

CHINESE RECIPES





CHINESE RECIPES

Prawns with Black Beans

Ingredients

- 2 cups raw prawns
- 1 onion
- 1 tbsp thinly sliced red capsicum
- 1 tbsp thinly sliced green capsicum
- 1 tsp finely chopped garlic
- 1 tsp finely chopped ginger
- 2 spring onion, cut into thin strips
- 1 tbsp light soy sauce
- 1 tsp oyster sauce
- 1 tbsp black beans
- 1 tbsp oil

Method

Cut the top of shell of prawns and devein them .

Wash the prawns .

Wash the black beans, and chop it finely .

Put the prawns in the dish .

Mix all the remaining ingredients except oil

Pour the mixture over the prawns .

Top it with oil .

Cover and steam for 10 minutes .

Serve hot with rice .



CHINESE RECIPES

Mongolian Lamb

Ingredients

500 gms boneless lamb, cut into thin strips
2 tbsp vegetable oil
1 tbsp soy sauce
1 tbsp cornstarch
1/2 tsp grated ginger
salt as per taste
pepper as per taste
1 tsp minced garlic
2 onions, thinly stripped
1 tbsp sesame oil
1 tbsp rice wine

Method

Marinate chicken for 2-3 hours
Heat oil in a wok
Saute onion till transparent
Add marinated lamb, stir-fry till cooked (approx 2-3 minutes)
Sprinkle some sesame oil and sesame seeds .



CHINESE RECIPES

Hakka Noodles

Ingredients

2 cups boiled flat noodles (marketed also as hakka noodles)
3 dried red chillies
1 small bunch spring onion
1 small capsicum thinly sliced
1/2 cup shredded cooked ham
2 tsp. garlic finely chopped
1/2 tsp. vinegar
salt to taste
1 1/2 tbsp. oil

Method

Chop the spring onions into 1/4" pieces cut slanting.
Pound red chillies and garlic coarsely.
Heat 1 tbsp. oil, add chilli and garlic and fry for a minute.
Add the capsicum and fry till tender.
Add the spring onion and fry again for 2-3 minutes.
Add noodles and ham and salt and mix well.
Add vinegar to taste.
Heat very well in oven or microwave before serving.
Serve with schezuan sauce or manchurian in gravy.



CHINESE RECIPES

Chicken Chop Suey

Ingredients

2 chicken breast, cut into small pieces	1/2 cup sliced bamboo shoots
1/2 cup sliced celery	1 tsp ginger paste
1 1/2 cup bean sprouts, washed and drained	1/2 tsp garlic paste
1 can water chestnut drained	2 tbsp soy sauce
2 onion, thinly sliced	1 tbsp cornstarch
1/2 cup mushrooms sliced	1 1/2 cup chicken stock
	salt as per taste

Method

Marinate chicken pieces with soy sauce, ginger, onion and garlic for 1 hours

Put in casserole and microwave for 8-9 minutes .

Dissolve cornstarch in chicken stock .

Pour on the chicken .

Mix in all the remaining ingredients .

Microwave it uncovered for 20 minutes till sauce thickens, stir 2-3 times in-between .

Serve hot with rice .



CHINESE RECIPES

Shrimp Chow Mein

Ingredients

1 packet chow mein noodles

500 gms peeled,

deveined uncooked shrimps

1 tbsp vegetable oil

1/2 tbsp sesame oil

1 tbsp dry sherry

2 cups diagonally sliced celery

6 small broccoli florets

1/4 red capsicum, julienne strips

1/4 cup green capsicum, julienne strips

1 small carrot, julienne strips

1/2 cup chopped spring onion

Method

Cook chow mein noodles as per instruction on packet .

Drain from water, pass through cold water and drain .

Separate and cool the noodles .

Toss with sesame oil, keep aside .

Heat oil in a wok .

Add shrimps and saute till opaque from center (approx 1-2 mins) .

Add the sauce, stir-fry for a minute .

Add stir-fried vegetables and cook for a minute .

Add the noodles, mix it well .

Saute for 2 minutes . Serve hot .



CHINESE RECIPES

Rice Meatballs

Ingredients

1/2 cup uncooked rice grains
1/2 kg ground meat
1 egg, beaten
1 onion, chopped finely
1 tbsp cornstarch
1 tbsp worcestershire sauce
1/8 tsp garlic powder
salt as per taste
pepper as per taste

Method

Wash and soak rice for 5-6 hours, later drain it .
Make small balls from meat mixture .
Place the rice in flat plate .
Roll the balls over the rice, so they completely coated with it .
Place the meatballs in steamer .
Steam the meatballs for 30 minutes .
Remove and serve hot .



CHINESE RECIPES

Stir-Fried Vegetables

Ingredients

- | | |
|--------------------------------------|-----------------------------|
| 1 green capsicum, cut into strips | 1 cup bean sprouts |
| 1 red capsicum, cut into strips | 1 tsp freshly minced ginger |
| 2 onions, sliced diagonally | 1 tsp garlic, minced |
| 1/2 cup sliced mushroom | 1/4 cup dry sherry |
| 1 cup broccoli florets | 2 tbsp oil |
| 1 carrot, thinly sliced | 1/2 cup chicken stock |
| 1 spring onion, sliced diagonally | 1/4 cup water |
| 1 zucchini, thinly sliced diagonally | 2 tbsp light soy sauce |
| 2 stalks celery, diagonally sliced | 1 tbsp cornstarch |

Method

Heat oil in a wok .Saute onion, ginger, garlic and dry sherry for 3-4 minutes .Add all the vegetables .

Stir-fry for 5 minutes till vegetables are crisp .Pour in the prepared sauce .Cook on high flame till sauce thickens .

Serve hot .Method for Chicken.Heat oil in a skillet .Dip chicken pieces in the batter .Stir-fry the chicken pieces, till cooked .

Remove and keep aside .Stir-fry the carrots, capsicum, add oil if needed .Add chicken pieces again and also onion .

Cook for another 2 minutes .Add the sauce, cook till thickens, approx 2-3 minutes .Serve hot .



CHINESE RECIPES

Oil for deep frying

Ingredients

Grind together to smooth mixture:

- 1 onion, chopped finely
- 1 egg white, beaten
- Pepper as per taste
- 2 cups prawn meat
- 2 tbsp chopped coriander leaves
- 1/4 tsp garlic powder
- 2 tbsp chopped bamboo shoots
- 2 tbsp water

Method

- Slice the breads into 4 triangles .
- Spread mixture evenly on the breads .
- Put the sesame seeds in a flat plate .
- Put the mixture coated side of bread into sesame seed plate .
- Press a lit, so the slice is completely coated with sesame seeds .
- Heat oil .Deep fry till light golden, from both sides .
- Remove and drain .Serve hot .



CHINESE RECIPES

Shrimp Wonton

Ingredients

1 packet wonton wrapper
mix together for the filling
1 tbsp freshly grated ginger
1/4 cup finely chopped spring onion
1/4 tsp white pepper powder
1/4 cup chopped celery
1 egg
salt as per taste
oil for deep frying
2 cup finely minced shrimps
1 cup minced, cooked crabmeat
1 tbsp soy sauce

Method

Put 1/2 tbsp filling at the center of wrapper .

Press the edges of wrapper, so the filling is enclosed and a small packet type is formed .

Heat oil .Deep fry the wontons till golden brown .

Serve hot with soy sauce .



CHINESE RECIPES

Fried Bean Sprouts

Ingredients

- 1/4 kg fresh bean sprouts
- 1 cup diagonally sliced spring onion
- 2 tbsp vegetable oil
- 1 tbsp oyster sauce
- 1 tbsp light soy sauce
- 1/2 tsp sugar
- 1 tbsp rice vinegar
- 1 tsp minced garlic

Method

- Wash and Drain bean sprouts .heat oil in wok .Saute garlic and spring onion for a minute
- Add bean sprouts .
- Stir-fry for a minutes .
- Add all the sauces and remaining ingredients .
- Stir-fry for another 2 minutes .
- Serve hot .



CHINESE RECIPES

Crab-SnowPeasCurry

Ingredients

- 1/2 kg crab meat
- 1/4 kg snow peas
- 1 tsp shredded ginger
- 2 tbsp peanut oil
- 1/2 cup chicken broth
- 1 tbsp onion paste
- 1/4 tsp garlic paste
- 1/2 tsp white pepper powder
- 1 tbsp soy sauce
- 1 tbsp cornstarch dissolved in 1/4 cup water

Method

- Heat oil very hot
- Saute crab meat for 2 minutes
- Add ginger, onion paste, and garlic
- Saute for another minute
- Add snow peas and remaining ingredients
- Cook for 7-8 minutes, till gravy thickens
- Serve hot with rice .



CHINESE RECIPES

Noodle Soup

Ingredients

6 cups chicken stock
1/2 packet clear noodles
1 1/2 tsp freshly minced ginger
1/2 cup sliced mushrooms
1 carrot, sliced diagonally
Pepper as per taste
Salt as per taste
2 tbsp chopped spring onion
1 tbsp soy sauce
1 onion, chopped finely
1 cup snowpeas, diagonally cut into 2-3 pieces
1 tsp sesame oil
1/4 tsp crushed dry red chillies
2 tbsp vegetable oil

Method

Put crushed chilli and sesame oil .Keep aside for atleast 1 hour to get the flavour of chilli in oil .

Put noodles in boiling water, cover it .Let it stand for 5 minutes .Drain and run it through cold water

Separate the noodles and let it cool .Heat vegetable oil in a wok .Add onion, saute for 2 minutes

Add carrots and ginger and stir-fry for another 2-3 minutes .Add stock, soy sauce .Bring it to boil

Add mushrooms, noodles and salt .Boil it for another 2 minutes .Add snowpeas, let it boil till snowpeas are tender (approx 3-4 mins)

Add chilli flavoured sesame oil, pepper .Serve hot while garnishing with spring onion



CHINESE RECIPES

SteakinOysterSauce

Ingredients

1/2 kg steak, cut into bit-size pieces
3 tbsp vegetable oil
1/4 cup stock

Mix together for sauce

2 tbsp oyster sauce
1 tbsp soy sauce
1 tbsp cornstarch
1/2 tsp grated fresh ginger
1 tbsp water
salt to taste
1/4 tsp garlic powder
1 tsp tomato ketchup

Method

Heat oil in a wok .
When oil is very hot, put the steak pieces .
Stir-fry for 2-3 minutes .
Add stock and sauce .
Let it cook till sauce thickens .
Serve hot .



CHINESE RECIPES

Deep-Fried Ice-cream

Ingredients

2 packets vanilla ice-cream
1/2 tsp vanilla essence
2 cups cookie crumbs
1 cup dry bread crumbs, powdered finely
1/4 cup coconut, desiccated
1 egg, beaten
oil for deep frying
Scoop and roll ice-cream into 6 balls

Method

Freeze for 2 hours .
Mix cookie crumbs, vanilla essence and 1 egg beaten .
In a separate bowl mix bread crumbs and coconut powder .
Dip the ice-cream balls in above mixture .
Roll in coconut-crumb mixture .
Put in deep freezer for 8-10 hours .
Heat oil for deep frying .
Fry ice-cream balls, one at a time till golden brown .
Serve with ice-cream sauce of your choice .



CHINESE RECIPES

HoneyChicken

Ingredients

1/2 kg skinless,
boneless chicken breast
cornflour for dusting
oil for deep frying
make batter of:
1/2 cup plain flour
1/4 cup cornflour
1/4 cup bread crumbs
1/2 tsp baking powder
salt as per taste

pepper as per taste
2 egg whites
1 tbsp milk
pinch of cinnamon

For Sauce:

1/4 cup melted butter
1/2 cup clear honey
1 tbsp lemon juice

Method

Heat oil .
Cut chicken into small pieces .
Dust chicken with cornflour .
Dip into batter .
Deep fry for a minute till batter is if firm .
Remove and drain .
Mix honey, butter and lemon juice .
Pour over fried chicken .
Serve hot .



CHINESE RECIPES

Szechuan Soup

Ingredients

1 cup thinly stripped tofu	2 eggs
1/4 cup shredded bamboo shoots	1 tbsp soy sauce
2 tbsp shredded carrot	1/2 tsp chilli sauce
1/4 cup thinly sliced mushroom	2 tbsp vinegar
1 cup thin strip of chicken meat or lean pork	1 tsp cornstarch
1/2 cup finely chopped spring onion	3 cups chicken stock
1/2 cup water chestnut, thinly sliced	2 cups water
2 garlic cloves, finely chopped	1 tbsp sesame oil
1 tbsp fresh grated ginger	salt as per taste
2-3 red hot chillies, deseeded and cut into thin strips	pepper as per taste

Method

Put mushroom in boiling water .Cover with lid, remove from fire and let it stand for 20-30 minutes .

Drain and keep aside .Heat oil in a sauce pan .Saute mushroom, ginger and garlic for 2 minutes .

Add chicken pieces .Let it cook till it turns white .Add bamboo shoots and carrots .Cook for another 2 minutes .

Add water and chicken stock and bring it to boil .Simmer for 5 minutes .Dissolve cornstarch in 3 tbsp water .

Slowly stir mixture into soup .Stir till soup boils .Add water chestnut, vinegar and soy sauce .

Add tofu, spring onion, salt and pepper .Bring it to boil again .Beat the eggs Slowly pour the eggs, stirring soup vigorously .Serve hot



CHINESE RECIPES

Spring Rolls

Ingredients

maida 3/4th cup

salt to taste

oil 1 teaspoon

1 tsp chopped celery

1/2 cup onion cut lengthwise

1/2 cup capsicum cut lengthwise

oil for frying.

1/2 cup cabbage cut lengthwise

1/4th teaspoon ajinomoto

1/4th cup beansprouts

2 teaspoon soya sauce

1 teaspoon vinegar

1 teaspoon chilli sauce

Method

Mix 3/4th cup maida with 1/4 teaspoon salt, 1/2 teaspoon oil. Add enough water and make a soft dough. Divide into 5 parts. Roll into puris.

Separate 4 puris, spread 1 teaspoon oil and 1/2 teaspoon maida on 4 puris. Make a stack and cover the stack with the fifth puri. Roll and make a ten inch chapati.

Bake quickly on hot tava lightly on both sides. Remove from heat separate each chappati, keep aside covered.

Filling:

Heat 1 teaspoon oil. Add 1/2 cup onion cut length, stir fry lightly. Add 1/2 cup Capsicum cut lengthwise, 1/2 cup cabbage, 1 teaspoon chopped celery, ajinomoto, 1/4th beansprouts, 2 teaspoon soyasauce, 1 teaspoon vinegar, 1 teaspoon chilli sauce. Stir for 4-5 min. Cool.



CHINESE RECIPES

Chinese Hot and Sour Onions

Ingredients

2 large white onions
3 fresh red hot chillies
2 tbsp. oil
1 1/2 tsp. white vinegar
1 1/2 tsp. brown vinegar
3-4 pinches pepper powder
1/4 tsp. sugar
salt to taste

Method

Peel and halve onions, chop into eight chunks each half.
Slice chillies thin and diagonally.
Heat oil, add chillies and onions, stirfry for 3-4 minutes.
Add all other ingredients, saute further 2 minutes.
Serve hot, with rice or bread.



CHINESE RECIPES

Vegetable Spring Rolls

Ingredients

For filling:

1/2 cup mixed vegetables julienned
1 tsp. capsicum thinly sliced
1 bunch spring onion cut 1 pieces
1/4 cup bean sprouts
1 onion finely chopped
1/4 cup boiled noodles
salt to taste
chilli sauce
1 green chilli finely chopped (optional)
1/2 tsp. vinegar
1 tbsp oil

For cover:

1/2 cup plain flour
1/2 cup cornflour
2 tbsp. hot oil
1/3 cup water
1/3 cup milk

Method

Mix all ingredients and form batter. Make thin round pancakes on a hot griddle. Do not over roast.

Cool .Heat oil in a wok, add all vegetables. Stir fry, add noodles. Season with salt, chilli sauce and green chilli.

Cool .Put oil in a kadai to deep fry. Place some filling on a pancake end to end. Fold ends and hold, then roll in a tight roll

Seal edge with water. (or a paste of cornflour and water) Deep fry till golden brown. Cut into convenient sized pieces and serve hot with tomato or chilli garlic sauce.



CHINESE RECIPES

Potato Chinese

Ingredients

3 potatoes boiled but firm
1 bunch spring onion chopped into 1" pieces
1 tsp. ginger finely chopped
1 tsp. garlic finely chopped
1/2 tsp. red chilli finely chopped (fresh or dried)
1/2 tsp. sugar
1 tsp. soya sauce
1 tsp. tomato sauce
1 tbsp. cornflour
1/4 cup water
2 tbsp. oil
salt to taste

Method

Mix the cornflour and water. Keep aside. Peel and chop the potatoes into long thick chunks.

Heat oil in a wok or pan, add some potatoes at a time. Fry till light golden brown. Finish all potatoes similarly.

Keep aside. Remove half the oil. In the remaining oil, add the chillies, ginger and garlic. Fry for a minute. Add the potatoes.

Add sauces, salt and sugar. Stir well and add the cornflour solution. Cook till the wateriness is gone.

Add spring onions and stir. Serve hot.



CHINESE RECIPES

Crunchy Fritters

Ingredients

31 capsicum
1 banana
4-5 baby corns
1/2 cup plain flour
1 tbsp. cornflour
1/4 cup rice flour
1 tsp. soya sauce
1/2 tsp. vinegar
1 tsp. green chilli sauce
1" piece ginger grated
2-3 pods garlic grated
salt to taste
oil to deep fry
1 green chilli finely chopped (optional)

Method

Deseed and slit capsicum in thick vertical strips. Slice baby corn in vertical halves.

Peel and stilt the banana vertically in quarters. Keep aside.

Mix the flours, vinegar sauces, ginger, garlic, chilli and salt and make a batter.

The batter should not be too thick, it should coat the vegetables slices thinly.

Heat oil in a frying pan, dip the vegetables, in the batter, piece by piece.

Gently put into the hot oil. Allow to become crisp on medium heat.

Drain and place on a kitchen paper to absorb extra oil.

Serve hot with tomato ketchup or red chilli garlic sauce.



CHINESE RECIPES

Fried Rice

Ingredients

- 1 cup medium grain rice
- 1 bunch spring onions finely chopped
- 1 carrot finely chopped
- 2-3 cabbage leaves finely chopped
- 6-7 french beans finely chopped
- 1 tbsp. oil
- 1 1/2 tsp. soya sauce
- 1 tsp. chilli sauce

Method

- Boil rice till each grain is separate and almost done.
- Drain. Cool in a plate.
- Heat oil in a wok or pan, add vegetables, except spring onions.
- Stir fry till crisp, add spring onions, salt and sauces.
- Mix well and pour over the rice.
- Mix the rice and vegetables gently, till evenly coated.
- Adjust sauces and salt as per taste.
- Just before serving heat very well. Either heat in oven or microwave.
- Serve hot with manchurian vegetable or sweet sour.



CHINESE RECIPES

Hakka Noodles

Ingredients

2 cups boiled flat noodles
3 dried red chillies
1 small bunch spring onion
1 small capsicum thinly sliced
2 tsp. garlic finely chopped
1/2 tsp. vinegar
salt to taste
1 1/2 tbsp. oil
tandoori colour

Method

Chop the spring onions into 1/4" pieces cut slanting.
Pound red chillies and garlic coarsely.
Heat 1 tbsp. oil, add chilli and garlic and fry for a minute.
Add the capsicum and fry till tender.
Add the spring onion and fry again for 2-3 minutes.
Add noodles and salt and mix well.
Add tandoori colour and vinegar to taste.
Heat very well in oven or microwave before serving.
Serve with schezwan sauce or manchurian in gravy.



CHINESE RECIPES

Bean Sprouts (Bland)

Ingredients

1 cup bean sprouts
1 1/2 cup water
1 tbsp. cornflour
1 tsp. grated ginger
1/2 tsp. soya sauce
1 tbsp. spring onion finely chopped
1/2 tbsp. oil
salt and pepper to taste

Method

Boil the sprouts so that they are done but not soggy.
Drain and spread on a plate. Mix the cornflour in 1/2 cup water.
Heat oil in a pan, add ginger and fry for a minute.
Add the remaining water (1 cup). Bring to a boil.
Add the cornflour mixture, and stir till it comes back to a boil.
Add the soya sauce and salt and pepper to taste.
Pour thick gravy onto the bean sprouts.
Sprinkle the chopped spring onion on top.
Serve hot with steamed rice or fried rice



CHINESE RECIPES

Chow Mien Soup

Ingredients

- | | |
|-------------------------------------|---------------------------------|
| 1/2 capsicum | 1/4" ginger peeled |
| 1 leaf cabbage | 1 pod garlic |
| 1/4 tomato seeded finely chopped | 1/2 dried red chilli deseeded |
| 1 small onion | 1/2 tsp. soya sauce |
| 1" piece carrot peeled | salt to taste |
| 1 leaf spinach stem finely chopped | 1 tsp. oil |
| 1 floret cauliflower | 1 tbsp. cornflour |
| 1 french bean | 3 cups water or vegetable stock |
| 3-4 leaves mint finely chopped | 1/2 tsp. sugar |
| 3-4 leaves coriander finely chopped | |

Method

Very finely chop (either manually or in the electric chopper), the capsicum., cabbage, onion, carrot, cauliflower, bean, ginger, garlic, all together.

Heat oil in a wok or pan, add all vegetables and stir fry for 3-4 minutes.

Add 2 1/2 cups water and bring to a boil.

Meanwhile, mix cornflour in the remaining water and add to the boiling soup.

Stir continuously, till boil is resumed. Cook till the clarity returns.

Add the soya sauce, salt, sugar and crushed chilli.

Stir well. Serve piping hot with green chilli in vinegar and soya sauce.



CHINESE RECIPES

Sesame Chicken

Ingredients

Marinade:

- 3 whole boneless chicken breasts
- 2 tablespoons light soy sauce
- 1 tablespoon cooking wine or dry sherry
- a few drops of sesame oil
- 2 tablespoons flour
- 2 tablespoons cornstarch
- 2 tablespoons water
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon vegetable oil
- 3 1/2 - 4 cups peanut oil for deep-frying

Sauce for sesame chicken:

- 1/2 cup water
- 1 cup chicken broth
- 1/8 cup vinegar
- 1/4 cup cornstarch
- 1 cup sugar
- 2 tb dark soy sauce
- 2 tb sesame oil
- 1 tsp chili paste, or more if desired
- 1 clove garlic (minced)
- 2 tablespoons toasted sesame seeds

Method

Cut the chicken into 1-inch cubes. Mix the marinade ingredients and marinate the chicken for 20 minutes.

To prepare the sauce: mix together all of the sauce ingredients. Pour them into a small pot and bring to a boil, stirring continuously. Sponsored Links

Turn the heat down to low and keep warm while you are deep-frying the chicken.

To deep-fry the chicken: add the marinated chicken pieces a few at a time, and deep-fry until golden brown. Drain on paper towels. Repeat with the remainder of the chicken.



CHINESE RECIPES

Chicken Fried Rice

Ingredients

4 cups cold cooked rice
8 ounces cooked chicken chopped
2 eggs (more if desired)
1/2 cup green peas
1 medium onion, diced
1 green onion, diced
seasonings (add according to taste):
light soy sauce
oyster sauce
salt
pepper
oil for stir-frying, as needed

Method

Beat the eggs lightly with chopsticks, add a dash of salt (Add a bit of oyster sauce if desired).

Chop the chicken meat and dice the onion and green onion.

Heat wok and add oil. Sponsored Links

When oil is ready, pour 1/2 of the egg mixture into the wok and cook over medium heat, turning over once. Cook the other half the same way. Cut the egg into thin strips, and save for later.

Stir-fry the onion on high heat for a few moments, remove and set aside. Do the same for the green peas.



CHINESE RECIPES

Lettuce Wraps

Ingredients

Sauce:

1 head iceberg lettuce
1 tablespoon soy sauce
2 tablespoons oyster sauce
1 tablespoon dry sherry
1 teaspoon sugar

Remaining Ingredients:

1 tablespoon sesame oil
1 slice ginger, minced

1 garlic clove, minced
2 green onions, chopped
1 lb meat from chicken breasts
1 red pepper, seeded and diced
1 can water chestnuts,
rinsed in warm running water and chopped
1 stalk celery, diced
1 teaspoon cornstarch
(mixed with 2 tablespoons water)

Method

Wash the lettuce, dry, and separate the leaves. Set aside. Mix together the sauce ingredients. Heat the sesame oil in a non-stick frying pan on high heat. Add the garlic, ginger, and green onions and fry until the garlic and ginger are aromatic. Sponsored Links

Add the chicken and cook until the chicken is browned. Remove the chicken from the pan and set aside.

Add the red pepper, water chestnuts, and celery to the frying pan. Add the sauce ingredients and cook at medium heat. Give the cornstarch/water mixture a quick re stir and add to the sauce, stirring to thicken.

Lay out a lettuce leaf and spoon a heaping teaspoon of the chicken and vegetable/sauce mixture into the middle. The lettuce wraps are designed to be eaten "taco-style," with the lettuce/chicken mixture folded into a package. Continue with the remainder of the chicken and lettuce leaves. Serve.

Variations: Try substituting different vegetables, or using one of the many stir-fry sauces that are now on the market in place of the sauce.



CHINESE RECIPES

Easy Orange Chicken Stir-fry

Ingredients

4 boneless, skinless chicken breasts
cut into 1-inch cubes

Marinade:

1 tablespoon dry sherry
1/2 tablespoon cornstarch

Sauce:

1/3 cup orange juice*
2 tablespoons dark soy sauce
1 teaspoon sesame oil
1 teaspoon brown sugar
1/4 teaspoon chilli paste
1 clove garlic, minced
1 slice ginger, minced
oil for stir-frying, as needed

Method

Place the cubed chicken in a bowl, and add the marinade ingredients. Marinate the chicken for 30 minutes.

While the chicken is marinating, prepare the sauce ingredients and the garlic and ginger. Heat the wok and add oil. [Sponsored Links](#)

When oil is ready, add the garlic and ginger and stir-fry until aromatic. Add the chicken and stir-fry until it changes color. Push up to the sides of the wok, making a well in the middle.

Add the sauce. Combine the sauce and the chicken. Stir-fry for another minute and serve hot.



CHINESE RECIPES

Fried Rice With Ham

Ingredients

2 eggs
1 tablespoon oyster sauce
2 teaspoons soy sauce
salt and pepper, to taste
1/2 white onion
8 ounces cooked ham
1 green onion, washed
6 tablespoons oil for frying, or as needed
4 cups cold cooked rice

Method

Lightly beat the eggs. Stir in 1/2 teaspoon each of the oyster sauce and soy sauce. Add a bit of salt and pepper to taste. Set aside.

Peel and dice the onion. Dice the ham and green onion.

Heat a wok or frying pan on medium-high to high heat. Sponsored Links

When the oil is hot, add 2 tablespoons oil. Add the eggs. Scramble lightly and remove from the pan. Clean out the pan.

Heat 2 tablespoons oil in the pan or wok. When the oil is hot, add the onion. Stir-fry briefly, then add the ham and the green peas. Stir-fry all the vegetables, and remove from the pan. Clean out the pan.

Heat 2 tablespoons oil in the wok. Reduce the heat to medium and add the rice, stirring with chopsticks to break up the clumps. Stir in the remainder of the soy sauce, oyster sauce. Season with salt and pepper as desired.

Add the cooked meat and vegetables back into the pan. Stir in the scrambled egg. Heat through and stir in the green onion. Serve hot. More Fried Rice Recipes

Chicken Fried Rice.



CHINESE RECIPES

Wontonnoodles

Ingredients

shrimp won-ton
1/3 lb raw, shelled shrimp
1/4 t rice wine
1/4 t salt
1/2 t cornstarch
1/4 t msg (optional)
1/4 cup bamboo shoot, diced
1 t chopped ginger root
30 won ton skins

Method

Rince and de-vein shrimp, drain and cut each into 3 pieces; mix with rice win, salt, cornstarch and MSG. Add bamboo shoot and chopped ginger root.

Mixing thoroughly. Taking one won-ton skin, put a teaspoon of filling in the center.

Trace water with fingertips along edge and fold over to form triangle with filling in the center.

Bring the two outside corners together and using another drop of water, pinch the 2 edges together to seal.

Boil 6 cups of water; add won ton and green vegetable; cover. When won tons rise to the surface of the water remove, won-ton with green vegetables drain and portion into serving bowls with soup and seasoning.sauce.

Boil 6 cups of water; add won ton and green vegetable; cover. When won tons rise to the surface of the water remove, won-ton with green vegetables drain and portion into serving bowls with soup and seasoning.



CHINESE RECIPES

Spicy Tofu

Ingredients

- 1/2 package (300 grams) Superior Pressed Tofu*
- 3 cups vegetables (carrots, celery, onions, mushrooms, etc.)
- 1/4 cup roasted unsalted peanuts or cashew nuts
- 2 tablespoons vegetable oil
- Sauce:
 - 1 tablespoon soy sauce
 - 1 tablespoon sesame oil
 - 1 tablespoon hot and spicy chili sauce
 - 1 tablespoon cornstarch dissolved in 2 tablespoons of c

Method

Cube tofu and vegetables into 1/4" cubes. Heat oil in wok. Stir fry vegetables for 2 minutes or until half cooked.

Add tofu, and stir fry for another 1 minute until heated through. Sponsored Links

Add sauce and cook until sauce has thickens. Add more water if necessary. Toss in peanuts and serve. Makes 4 servings.

Nutritional value per serving: 300 calories, 12g protein, 19g fat, 19g carbohydrates.



CHINESE RECIPES

Mapo Tofu

Ingredients

- 1 pound regular tofu (medium firmness)
- 1/4 pound ground pork
- 1/4 tsp salt
- 1 tsp salted black beans
- 1 Tbsp chili paste
- 3 Tbsp stock (chicken broth)
- 1 leek or 3 green onions
- Freshly ground Szechuan pepper

Marinade:

- 1 1/2 Tbsp tapioca starch
- 2 tablespoon soy sauce

Mixture:

- 1 Tbsp cornstarch
- 2 Tbsp water
- 2 Tbsp soy sauce
- Oil for Stir-frying

Method

Mix marinade ingredients. Marinate pork for about 20 minutes.

Cut the bean curd into 1/2 inch (1 cm) square cubes, and blanch (drop into boiling water) for 2 - 3 minutes. Remove from boiling water and drain. Chop leeks or green onions into short lengths.

Heat wok and add oil. When oil is ready, add the marinated pork. Stir-fry pork until the color darkens. Add salt and stir. Add the salted black beans. Mash the beans with a cooking ladle until they blend in well with the meat. Add the chili paste, then the stock, bean curd, and leek or green onions. Turn down the heat. Cook for 3 - 4 minutes.

While cooking, mix cornstarch, water, and soy sauce together. Add to wok and stir gently. Serve with freshly ground Szechuan pepper.



CHINESE RECIPES

Chinese Potato Salad

Ingredients

- 5-6 medium potatoes (about 2 1/2 pounds)
- 4 slices bacon, well-cooked and crumbled
- 3/4 cup chopped bok choy
- 1 red pepper, diced
- 1/2 cup chopped green onion
- 1/4 cup chopped cilantro

Sauce

- 1 1/3 cup mayonnaise
- 1 tsp sugar
- 1 tbs soy sauce
- 1-2 tsp sesame oil
- 1/8-1/4 tsp hot mustard powder
- 1/8 tsp salt

Method

Boil the potatoes until cooked but still firm. Cut into potato . salad-sized chunks. Mix the ingredients for the sauce together, using more or less sesame oil and host mustard according to taste. (the more the better, up to a point...). Put all solid ingredients. together in a large bowl, then add the sauce and mix well. Chill.



CHINESE RECIPES

Szechuan Chicken

Ingredients

4 chicken breasts, boneless,
skinless, about 7 ounces each

2 egg whites

2 tablespoons cornstarch

Sauce:

2 tablespoons Shao Xing rice wine,
dry sherry or cooking wine

1 teaspoon Worcestershire sauce

2 teaspoons Tabasco sauce

2 tablespoons sesame oil

1 tablespoon soy sauce

2 tablespoon brown sugar

1/4 teaspoon cayenne pepper

1/2 teaspoon crushed dried red chilies, or to taste

2 slices ginger, minced, to form 1 tablespoon

Other:

4 carrots, cut into thin strips

3 green onions, chopped

1/2 red bell pepper, sliced

1/2 green bell pepper, sliced

1 cup plus 1 tablespoon vegetable oil

Method

Rinse the chicken and pat dry with paper towels. Cut the chicken breasts into thin strips. (Partially freeze chicken breasts first to make this easier).

Combine the sauce ingredients in a small bowl and set aside. Whisk the cornstarch into the egg whites. Sponsored Links

Coat the chicken strips in the cornstarch mixture. Heat 1 cup oil in the wok. Cook the chicken strips briefly in the hot oil until they turn white.

Remove the chicken and drain on paper towels. Clean out the wok and add 1 tablespoon oil. When the oil is hot, add the carrots. Stir-fry briefly and add the peppers.

Make a "well" in the middle of the wok and add the sauce. Heat briefly, then mix the sauce in with the vegetables.

Return the chicken to the wok.

Stir-fry 1 to 2 more minutes. Stir in the green onions. Serve with rice.



CHINESE RECIPES

Chinese Garlic Chicken

Ingredients

4 boneless, skinless chicken breast halves
1 egg white
1 Tablespoon cornstarch
1 Tablespoon dry white wine or sherry
4 green onions
1 teaspoon minced gingerroot
3 teaspoons minced fresh garlic
2 Tablespoons vegetable oil
Hot cooked rice

Sause

1 teaspoon crushed chili paste
2 teaspoons sugar
1 teaspoon cornstarch
2 teaspoons rice vinegar
1 Tablespoon water
2 Tablespoons dry white wine or sherry
2 Tablespoons soy sauce

Method

Place chicken breasts in freezer for 1 to 2 hours or until very firm but not frozen solid. Slice crosswise into thin shreds. In small bowl, lightly beat egg white, then mix in 1 TBS cornstarch and 1 TBS wine, stirring until cornstarch is dissolved.

Add chicken and mix well to coat all pieces. Let stand at room temperature 30 minutes. Meanwhile, slice green onions on the diagonal into very thin slices.

Mince gingerroot and garlic. Combine Sauce ingredients, mixing well. Heat wok or frying pan, add oil, and stir-fry chicken until no longer pink.

Remove chicken with a slotted spoon. Add onions, ginger and garlic to wok and stirfry about 30 seconds, until ginger and garlic are fragrant but not brown.

Return chicken to wok, re stir sauce ingredients and add to wok. Cook, stirring constantly, until mixture is well combined, hot and bubbly and thickens slightly.

Turn off heat and splash with about 1 tsp of dark sesame oil. Serve over rice.



CHINESE RECIPES

Steamed Dumplings

Ingredients

1 3/4 cups hot water
3 T. sugar
2 T. vegetable shortening or oil
6 cups all-purpose (plain) flour
2 T. baking powder
1/2 tsp. salt

Method

Add sugar and shortening to hot water, stir til sugar is dissolved, and allow to cool until barely warm.

Sift remaining dry ingredients into a large mixing bowl, and gradually stir in sugar mixture.

Mix well and gradually draw dough together with your hands. It should be soft, but not sticky.

On a floured board, knead dough about 5-8 minutes, or til smooth and elastic.

Return to bowl, cover with damp cloth and let rise at least 1 hour.



CHINESE RECIPES

Shrimp Won-Ton

Ingredients

1/3 lb raw, shelled shrimp
1/4 t rice wine
1/4 t salt
1/2 t cornstarch
1/4 t MSG (optional)
1/4 cup bamboo shoot, diced
1 t chopped ginger root
30 won ton skins

Method

Rince and de-vein shrimp, drain and cut each into 3 pieces; mix with rice wine, salt, cornstarch and MSG. Add bamboo shoot and chopped ginger root.

Mixing thoroughly. Taking one won-ton skin, put a teaspoon of filling in the center.

Trace water with fingertips along edge and fold over to form triangle with filling in the center.

Bring the two outside corners together and using another drop of water, pinch the 2 edges together to seal.

Boil 6 cups of water; add won ton and green vegetable; cover. When won tons rise to the surface of the water remove, won-ton with green vegetables drain and portion into serving bowls with soup and seasoning.



CHINESE RECIPES

Chicken Chop Suey Recipe

Ingredients

- 4 - 6 ounces (115 - 175 grams) chicken meat, thinly shredded
- 1 teaspoon salt
- 1/4 egg white
- 1 tablespoon thick cornflour/cornstarch paste - (1 part cornflour with 1.2 parts cold water)
- about 1/2 pint (300 ml) seasoned oil (see below)
- 1/2 teaspoon finely chopped garlic (optional)
- 1 tablespoon thinly shredded fresh ginger root
- 3 - 4 spring onions, thinly shredded
- 4 - 6 ounces (115 - 175 grams) bean sprouts
- 1 small green pepper, cored and seeded, thinly shredded
- 1/2 teaspoon caster (superfine) sugar
- 1 tablespoon light soy sauce
- 1/2 tablespoon Chinese rice wine
- 2 tablespoons stock
- pinch of MSG (optional)
- a few drops sesame oil

Method

Mix the chicken shreds with a pinch of the salt, the egg white and about 1 teaspoon cornflour/cornstarch paste.

Blanch them in warm oil, stir to separate, then remove and drain them. Pour off the excess oil, leaving about 2 tablespoons in the wok, stir-fry all the vegetables for about 1 minute, add the remaining salt and sugar, blend well, then add the chicken with the soy sauce and wine, stir-fry for another minute, and add the stock and MSG, if using; finally thicken the gravy with the remaining cornflour paste, garnish with the sesame oil and serve hot.



CHINESE RECIPES

Chicken in Oyster Sauce

Ingredients

Marinade:

- 1 pound chicken meat
- 2 tablespoons soy sauce
- 1 tablespoon rice wine
- 1 teaspoon sesame oil
- 1 tablespoon cornstarch

Vegetables:

- 3 - 4 Chinese dried mushrooms,
(softened and sliced)
- 1 can bamboo shoots or 1 can baby corn
- 2 green onions,
(sliced on the diagonal into thirds)
- 1 slice ginger, minced
- 1 garlic clove, minced

Sauce:

- 1 tablespoon dark soy sauce
- 2 tablespoons oyster sauce
- 1 tablespoon dry sherry
- 1 teaspoon granulated sugar
- 1 1/2 tablespoons cornstarch
- 1/3 cup water
- 1 teaspoon sesame oil
- Oil for stir-frying

Method

Combine the marinade ingredients and add to the chicken, mixing in with chopsticks and adding the cornstarch last. Marinate the chicken for 10 - 15 minutes. While the chicken is marinating, prepare the vegetables and mix together the sauce ingredients. [Sponsored Links](#)

Rinse the canned vegetables in boiling water and drain. Heat wok and add oil. When oil is hot, add garlic, ginger, and green onion, and stir-fry on high heat. Add the chicken and stir-fry, stirring frequently until the chicken changes color. Remove from the wok. Add oil and stir-fry the mushrooms and bamboo shoots or baby corn. Return the chicken to the wok. Make a well in the middle of the wok and add the sauce, giving it a quick re-stir before adding.

Stir sauce to thicken and mix with meat and vegetables. Serve hot. [Give Your Feedback](#)



CHINESE RECIPES

FriedCrispChickenLegs

Ingredients

4 chicken legs some ginger slices
some Chinese star anise some soy sauce
some cinnamon some clove
some salt 2 cups oil
some Chinese prickly ash some stock
some scallion sections
some ginger slices
some Chinese star anise some soy sauce
some cinnamon some clove
some salt 2 cups oil
some Chinese prickly ash some stock
some scallion sections

Method

Rub chicken legs evenly with Chinese prickly ash and salt, and put them in a bowl for about two hours.

Put chicken legs in a small basin and add in soy sauce, clove, Chinese star anise, scallion sections, ginger slices and stock.

Steam in a steamer till tender. Take out chicken legs and drain out. When oil is 80 percent hot, put in chicken legs and deep-fry till golden yellow and take them out.

The eaters may chop chicken legs into strips and dip them in salty Chinese prickly ash when eating.



CHINESE RECIPES

Roasted Rack Of Lamb

Ingredients

1 full rack of lamb	salt and pepper to taste
olive oil, as needed	1 cup red wine
2 tablespoons rosemary, chopped	3 garlic cloves, chopped
2 tablespoons thyme, chopped	1 tablespoon butter

Method

Make sure your butcher has removed the chine bone from the rack. Most do but double-check. The chine bone is part of the spine and if not removed you will be unable to cut the roast into individual chops. Trim some of the excess fat from the rack but don't overdo it. You need some fat to naturally baste the meat while it cooks and furnish some drippings to make a sauce. Lightly brush the rack with olive oil. Then sprinkle both sides with half of the rosemary and thyme, and salt and pepper. Place the rack in a roasting pan, preferably with a grate on the bottom, and then into a preheated 375 degree oven.

The next thing people often ask is how long to cook it. Forget time. Cook by temperature. Remove the lamb when a thermometer placed dead center in the meat reads 125 degrees for rare, 130 for medium rare and 135 for medium. When the roast is finished, place it on a serving plate and cover it with aluminum foil. Roasts need to rest after cooking so the meat will re-absorb its juices. If you cut them immediately after cooking all of the juices will run out. The foil will keep it warm while you make the sauce. For the sauce, place the roasting pan on top of the stove and turn the burner on high. Pour in the wine, bring to a boil and deglaze the pan, scraping the browned bits off the bottom. Add the remaining rosemary and thyme, garlic, and salt and pepper. Reduce the sauce to at least half, add the butter at the end, and then strain it. Carve the roast into individual chops and pour the sauce over them. For a delicious variation, you can substitute homemade beef or veal stock for the wine, or better yet, use a combination of stock and wine.

Finally, I can think of no better wine to go with lamb than Bordeaux. Lamb is a hearty meat and needs a full bodied and equally strong wine to complement it. Get the best quality and longest aged Bordeaux you can afford. Bordeaux is a blend of predominantly cabernet sauvignon and merlot from the Bordeaux region of France. If you prefer Californian, then select a high quality, full bodied cabernet sauvignon. Use the same type of wine for cooking and drinking. Simply employ an inexpensive one for the purpose of the sauce.

Sify food

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CHINESE RECIPES

Beef in Oyster Sauce

Ingredients

1 piece beef fillet some oyster sauce
1 egg 1 bowl cornstarch-water
some soda some soy sauce
some sugar 5 mushrooms
some salt some coriander
some oil
some oyster sauce
1 egg 1 bowl cornstarch-water
some soda some soy sauce
some sugar 5 mushrooms
some salt some coriander
some oil some minced scallions, gingers and garlicks

Method

Chop beef into shreds and add egg, soda, soy sauce and cornstarch-water to blend a batter. Let the batter expand for half an hour.

Put beef and mushroom shreds in a wok over a high fire. Deep-fry till cooked.

Heat oil and put in minced scallions, gingers and garlicks, oyster sauce and sugar. Mix them well into a juice.

Pour beef shreds into the juice. Simmer over a low fire for five minutes. Then sprinkle minced corianders and sesame oil and serve.



CHINESE RECIPES

Braised Beef and Vegetables

Ingredients

1 piece beef 1 tomato
1 celery 3 cups stock
1 potato 5 tbsp. salt
3 carrot some scallion and ginger slivers
1 onion some pepper powder
some cabbage
1 tomato
1 celery 3 cups stock
1 potato 5 tbsp. salt
3 carrot some scallion and ginger slivers
1 onion some pepper powder
some cabbage some oil

Method

Chop beef into squares. Quick-boil and wash them clean. Cut all vegetable ingredients into cube lets and put aside.

Heat oil in a wok. Drop scallions and gingers in, and stir-fry. Add stock, spices and beef. Skim off the foam after boiling. Empty them into a casserole and simmer till tender.

Drop potato and carrot in and stew them till ripe, then put other ingredients in. Season well and serve.



CHINESE RECIPES

Shredded Pork in Brown Sauce

Ingredients

1 piece lean pork 1 large piece scallion
1 tbsp salt 3 tbsp soy sauce
1 bag sweet fermented flour paste 1 bowl cornstarch-water
1 cup oil
1 large piece scallion
1 tbsp salt 3 tbsp soy sauce
1 bag sweet fermented flour paste 1 bowl cornstarch-water
1 cup oil 5 tbsp sugar

Method

Cut pork and scallion into shreds and place them in a dish.

Mix shredded pork well with salt and soy sauce, and blend them with cornstarch-water.

Heat a wok, then pour oil in. Drop pork shreds in and stir-fry till cooked, then add sweet fermented flour paste, soy sauce and sugar. Stir-fry again till fragrant and changing color.

Place them in a dish on the top of the shredded scallions and spread some shredded scallions on the shredded pork too. Mix well and serve.



CHINESE RECIPES

Braised Chick with Chestnuts

Ingredients

1 chick some sugar

1 dish chestnuts 1 cup oil

1 cup stock 1 bowl cornstarch-water

2 tbsp soy sauce

some sugar

1 dish chestnuts 1 cup oil

1 cup stock 1 bowl cornstarch-water

2 tbsp soy sauce some scallions and gingers

Method

Peel chestnuts and place them in a saucepanful of water. Bring to boil and set aside for use.

Chop chick into chunks and quick-boil in oil.

Stir-fry scallions and gingers till aromatic. Add stock and spices. Put in chick chunks and simmer over a low fire. Then add chestnuts and stew till done.

Add cornstarch-water to thicken and cook to reduce the juice. Then sprinkle sesame oil and serve.



CHINESE RECIPES

Salt-Baked Shrimp

Ingredients

1/2 pound medium-large shrimp (about 12), feelers removed,
shell slit along the vein and the shrimp deveined but with the shell left on
1/2 teaspoon baking soda
3 cups water
1 tablespoon plus 1/2 teaspoon salt
2 tablespoons cornstarch
4 cups peanut oil
1 tablespoon minced fresh Thai chilies

Method

Place the shrimp and baking soda in a bowl, and mix well to coat. Allow shrimp to rest for at least 20 minutes.

Place the water and 1 tablespoon salt in a pot, cover, and bring to a boil over high heat. Add the shrimp, and water-blanch for 10 seconds.

Remove the shrimp with a strainer, and run cold water through them to cool them. The water-blanching removes all of the liquid from the shrimp.

Place the shrimp in a dish, sprinkle with cornstarch to coat them lightly, and shake off excess. Heat a wok over high heat for 1 minute, add the peanut oil, and heat to 350 degrees.

Place the shrimp in a Chinese strainer, lower into the oil, and oil-blanch for 1 minute. Turn off the heat, remove shrimp with the strainer, and drain. Transfer the oil from the wok to a bowl.

Return 1 tablespoon of the reserved oil to the wok, and heat over high heat for 20 seconds. Add the remaining 1/2 teaspoon salt and the chilies, and cook, stirring for 45 seconds.

Add the shrimp, and cook, stirring, making certain the shrimp are well coated, for 1 minute. They should be dry and crusted. Turn off the heat, transfer shrimp to a heated platter and serve.



CHINESE RECIPES

Five-Colored Chicken Shreds

Ingredients

2 chicken breast slivers 1 egg white
1 carrot 1 bowl dry cornstarch
1 green pepper some vinegar
1 dish water-soaked fungus 1 cup oil
1 dish bean sprouts some minced scallions and gingers
2 tbsp. salt some stock
some ground pepper
1 egg white
1 carrot 1 bowl dry cornstarch
1 green pepper some vinegar
1 dish water-soaked fungus 1 cup oil
1 dish bean sprouts some minced scallions and gingers
2 tbsp. salt some stock

Method

Cut chicken breast slivers into shreds. Mix them well with egg white, salt and cornstarch-water.

Wash carrot, green pepper and fungus separately and cut them into slices. Clean bean sprouts, nip their two ends and set them aside in a dish.

Blend stock and salt evenly in a small bowl. Heat oil in a wok and put chicken meat shreds in when oil becomes warm. Separate the shreds with chopsticks, add vegetables and stir-fry slipperly till cooked.

Heat remaining oil in the wok. Put in scallion and ginger shreds. Then pour the chicken shreds and juice into the wok, stir-fry quickly for a few seconds and sprinkle vinegar and serve. They should be dry and crusted. Turn off the heat, transfer shrimp to a heated platter and serve.



CHINESE RECIPES

Steamed Chicken with Mushrooms

Ingredients

2 pieces chicken leg meat 1 can mushroom
3 tbsp. sugar 1 tbsp. salt
2 tbsp. soy sauce 1 bowl cornstarch-water
some minced scallion and ginger slivers
1 can mushroom
3 tbsp. sugar 1 tbsp. salt
2 tbsp. soy sauce 1 bowl cornstarch-water
some minced scallion and ginger slivers some oil

Method

Chop chicken meat into squares. Mix well with scallions, gingers and other condiments and cornstarch-water.

Add mushrooms and stir well with hand. Steam in a steamer for half an hour till cooked and take out.

Discard scallion and ginger slices and put the food in a dish and serve.