

# China



## Chicken Almond Ding

### Ingredients:

2 whole chicken breasts (about 2 lbs.)  
1 egg white  
1 tsp. salt  
1 tsp. cornstarch  
1 tsp. soy sauce  
Dash of white pepper  
2 med. carrots  
2 tbsp. oyster sauce or 1 tbsp. dark soy sauce  
1 tbsp. plus 1 tsp. cornstarch  
1/4 tsp. water  
Vegetable oil  
2 tbsp. vegetable oil  
1/4 c. diced onion  
1 tsp. finely chopped garlic  
1 tsp. finely chopped gingerroot  
1 c. diced celery  
1/2 c. diced canned water chestnuts  
1 tsp. salt  
1/2 d. diced bamboo shoots  
1 can (4 oz.) button mushrooms, drained  
1/2 c. chicken broth  
1 c. frozen peas  
1/2 c. roasted whole almonds  
2 tbsp. chopped green onions (with tops)

### Preparation:

Remove bones and skin from chicken; cut chicken into 1/4 inch pieces.  
Mix egg white, 1 teaspoon salt, 1 teaspoon cornstarch, the soy sauce and white pepper in glass or plastic bowl; stir in chicken.  
Cover and refrigerate 30 minutes.  
Cut carrots into 1/2 inch pieces.  
Place carrots in boiling water.  
Cover and cook 1 minute.  
Immediately rinse under running cold water; drain.  
Mix oyster sauce, 1 tablespoon plus 1 teaspoon cornstarch and the water.  
Heat vegetable oil (1 inch) in wok to 325 degrees.  
Add chicken; fry, turning frequently, until chicken turns white.

Remove from wok to strainer.  
Wash and dry wok thoroughly.  
Heat wok until 1 or 2 drops of water bubble and skitter when sprinkled in wok.  
Add 2 tablespoons vegetable oil; rotate wok to coat side.  
Add onion, garlic and gingerroot; stir-fry until garlic is light brown.  
Add celery, water chestnuts and 1 teaspoon salt; stir-fry 1 minute.  
Add bamboo shoots and mushrooms; stir-fry 1 minute.  
Stir in carrots, chicken and chicken broth.  
Heat to boiling; cover and stir until thickened, about 20 seconds.  
Stir in peas.  
Garnish with almonds and green onions.

6 servings

**Microwave Reheat Directions:**

Prepare Chicken Almond Ding as directed except -- omit peas, almonds and green onions; cover and refrigerate no longer than 24 hours.  
Just before serving, prepare peas, almonds and green onions.  
Cover chicken mixture tightly and microwave on microproof platter or bowl on high (100%) power 5 minutes; stir in peas.  
Cover and microwave until hot, about 5 minutes longer.  
Garnish with almonds and green onions.

# Hot and Sour Chicken

4 Servings

## Ingredients:

2 teaspoons dry white wine  
4 teaspoons cornstarch  
1/4 cup peanut oil  
1/4 teaspoon ground Szechuan peppercorns  
2 pounds boneless chicken, cut to medium dice  
1 tablespoon minced garlic  
1 tablespoon minced ginger  
1 tablespoon salted black beans  
1 cup medium dice, seeded green bell peppers  
1 cup thinly bias-sliced carrots  
1 cup sliced bamboo shoots  
1/2 teaspoon crushed red chiles  
2 tablespoons soy sauce  
2 tablespoons vinegar  
1/2 cup unsalted chicken stock

## Directions:

COMBINE HALF THE CORNSTARCH, RED PEPPER FLAKES, SOY SAUCE, VINEGAR, AND CHICKEN BROTH-MIX WELL, SET ASIDE  
RINSE BLACK BEANS AND DRAIN ON PAPER TOWELS  
COMBINE WINE, REMAINING CORNSTARCH, AND HALF THE OIL  
ADD CHICKEN AND TOSS TO MIX WELL  
COVER AND CHILL FOR 1-2 HOURS  
HEAT REMAINING PEANUT OIL IN A WOK OR SAUTE PAN,  
OVER A MODERATELY-HIGH FLAME  
ADD CHICKEN, HEAT AND STIR FOR 2 MINUTES  
ADD GARLIC, GINGER, AND BLACK BEANS  
HEAT AND STIR FOR 2 MINUTES  
ADD BELL PEPPERS, CARROTS, AND BAMBOO SHOOTS  
HEAT AND STIR FOR 2 MINUTES  
STIR COOKING SAUCE WELL, ADD TO PAN  
HEAT AND STIR UNTIL THICKENED  
REMOVE FROM HEAT  
SERVE HOT, WITH HOT COOKED RICE

# Hot and Sour Shrimp

4 Servings

## Ingredients:

1/4 cup rice vinegar  
2 tablespoons soy sauce  
2 tablespoons sugar  
2 teaspoons cornstarch  
3 tablespoons peanut oil  
3 tablespoons minced garlic  
2 tablespoons minced ginger  
1/4 teaspoon crushed red chiles  
2 cups bias-cut to 1/2-inch celery  
1/2 cup sliced bamboo shoots  
1/4 cup minced scallions  
1 pound cleaned medium-large tiger prawns  
1 teaspoon white wine

## Directions:

COMBINE VINEGAR, SOY, SUGAR, AND CORNSTARCH-MIX WELL, SET ASIDE  
HEAT WOK OVER A HIGH FLAME  
ADD HALF THE OIL  
ADD GARLIC, GINGER, AND RED CHILES, STIR ONCE  
ADD SHRIMP AND STIR-FRY FOR 4 MINUTES  
REMOVE FROM WOK, SET ASIDE  
HEAT REMAINING OIL IN WOK, OVER A HIGH FLAME  
ADD CELERY AND BAMBOO SHOOTS  
STIR-FRY FOR 1 MINUTE  
ADD SHRIMP MIXTURE AND VINEGAR MIXTURE  
HEAT AND STIR UNTIL THICKENED  
SERVE HOT, WITH RICE

## Zesty Hunan Beef

### Ingredients:

1/4 c. soy sauce  
2 garlic cloves, minced  
1 lb. lean beef round, sliced into 3  
x 1/4 inch strips  
1/4 c. vegetable oil  
4 c. broccoli florets  
3 1/2 c. sliced mushrooms  
1 c. thinly sliced carrots  
5 green onions, cut into 1 inch pieces  
1/4 c. toasted slivered almonds  
2 tbsp. finely chopped fresh ginger  
3/4 tsp. dried red pepper flakes  
2 tbsp. cornstarch dissolved in 1  
tablespoon water  
Freshly cooked rice

### Preparation:

Combine soy sauce and garlic into a large bowl, add beef strips.  
Cover and marinate at room temperature 1 hour or in refrigerator overnight.  
Drain beef, reserving marinade.  
Heat oil in large skillet; set aside.  
Add broccoli, mushrooms, carrots, green onions, almonds, ginger and  
pepper flakes to skillet and cook 2 minutes.  
Stir in reserved marinade and cornstarch.  
Cook until vegetables are crisp-tender and sauce thickens, 4 to 6 minutes.  
Return beef to skillet and heat through 1 to 2 minutes.  
Serve immediately over rice.

# Chow Mein

## Ingredients:

3 lb. pork, cubed  
1 c. soy sauce  
3 bunches celery, thinly sliced  
3/4 c. cornstarch  
3 (10 oz.) cans sliced water chestnuts, drained  
3 sm. cans sliced mushrooms, drained  
3 lb. beef, cubed  
3 c. water  
3 med. onions, chopped  
3/4 c. water  
3 (2-1/2 c. each) cans bean sprouts, drained  
Pepper and more soy sauce to taste

## Preparation:

In large heavy pot brown meat well in 1/4 cup hot oil, removing as browned with a slotted spoon and adding more oil as necessary. Return meat to pot and add soy sauce and water. Turn heat down and add celery and onions; simmer 1-1/2 hours until meat is tender. Blend cornstarch and water; add to meat mixture to thicken. Add water chestnuts, bean sprouts and mushrooms. Heat through. Season to taste. Serve over rice or chow mein noodles.

Makes 25 servings

# Chop Suey

8 Servings

## Ingredients:

1 pound medium dice boneless pork  
1 pound medium dice boneless beef  
3/4 pound medium dice boneless veal  
3 tablespoons peanut oil  
1 cup water  
3 cups 3/4-inch bias-sliced celery  
2 cups medium dice onions  
3 tablespoons cornstarch  
1/4 cup water  
1/4 cup soy sauce  
1/4 cup molasses  
2 cups bean sprouts  
2 cups sliced water chestnuts

## Directions:

HEAT OIL IN A WOK, OVER A VERY HIGH FLAME  
ADD PORK, BEEF, AND VEAL  
STIR-FRY UNTIL BROWNED ON ALL SIDES  
REDUCE HEAT, COVER, AND SIMMER FOR 10 MINUTES  
COMBINE CELERY, ONIONS, AND 1 CUP WATER IN A SAUCEPAN, OVER A HIGH FLAME  
HEAT TO A BOIL, REDUCE HEAT, AND SIMMER FOR 20 MINUTES DISSOLVE  
CORNSTARCH IN 1/4 CUP WATER  
COMBINE ALL INGREDIENTS WITH MEAT IN WOK  
HEAT AND STIR OVER A MEDIUM FLAME, UNTIL THICKENED  
SERVE HOT, WITH RICE

# Egg Fu Yung

6 Servings

## Ingredients:

3 each eggs, beaten  
1 cup finely shredded cabbage  
1/4 cup slivered water chestnuts  
1 tablespoon finely minced scallions  
1 tablespoon soy sauce  
peanut oil, for frying

## Directions:

COMBINE EGGS WITH CABBAGE, WATER CHESTNUTS, SCALLIONS, AND SOY SAUCE-  
MIX WELL  
HEAT OIL IN A WOK OR SKILLET, OVER A MEDIUM FLAME  
ADD 1/4 CUP EGG MIXTURE, HEAT UNTIL WELL SET AND LIGHTLY BROWNED  
TURN AND HEAT UNTIL LIGHTLY BROWNED  
REMOVE FROM PAN, KEEP WARM  
REPEAT WITH REMAINING EGG MIXTURE  
SAUCE AS DESIRED  
SERVE HOT OR WARM



# Egg Rolls

12 Servings

## Ingredients:

1 cup slivered bamboo shoots  
1/2 pound bean sprouts, washed and drained well  
1 cup slivered water chestnuts  
3 cups julienned cooked chicken  
1 cup julienned bbq cooked pork  
1/2 cup minced parsley  
1 cup small dice mushrooms  
2 tablespoons minced ginger  
1/2 cup minced scallions  
12 each egg roll skins  
peanut oil, for frying

## Directions:

HEAT 2 TABLESPOONS PEANUT OIL IN A WOK, OVER A MODERATE FLAME  
ADD GINGER AND STIR-FRY FOR 1 MINUTE  
ADD BAMBOO SHOOTS, BEAN SPROUTS, WATER CHESTNUTS, CHICKEN, BBQ PORK,  
PARSLEY, MUSHROOMS, AND SCALLIONS  
HEAT AND STIR FOR 2 MINUTES  
DIVIDE MIXTURE BETWEEN EGG ROLL SKINS  
FOLD ONE EDGE OVER FILLING TO MIDDLE  
FOLD SIDES INTO MIDDLE  
ROLLUP AND MOISTEN EDGE WITH WATER, TO SEAL  
HEAT OIL TO 370 DEGREES  
ADD EGG ROLLS 2-3 AT A TIME AND FRY UNTIL GOLDEN  
DRAIN ON A COOLING RACK AND BLOT WITH PAPER TOWELS  
KEEP WARM  
SERVE HOT, WITH CATSUP AND CHINESE HOT MUSTARD TO THE SIDE

# Fried Rice

16 Servings

## Ingredients:

8 cups cooked rice  
3/4 cup peanut oil  
1 pound cooked meat or shellfish  
1/3 clove minced scallions  
1 pound very thinly sliced vegetables  
1/2 cup soy sauce  
8 each eggs, beaten

## Directions:

STIR RICE WELL TO BREAKUP LUMPS AND SEPARATE WELL  
PLAN TO PROCESS IN SMALL BATCHES (2 CUPS RICE AT A TIME)  
HEAT 3 TABLESPOONS OIL IN A WOK, OVER A MODERATELY-HIGH FLAME  
ADD THE MEAT OR SHELLFISH AND STIR FRY FOR 30 SECONDS  
ADD THE SCALLIONS AND STIR FRY FOR 1 MINUTE  
ADD THE VEGETABLES AND STIR FRY FOR 2-3 MINUTES, UNTIL ALMOST TENDER  
ADD THE RICE AND STIR FRY UNTIL DRY TO THE TOUCH  
ADD SOY TO TASTE-TOSS TO MIX WELL  
STIR IN BEATEN EGGS, HEAT AND STIR UNTIL WELL SET  
OR, SCRAMBLE EGGS SEPARATELY AND CUT INTO STRIPS  
SERVE HOT

# Chicken Lo Mein

## Ingredients :

1 1/2 lbs. boneless, skinless chicken breasts, cut into 1-inch pieces  
1/2 tsp. minced fresh garlic or 1/4 tsp. garlic powder  
1/2 tsp. minced fresh ginger (opt.)  
1/4 c. soy sauce mixed with  
1 tsp. granulated sugar  
1/2 c. vegetable oil, preferably corn or peanut  
2 c. fresh bean sprouts  
1 lg. red pepper, cut into thin strips  
1/4 lb. fresh Chinese snow peas, ends trimmed or  
1 (6 oz.) pkg. frozen Chinese pea pods, thawed  
5 med.-sized mushrooms, sliced  
3 scallions, cut into 2-inch lengths  
2 tbsp. dry sherry or white wine  
8 oz. linguini, cooked, drained & tossed with 1 tbsp. of the oil  
1/4 tsp. salt  
1/4 tsp. pepper

## Preparation:

The Chinese are great noodle lovers. Here, linguini teams up with vegetables and oriental seasonings for a quick, colorful dish. Leftover cooked pork, beef or lamb can be used instead of the chicken.

In a medium-sized bowl mix chicken, garlic, ginger and 1 tablespoon of the soy-sugar mixture.

In a wok or 12-inch skillet heat 3 tablespoons of the oil over high heat until very hot but not smoking.

Add chicken mixture and stir-fry 3 to 5 minutes, until chicken is no longer pink. Remove to a large bowl.

Add 2 tablespoons more oil to wok.

Add bean sprouts, red pepper, snow peas, mushrooms and scallions.

Stir-fry 1 minute.

Add sherry, cover and cook 1 minute.

Using a slotted spoon, lift out vegetables and add to chicken.

Discard any liquid from wok.

Reduce heat to moderate.

Add remaining 2 tablespoons oil and the linguini.

Stir-fry 2 to 3 minutes, until hot and well coated with oil.

Add the remaining soy-sugar mixture and then toss to coat evenly.

Return chicken and vegetables to wok, add salt and pepper and toss until heated through.

Makes 4 or 5 servings