)
- ¼ cup dry sherry

1. Heat oil in 10-inch fry pan over medium high heat; add onions, Chinese cabbage, mushrooms, water chestnuts, bean sprouts; sauté 2-3 minutes; drain thoroughly.
2. Add salt, pepper, MSG, sherry; blend thoroughly.
3. Cool slightly before filling Spring Roll Skins.
4. Makes 2½ cups filling.

CRABMEAT FILLING

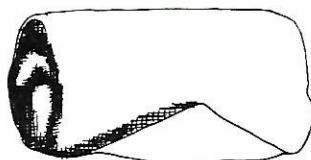
- 1 tablespoon vegetable oil
- ¼ pound lean pork, minced
- 2 tablespoons dry sherry
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil (optional)
- 2 green onions, sliced
- 1 teaspoon sugar
- ½ teaspoon white pepper
- 1 8-oz. can water chestnuts, minced
- 1 6-7 oz. can crabmeat, shredded

1. Heat oil in 10-inch fry pan over medium high heat; add pork; sauté 3 minutes or until completely cooked; remove from heat.
2. Add sherry, soy sauce, sesame oil, onions, sugar, white pepper, water chestnuts, crabmeat; blend thoroughly.
3. Cool slightly before filling Spring Roll Skins.
4. Makes 2½ cups filling.

**TO ASSEMBLE AND
DEEP-FRY SPRING ROLLS**

1 tablespoon cornstarch
½ cup cold water
Dillies or Wrappers*
4 cups peanut oil

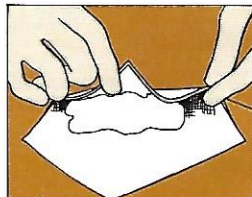
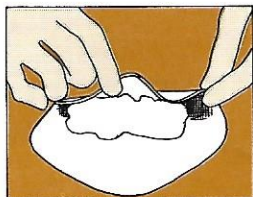
1. Combine cornstarch, water.
2. If using homemade dillies, trim off crusty edges before attempting to fill.



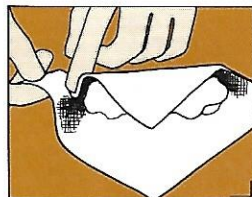
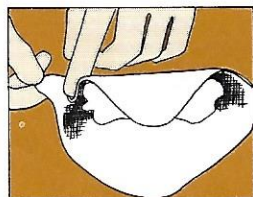
DOILY

WRAPPER

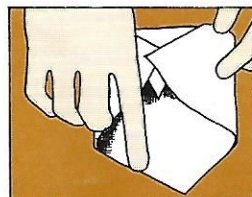
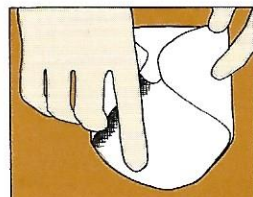
3. Place filling in cylinder shape as shown. Use 1 tablespoon for each doily; ¼ cup for each wrapper. Note: Keep wrappers covered while assembling Spring Rolls—prevents edges from drying.



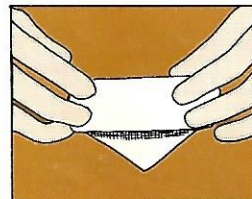
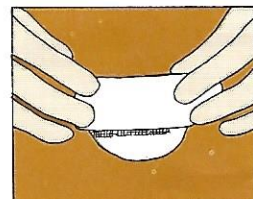
4. Fold doily or wrapper over the filling; brush cornstarch mixture around edges.



5. Fold both sides in.



6. Finish by rolling the enclosed filling in the doily or wrapper; press firmly to seal; set aside, with folded flap down. Continue until all rolls are assembled.



7. Pour oil into Wok; preheat at 400°F, setting about 17-18 minutes. (oil should be 365°-375°F.). DO NOT COVER WOK.

8. Fry the Spring Rolls, 2-3 at a time, until crisp and golden brown—about 5 minutes, turning Rolls over at 2½ minutes. (Increase setting to 425°F after first batch has been added, to maintain oil at proper temperature for remaining Rolls). Drain on paper towels; serve immediately.

9. Serve with dipping sauces of your choice.

10. May be served as an appetizer or an entree!

*Use 7-inch square Spring Roll Wrappers.

SHRIMP IN THE SHELL

- 12 fresh jumbo shrimp (about 1 lb.)
- 1 cup peanut oil
- 2 cloves garlic
- 2 green onions, shredded
- 1 slice ginger root, ½" thick
- 3 tablespoons soy sauce
- 2 tablespoons dry white wine
- 1 teaspoon sugar

1. Wash shrimp; open backs by cutting thru shell with kitchen shears; devein shrimp but do not remove shells; dry thoroughly on paper towels.
 2. Add oil to Wok, pouring it around sides; add garlic cloves, onions, ginger root; preheat oil at 325°F. — about 3-4 minutes; remove garlic cloves, onions, ginger root when browned.
 3. Add shrimp to Wok, 4 at a time; fry 1 minute each side; remove with slotted spoon; drain on paper towels; repeat with remaining shrimp.
 4. Pour oil from Wok; return shrimp to Wok; add soy sauce, wine, sugar; stir-fry 1 minute.
- Note: Turn dial to Off and remove plug from wall outlet while pouring oil from Wok; return setting to 325°F. for last 1 minute of stir-frying.
5. Serve immediately with a sauce of your choice.
 6. Twelve servings as appetizer; four servings as entree.

FISH PUFFS

- 1 pound frozen fish fillets, thawed, minced
- 1 teaspoon minced ginger root
- 3 green onions, minced
- 2 tablespoons minced water chestnuts
- 1 egg
- 2 tablespoons dry white wine
- 1 teaspoon salt
- Dash pepper
- 2 teaspoons cornstarch
- 1 clove garlic, minced
- ½ teaspoon Five-Spices Powder (optional)
- 3 cups peanut oil

1. Combine fish, ginger root, onions, water chestnuts, egg, wine, salt, pepper, cornstarch, garlic, Five-Spices; blend thoroughly; refrigerate at least 1 hour; form into 1-inch balls, (about 1 level tablespoon).
2. Pour oil into Wok; preheat at 400°F. — about 11-12 minutes. (Increase setting to 425°F. after first batch has been added).
3. Deep fry 6 balls at a time; brown on all sides—about 2 minutes; stir occasionally; remove with slotted spoon; drain on paper towels.
4. Serve with Sweet-And-Sour Sauce (page 30).
5. Thirty servings as appetizer; five servings as entree.

SHRIMP TOAST

- 1 tablespoon water chestnut powder
- 1 teaspoon dry sherry
- 1 tablespoon soy sauce
- ½ pound frozen shrimp, thawed, minced
- ¼ cup water chestnuts, minced
- 1 egg
- 3 green onions, minced
- 1 teaspoon minced ginger root
- 1 teaspoon salt
- 1 tablespoon sesame seeds
- ½ teaspoon sugar
- 6 slices stale white bread
- 3 cups peanut oil

1. Combine water chestnut powder, sherry, soy sauce in mixing bowl; blend thoroughly.
2. Add shrimp, water chestnuts, egg, onions, ginger root, salt, sesame seeds, sugar; blend thoroughly; refrigerate 2 hours.
3. Trim crusts from bread slices; cut each slice into 4 triangles.
4. When ready to cook, spread 1 tablespoon shrimp mixture over each bread triangle.
5. Pour oil into Wok; preheat at 375°F. — about 11-12 minutes.
6. Holding triangle in your fingers, gently lower bread into oil with shrimp side down; fry 5-6 triangles at a time for 45-60 seconds; turn with slotted spoon; fry additional 45-60 seconds or until golden brown. (Note: Do not be concerned if triangles flip over with shrimp side down; they will be done in the 1½-2 minutes.)
7. Remove triangles with slotted spoon; drain on paper towels; serve immediately.
8. Twenty-four appetizers.

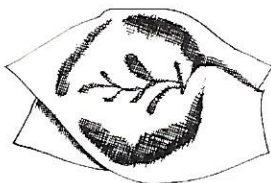
SWEET AND SOUR FISH

- 1 recipe Tempura Batter #1 (page 26)
- 1 pound frozen fish fillets
- ¼ cup peanut oil
- ¼ cup wine vinegar
- 2 tablespoons dark corn syrup
- ¼ cup water
- ½ teaspoon salt
- ¼ cup ketchup
- ½ cup shredded carrot
- 1 medium tomato, peeled, chopped
- ½ cup chopped green pepper
- 3 cups peanut oil

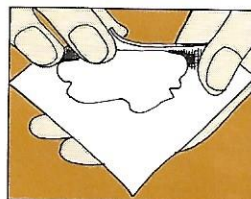
1. Prepare Tempura Batter #1; let stand at room temperature 1 hour.
2. Place package of frozen fish in cold water for 20 minutes; remove from package; cut into 1-inch cubes; set aside. (Do not separate into fillets).
3. In 2-quart sauce pan, combine oil, vinegar, corn syrup, water, salt, ketchup; cook over medium heat, stirring occasionally, until sauce thickens slightly—about 3 minutes.
4. Add carrot, tomatoes, green pepper; cook additional 2 minutes; stirring constantly; (do not overcook); remove from heat; set aside.
5. Pour oil into Wok; preheat at 400°F. — about 11-12 minutes. (Increase setting to 425°F. after first batch has been added, to maintain oil at proper temperature).
6. Dip fish cubes into batter; fry 8 cubes at a time until golden brown on all sides—about 4 minutes; stir occasionally; remove with slotted spoon; drain on paper towels; repeat with remaining fish cubes.
7. Reheat sauce; serve with fish cubes; serve immediately.
8. Four-six servings.

FRIED WON TON

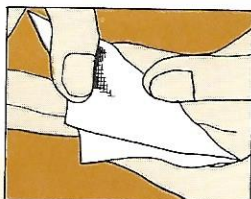
- 1 tablespoon cornstarch
- ½ cup cold water
- 1 cup Spring Roll Filling*
- Won Ton Wrappers**
- 4 cups peanut oil



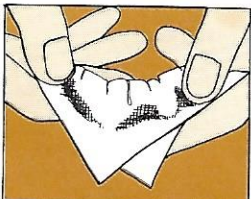
1. Combine cornstarch, cold water.
2. Place ½ tablespoon filling in center of wrapper; brush cornstarch mixture around edges.
Note: Keep wrappers covered while assembling Won Ton—prevents edges from drying out.



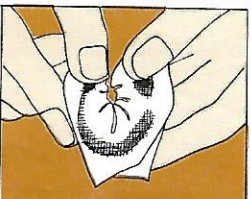
3. Fold one corner up over the filling at an angle to make 2 askew triangles.



4. Pull the bottom corners of the triangles gently down below their base.



5. Overlap tips of 2 corners slightly; pinch together; set aside; continue until all Won Ton are assembled.



6. Pour oil into Wok; preheat at 400°F, setting about 17-18 minutes. (oil should be 365°-375°F.). DO NOT COVER WOK.
7. Fry the Won Ton, 5-6 at a time, until crisp and golden brown both sides—about 2½-3 minutes. (Increase setting to 425°F. after first batch has been added, to maintain oil at proper temperature for remaining Won Ton). Drain on paper towels; serve immediately.
8. Makes 32 servings as an appetizer; serve with dipping sauce of your choice.
9. Makes eight servings as an entree; serve with Pineapple Sweet/Sour Sauce.

*See Spring Roll Fillings, page 22.

**Use eight 7-inch square Spring Roll Wrappers cut in quarters.

PINEAPPLE SWEET/SOUR SAUCE

- 3 tablespoons cornstarch
- 1½ cups chicken broth
- 2 tablespoons soy sauce
- ½ cup wine vinegar
- ½ cup sugar
- ½ teaspoon salt
- 1 teaspoon minced ginger root
- 1 20-oz. can crushed pineapple*, undrained
- 10 maraschino cherries, halved
- 1 cup shredded green pepper

1. Combine cornstarch, broth in 2-quart sauce pan; blend thoroughly.
2. Add soy sauce, vinegar, sugar, salt, ginger root, pineapple; blend.
3. Cook over medium high heat about 15 minutes or until sauce thickens; stir constantly.
4. Stir in cherries, green pepper.
5. Serve with Fried Won Ton.
6. Makes about 5 cups.

*Packed in unsweetened juice.

TEMPURA

A Japanese frying technique using a thin batter and small pieces or slices of food, resulting in a delicate, crunchy product.

TO PREPARE TEMPURA

1. Prepare foods to be used for Tempura frying (they should be bite-size or cut in thin slices). Arrange attractively on platter.
2. Prepare dipping sauces and seasonings to be used.
3. Prepare favorite batter.
Note: Batter #1 must stand at room temperature 1 hour. Batter #2 should be prepared just before using.
4. Pour 4 cups peanut oil in Wok; preheat at 400°F. setting about 17-18 minutes. (oil should be 365°-375°F.). DO NOT COVER WOK.
5. Using tongs or chopsticks, coat foods to be fried one-by-one with batter; drop into hot oil.
6. Fry 3-4 items at a time in hot oil until lightly golden brown on both sides—about 2-3 minutes. (Increase setting to 425°F. after first batch has been added, to maintain oil at proper temperature). Remove with slotted spoon or strainer spoon to plate for draining; serve immediately.
7. Each person should be given little side dishes or a divided dish for dipping sauces and seasonings.

BATTER #1

- 2 eggs
- 1 1/3 cups flour
- 1 teaspoon salt
- 1 cup flat beer

1. Beat eggs in medium-size bowl; blend in 1/3 cup flour, salt.
2. Add beer alternately with remaining flour, beating after each addition.
3. Let batter stand at room temperature one hour.

BATTER #2

- 1 egg yolk
- 2 cups ice-cold water
- 1/8 teaspoon baking soda
- 1 1/3 cups flour

1. Combine egg yolk, ice water, baking soda in large mixing bowl.
2. Sift in the flour, mixing with wooden spoon; blend thoroughly.
Note: Batter should be thin—will run easily off of spoon.
3. Ideally batter should be used shortly after being made.

SUGGESTED FOODS FOR TEMPURA FRYING

- Raw shrimp, shelled and deveined
- Scallops
- Lobster chunks, 1 1/2"
- Sweet potato rounds, 1/4" thick
- Green beans, fresh or frozen (thawed)
- Mushroom caps, fresh*
- Eggplant, quartered then cut in 1/2" slices
- Snow peas, fresh or frozen (thawed)
- Carrot sticks, 3 x 1/4"
- Celery sticks, 3 x 1/4"
- Chicken livers, halved
- Zucchini, 1/4" diagonal slices

*If mushrooms are large, do not remove stem; cut in half by slicing thru cap and stem.

SUGGESTED DIPPING SAUCES AND SEASONINGS

- Japanese soy sauce
- Grated white radishes
- Lemon juice
- Sweet-And-Sour Sauce*
- Hot Sweet Mustard Sauce*

*See recipes on page 30.

SESAME FISH

- 1 pound frozen fish (sole, flounder)
- 1 slice ginger root, quartered
- 2 green onions, cut in 2" pieces
- 1/4 cup water
- 2 tablespoons dry sherry
- 1 teaspoon salt
- 1/2 teaspoon Five-Spices Powder
- 2 egg whites
- 1/4 cup cornstarch
- 1/2 teaspoon sugar
- 1/2 teaspoon salt
- 1 1/2 cups sesame seeds, toasted
- 3 cups peanut oil

1. Thaw fish; separate into fillets; cut fillets into diagonal slices about 3" x 4" (should be 16-18 pieces); set aside.
2. Combine ginger, onions, water, sherry, salt, Five-Spices; pour over fish; stir to coat pieces.
3. Beat egg whites slightly; add cornstarch, sugar, salt; blend thoroughly.
4. Drain fish pieces; brush with cornstarch mixture; then dip into sesame seeds to coat both sides; arrange on waxed paper-lined baking sheet; refrigerate at least 30 minutes.
5. Pour oil into Wok; preheat at 400°F. —about 11-12 minutes. DO NOT COVER WOK. (Increase setting to 425°F. after first batch has been added, to maintain oil at proper temperature).
6. Add fish, 3 pieces at a time; fry 2-3 minutes or until golden brown on both sides; drain on paper towels; continue until all fish is fried.
7. Sixteen appetizers or four servings as an entree.

HOT-POT



ORIENTAL FONDUE

- 2 pounds lean, boneless pork or beef, $\frac{3}{4}$ " thick
- Several Chinese cabbage leaves
- 5 cups chicken broth
- 2 cups Chinese cabbage, cubed

1. Place meat in freezer for 1 hour or until meat is slightly firm (makes slicing easier); cut into wafer-thin strips, $\frac{3}{4}$ -inch wide, 2-inches long.
2. Roll strips; arrange on platter lined with Chinese cabbage leaves, garnish with parsley.
3. Pour chicken broth into Wok; add Chinese cabbage; cover; preheat at 300°F. until broth boils—about 10-12 minutes; remove cover.
4. Using tongs or chop sticks, drop rolled meat into simmering stock (about 12 rolls at a time); cook 2-3 minutes; remove with slotted spoon or strainer spoon to plate.
5. Each person should be given little side dishes or a divided dish for dipping sauces and seasonings.

SUGGESTED DIPPING SAUCES AND SEASONINGS

- Soy Sauce
- Hot Sweet Mustard Sauce*
- Plum Sauce*
- Lemon Juice
- Sweet-And-Sour Sauce*

*See recipes on page 30.

WON TON SOUP

FILLING

- ¼ pound lean pork, ground
- 1½ tablespoons soy sauce
- ¼ teaspoon salt
- 2 tablespoons minced onion
- 1 teaspoon ground ginger

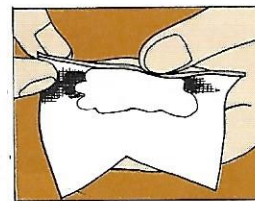
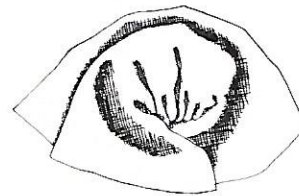
1. Sauté pork in fry pan several minutes; drain off excess fat.
2. Add soy sauce, salt, onion, ginger; cook until pork is well done, stirring frequently; cool.
3. Makes 1 cup filling.
Note: Use half of the filling to make 16 Won Ton for soup; freeze other half for future use.

TO ASSEMBLE AND COOK WON TON

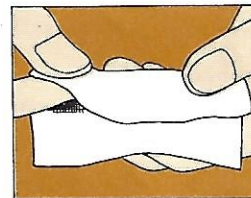
- 1 teaspoon cornstarch
- ¼ cup cold water
- Won Ton Wrappers*
- 8 cups chicken broth

1. Combine cornstarch, water.

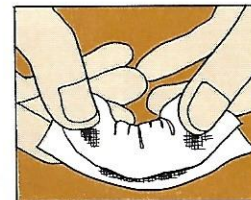
2. Place ½ tablespoon filling in cylinder shape as shown.
Note: Keep wrappers covered while assembling Won Ton—prevents edges from drying out.



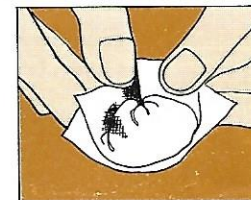
3. Roll one side of wrapper over filling; tuck edge under.



4. Roll into a tube, leaving ½-inch of unrolled wrapper; insert a finger in each end.



5. Pull ends around until they slightly overlap; moisten ends with cornstarch mixture; pinch ends together; set aside; continue until all Won Ton are assembled.



6. Pour chicken broth into Wok; cover; preheat at 300°F. until broth boils—about 15-16 minutes.
7. Remove cover; add Won Ton; replace cover; bring back to boil—about 2 minutes; reduce setting to 200°-225°F.; simmer, covered about 20 minutes or until Won Ton are cooked; stir after 10 minutes.

8. Serve hot as soup.

9. Eight servings.

*Use four 7-inch square Spring Roll Wrappers cut in quarters.



SAUCES

HOT SWEET MUSTARD SAUCE

- ¼ cup dry mustard
- 2 tablespoons vegetable oil
- 2 tablespoons water
- ¼ cup sugar
- 1 tablespoon cornstarch
- ½ teaspoon salt
- ½ cup water
- ¼ cup white vinegar

1. In small bowl, combine mustard, oil; blend thoroughly.
2. Gradually add water stirring constantly to form smooth paste.
3. Stir together sugar, cornstarch, salt in a 1-quart sauce pan; gradually add water, vinegar; blend thoroughly.
4. Cook over medium heat, stirring constantly, until mixture thickens—about 10 minutes.
5. Gradually add to mustard mixture, stirring constantly, until sauce is blended.
6. Store in covered jar in refrigerator; stir before serving.
7. Makes 1 cup.

SWEET-AND-SOUR SAUCE

- 1 tablespoon butter or margarine
- 1 cup water
- ½ cup wine vinegar
- 3 tablespoons soy sauce
- ¼ cup sugar
- 1 tablespoon cornstarch
- 3 tablespoons dry sherry

1. Melt butter in 2-quart sauce pan over medium heat.
2. Add water, vinegar, soy sauce, sugar; blend; bring to boil; simmer 5 minutes.
3. Combine cornstarch, sherry; slowly stir into simmering liquid.
4. Simmer, stirring constantly until thickened.
5. About 2 cups sauce.

PLUM SAUCE

- 1 cup plum jam, jelly or preserves
- ½ cup applesauce
- ½ teaspoon ground ginger
- 2 teaspoons cornstarch
- 2 teaspoons soy sauce
- 2 teaspoons wine vinegar

1. Combine plum jam, applesauce in sauce pan; bring to boil over medium heat.
2. Combine ginger, cornstarch, soy sauce, vinegar; stir into jam/applesauce mixture; cook, stirring constantly until mixture thickens—about 12 minutes.
3. Cool, then refrigerate.
4. Makes about 1 cup.

