

Recipe Name		Chicken with Black Bean Sauce	
Time for Preparation			
Total Cooking Time			
Number of Portions	4		
	<i>Measurements</i>		
<i>Ingredients</i>	<i>Metric</i>	<i>Imperial</i>	<i>Comments</i>
Chicken Breasts	250 gr	0.5 lbs	Boneless, skinless
Soy Sauce	15 ml	1 TBSP	Light, low sodium
Corn Starch	10 ml	2 tsp	Or potato starch
Canola Oil	20 ml	4 tsp	Or vegetable oil
Fermented Black Beans	20 ml	4 tsp	Rinsed and mashed with spoon
Green Onions	2 pc	2 stalks	Sliced on the diagonal
Ginger Root	10 ml	2 tsp	Peeled and minced
Garlic	5 ml	2 tsp	Peeled and minced
Onion	1 pc	1 ea.	Cut into one inch squares
Red Pepper	1 pc	1 ea.	Cut into one inch squares
Green Pepper	1 pc	1 ea.	Cut into one inch squares
Chicken Broth	60 ml	¼ cup	Low sodium
Chinese Rice Wine	15 ml	1 TBSP	Shaoxing or dry sherry

Methods:

1. Cut chicken breasts into equal, thin, bite-size slices and marinate the chicken with soy sauce and cornstarch (dissolved in 1 TBSP of cold water) for 10 minutes in a covered bowl or Ziploc bag.
2. Heat the frying pan until hot. Pour 2 tsp oil into the hot frying pan. Once the oil is hot, add chicken pieces and stir fry for about 3 minutes over high heat.
3. Add fermented black beans, green onions, ginger and garlic to the chicken and stir fry for 2 minutes. Remove from pan and set aside.
4. Heat frying pan until hot and add 2 remaining tsp of oil. Stir fry onions and peppers until almost tender. Add chicken to the mixture.
5. Add chicken broth and rice wine to chicken mixture and bring to a boil.
6. Serve with rice (brown, red or black).

Recipe Name		Kung Pao Chicken	
Time for Preparation			
Total Cooking Time			
Number of Portions	1		
<u>Measurements</u>			
<u>Ingredients</u>	<u>Metric</u>	<u>Imperial</u>	<u>Comments</u>
Cashews	250 gr	1 cup	Raw
Chicken Breast	450 gr	1 lbs	Boneless, skinless
Soy Sauce	30 ml	2 TBSP	Light, low sodium
Chinese Rice Wine	30 ml	2 TBSP	Shaoxing or dry sherry
Sesame Oil	10 ml	2 tsp	
Corn Starch	10 ml	2 tsp	Or potato starch
Canola Oil	20 ml	4 tsp	Or vegetable oil
Spinach	450 gr	1 lbs	Washed
Salt	2 ml	½ tsp	Table salt, fine
Sugar	5 ml	1 tsp	White
Chicken Broth	60 ml	¼ cup	Low sodium
Chinese Black Vinegar	5 ml	1 tsp	Chin Kian vinegar or Balsamic vinegar

Methods:

1. Preheat oven to 375 degrees. Once hot, roast raw cashews in a baking tray and roast for about 10 minutes (until golden brown). Let cool.
2. Dice chicken breast into 2 cm cubes and place in a bowl.
3. Marinate chicken with 1 tbsp of light soy sauce, 1 tablespoon of Chinese rice wine, 1 tsp of sesame oil, and 1 tsp of corn starch. Put the mixture in the fridge and let marinate for 15 minutes.
4. Heat frying pan over high heat and add 1 tsp of oil.
5. Stir fry spinach until wilted.
6. Season spinach with salt and arrange around the edge of a plate.
7. Make Kung Pao sauce by combining 1 tbsp light soy sauce, 1 tbsp Chinese rice wine, 1 tsp sesame oil, 1 tsp sugar, .25 cup chicken stock, 1 tsp of cornstarch and 1 tsp Chinese black vinegar.

Recipe Name		Ma Po Tofu	
Time for Preparation			
Total Cooking Time			
Number of Portions	3		
<u>Measurements</u>			
<u>Ingredients</u>	<u>Metric</u>	<u>Imperial</u>	<u>Comments</u>
Szechuan Peppercorn	5 ml	1 tsp	Ground, optional for garnish
Tofu	0.5 kg	1 lbs	Soft
Fermented Black Beans	15 ml	1 TBSP	Or salted black beans
Canola Oil	30 ml	2 TBSP	Or vegetable oil
Ground Pork	250 gr	0.5 lbs	Lean
Hot Bean Sauce	15 ml	1 TBSP	Or chili bean paste
Ginger	5 ml	1 tsp	Fresh, peeled, minced
Soy Sauce	10 ml	2 tsp	Light, low sodium
Chicken Broth	60 ml	¼ cup	Low sodium
Green Onions	3 pc	3 stalks	Finely sliced into rounds
Corn Starch	30 ml	1 TBSP	Or potato starch

Methods:

1. Toast (no oil) the peppercorn in frying pan over medium heat. Once cooled, crush to a powder using a mortar and pestle or a pepper grinder.
2. Cut tofu into small cubes (0.5 to 1 inch cubes).
3. Rinse the beans in water, drain and mashed roughly.
4. Heat oil in frying pan until hot.
5. Stir fry pork for 2 to 3 minutes.
6. Add bean sauce, fermented black beans, ginger and soy sauce.
7. Add tofu to the mixture and stir fry very gently.
8. Add chicken broth to the mixture and let it boil gently.
9. Add green onions (reserve 1 TBSP for garnishing at the end).
10. Dissolve corn starch dissolved in 2 TBSP of water. Add to the tofu mixture and let it thicken. Garnish with green onions and ground Szechuan peppercorn (optional).

Recipe Name		Mu Shu Pork	
Time for Preparation			
Total Cooking Time			
Number of Portions	8		
	<u>Measurements</u>		
<u>Ingredients</u>	<u>Metric</u>	<u>Imperial</u>	<u>Comments</u>
Dried Chinese Mushrooms	8 pc	8 ea.	Large, shiitake
Black Fungus	8 pc	8 ea.	Large, wood ear, cloud ear
Pork	250 gr	0.5 lbs	Lean
Chinese Rice Wine	15 ml	1 TBSP	Shaoxing or dry sherry
Soy Sauce	5 ml	1 tsp	Light, low sodium
Corn Starch	5 ml	1 tsp	Or potato starch
Canola Oil	30 ml	2 TBSP	Or vegetable oil
Eggs	2 pc	2 ea.	Large, lightly beaten
Green Cabbage	1 head	1 head	Cut into thin strips
Carrots	1 pc	1 ea.	Peeled, cut into thin strips
Green Onion	3 pc	3 stalks	Cut into thin strips
Sesame Oil	5 ml	1 tsp	
Chinese Pancakes	8 pc	8 ea.	Frozen, or substitute with whole wheat flour tortillas
Hoisin Sauce	60 ml	¼ cup	For serving
Mu Shu Pancakes (optional)			
All Purpose Flour	500 gr	2 cup	
Boiling Water	375 ml	1 ½ cup	
Sesame Oil	15 ml	1 TBSP	

Methods:

1. Soak dried mushroom and black fungus in warm water in separate bowls for 20 minutes. Squeeze out water and slice into thin shreds.
2. Cut lean pork very thinly (2-inch strips) and finely and marinate with rice wine, soy sauce and cornstarch (15 minutes).
3. Heat frying pan over high heat with 1 TBSP of oil.
4. Scramble 2 eggs into little pieces. Remove from pan and set aside.
5. Heat frying pan again until hot with 1 TBSP of oil and stir fry pork for 2 minutes.
6. Add mushrooms, black fungus, cabbage, carrots, and green onions.
7. Add eggs to the rest of the mixture to combine.

8. Finish with sesame oil.
9. Line pancakes with hoisin sauce and 1/8 of the pork mixture and wrap.
10. Can also be served over rice (brown, red or black) instead of pancakes.

Methods Mu Shu Pancakes (Optional):

1. Combine flour and boiling hot water in a bowl.
2. Use a wooden spoon or chopsticks to stir until a shaggy dough forms.
3. Once dough is cool enough, knead for a few minutes until smooth. Let it rest for 15 to 30 minutes covered with a damp paper towel or cloth.
4. Divide dough in half and roll into two logs approximately 4cm in diameter. Cut each log into one-inch discs and press down to flatten each disc.
5. Brush a bit of sesame oil on top of each disc and press two oiled discs together with the sesame sides touching.
6. Roll them out thinly (6-7 inches in diameter) with a rolling pin.
7. Pan fry them in a non-stick skillet for 1 minute each until they bubble slightly.
8. Separate the two pancakes and wrap in foil to keep warm.

Recipe Name		Steamed Rice	
Time for Preparation			
Total Cooking Time			
Number of Portions	1		
	<u>Measurements</u>		
<u>Ingredients</u>	<u>Metric</u>	<u>Imperial</u>	<u>Comments</u>
Water	750 ml	2 ½ cups	Boiling
Brown Rice	250 gr	1 cup	Rinsed

Methods:

1. Bring 625 ml (2.5 cups) of water to a vigorous boil in a saucepan that has a tight fitting lid.
2. Add 250 g (1 cup) of brown rice.
3. Cover saucepan. Cook covered over low heat for 35-40 minutes.
4. Remove saucepan from heat and allow to stand for 5 minutes (covered).

Notes:

1. If using red rice, use 1 cup of rice to 1.5 cups of water.
2. If using black rice, use 1 cup of rice to 1.3 cups of water.

Recipe Name		Shanghai Noodles	
Time for Preparation	40 minutes		
Total Cooking Time	15 minutes		
Number of Portions	4		
	<u>Measurements</u>		
<u>Ingredients</u>	<u>Metric</u>	<u>Imperial</u>	<u>Comments</u>
Shanghai Noodles	250 gr	0.5 lbs	Rice noodles can be used in substitution
Shrimp	250 gr	0.5 lbs	Froze, raw, peeled and deveined
Salt	1 ml	½ tsp	Table salt, fine
Corn Starch	7 ml	½ TBSP	Or potato starch
Canola Oil	30 ml	2 TBSP	Or vegetable oil
Green Onions	2 pc	2 stalks	Sliced thinly into rounds
Shanghai Bok Choy	450 gr	1 lbs	Washed and trimmed
Soy Sauce	22 ml	1 ½ TBSP	Light, low sodium
Chicken Broth	60 ml	¼ cup	Low sodium

Methods:

1. Boil Shanghai noodles in hot boiling water until tender. If using dried rice noodles, soak the rice noodles in hot water for 15 minutes or until soft.
2. Rinse shrimp in cold water, pat dry with paper towels.
3. Marinate shrimp with salt, cornstarch and a bit of water.
4. Heat frying pan over medium high heat and add 1 tbsp of oil. Stir fry shrimp until they turn pink. Remove from frying pan and set aside.
5. Heat frying pan with the remaining 1 tbsp of oil and stir fry green onions and baby bok choy until wilted.
6. Add rice noodles, soy sauce and chicken broth and fry until the liquid is absorbed. Add shrimp, stir and heat through.

Recipe Name		Steamed Fish	
Time for Preparation	5 minutes		
Total Cooking Time	50 minutes		
Number of Portions	2		
	<u>Measurements</u>		
<u>Ingredients</u>	<u>Metric</u>	<u>Imperial</u>	<u>Comments</u>
Whole Fresh Fish	1 kg	1 pc	Cleaned, dressed (red snapper, tilapia, sea bass)
Ginger Root	30 ml	2 TBSP	Fresh, peeled and finely sliced (matchsticks)
Green Onions	3 pc	3 stalks	Thinly sliced on the diagonal
Soy Sauce	20 ml	4 tsp	Light, low sodium
Canola Oil	20 ml	4 tsp	Vegetable oil can be used in substitution

Methods:

1. Clean fish and dry with paper towels. Score (cut 1 cm deep) three times into the thickest part of the fish, approximately 1.5 cm apart. [This keeps the fish flat during cooking, allows more flavour to seep in and lets the fish cook faster.]
2. Stuff the fish with half the sliced ginger and scatter the other half around the outside of the fish.
3. Stuff the fish with half the green onions and reserve the other half for garnishing.
4. Place the fish on a plate in a steamer (with 2 inches of boiling water) for 15-20 minutes (until flesh is opaque). Remove from steamer, drain the liquid and scatter fish with remaining green onions. Drizzle the fish with soy sauce.
5. Heat the oil until scorching hot and pour over the entire length of the fish.
6. Serve with rice (red, brown, black) and stir-fried vegetables.

Note:

Alternate method: preheat oven to 350 F(180 C) degrees and wrap the fish in a foil that is lightly oiled. Drizzle the fish with 1 tsp of soy sauce and 2 tsp of water. Seal and bake for approximately 40 minutes.

After the fish is baked, drizzle with remaining soy sauce, scatter with remaining green onions and follow methods #5 and #6.

Recipe Name		Stir-Fried Vegetables with Beancurd	
Time for Preparation			
Total Cooking Time			
Number of Portions			
	<i>Measurements</i>		
<i>Ingredients</i>	<i>Metric</i>	<i>Imperial</i>	<i>Comments</i>
Dried Chinese Mushrooms	12 pc	12 ea.	Shitake
Tofu	250 gr	0.5 lbs	Firm, drained, cubed
Canola Oil	30 ml	2 TBSP	Or vegetable oil
Snow Peas	250 ml	1 cup	The top ends removed
Carrots	1 pc	1 ea.	Peeled and sliced on the diagonal
Bamboo Shoots	250 ml	1 cup	Canned, rinsed and sliced
Soy Sauce	5 ml	1 tsp	Light, low sodium
Mushroom Sauce	30 ml	2 TBSP	Or vegetarian oyster sauce
Vegetable Broth	60 ml	¼ cup	
Corn Starch	10 ml	2 tsp	Or potato starch
Sesame Oil	5 ml	1 tsp	

Methods:

1. Soak the dried mushrooms in warm water for 30 minutes. Squeeze dry and discard stems.
2. Cut tofu into 0.5-inch cubes. Pan fry tofu in 1 TBSP of oil until lightly browned on both sides. Set aside.
3. Blanch (boil briefly for one minute in a big pot of boiling water) snowpeas, carrots and bamboo shoots. Cool with cold water and drain.
4. Heat frying pan with 1 TBSP of oil. Once hot, stir fry mushrooms, snow peas, carrots, and bamboo until tender.
5. Mix soy sauce, mushroom sauce, vegetable broth, and cornstarch together. Add to the vegetable mixture and bring to a boil until thickened. Add tofu.
6. Finish with sesame oil.
7. Serve over rice (brown, red, or black).

Recipe Name		Stir-Fried Vegetables	
Time for Preparation			
Total Cooking Time			
Number of Portions	1		
	<u>Measurements</u>		
<u>Ingredients</u>	<u>Metric</u>	<u>Imperial</u>	<u>Comments</u>
Soy Sauce	30 ml	2 TBSP	Light, low sodium
Corn Starch	10 ml	2 tsp	Or potato starch
Chicken Broth	60 ml	¼ cup	Low sodium
Canola Oil	20 ml	4 tsp	Or vegetable oil
Carrots	2 pc	2 ea.	Peeled and cut on the diagonal
Celery	2 pc	2 ea.	Cut into diagonal sliced
Red Bell Pepper	1 pc	1 ea.	Cut into 1 inch squares
Bamboo Shoots	250 ml	1 cup	
Snow Peas	250 g	1 cup	Trimmed
Sesame Oil	5 ml	1 tsp	

Methods:

1. Make sauce by combining soy sauce, cornstarch, and .25 cup of chicken broth.
2. Heat frying pan with 2 tsp of oil. Stir fry carrots, celery, bell peppers, bamboo shoots and snow peas until almost tender. Add sauce and stir fry until thickened.
3. Serve with rice (red, brown, or black).

Recipe Name		Stir-Fried Squid with Vegetables	
Time for Preparation			
Total Cooking Time			
Number of Portions	2		
	<u>Measurements</u>		
<u>Ingredients</u>	<u>Metric</u>	<u>Imperial</u>	<u>Comments</u>
Squid	450 gr	1 lbs	Cleaned and blanched
Soy Sauce	30 ml	2 TBSP	Light, low sodium
Corn Starch	10 ml	2 tsp	Or potato starch
Chicken Broth	75 ml	5 TBSP	Low sodium
Canola Oil	20 ml	4 tsp	Or vegetable oil
Carrots	1 pc	1 ea.	Peeled and cut on the diagonal
Red Bell Pepper	1 pc	1 ea.	Cut into 1 inch squares
Snow Peas	250 gr	1 cup	Trimmed
Garlic	2 pc	2 cloves	Peeled and minced
Green Onions	3 pc	3 stalks	Sliced on the diagonal
Ginger Root	15 ml	1 TBSP	Fresh, peeled and finely sliced (matchsticks)
Sesame Oil	5 ml	1 tsp	

Methods:

1. Clean (butterfly) and score (make light cuts 2 mm apart in a criss cross pattern) squid. Cut into into 1.5 inch squares. Blanch (boil briefly in a pot of boiling hot water) for 30 seconds. Do not overcook! Remove and drain.
2. Make sauce by combining soy sauce, cornstarch, and 3 TBSP of chicken broth.
3. Heat frying pan with 2 tsp of oil. Stir fry carrots, bell peppers and snow peas until almost tender. Add 2 TBSP of chicken broth to the vegetables. Remove from pan and set aside.
4. Heat frying pan with 2 tsp oil until hot. Add garlic, green onions, and ginger until fragrant. Add squid and stir fry until squid is tender.
5. Add sauce to squid and combine with stir fried vegetables. Let boil to thicken and finish with sesame oil.
6. Serve with rice (red, brown, or black).

Recipe Name		Stir-Fried Tomatoes and Eggs	
Time for Preparation			
Total Cooking Time			
Number of Portions	1		
	<u>Measurements</u>		
<u>Ingredients</u>	<u>Metric</u>	<u>Imperial</u>	<u>Comments</u>
Tomatoes	3 pc	1 ea.	Red, medium
Eggs	1 pc	1 ea.	Large, beaten
Canola Oil	10 ml	2 tsp	Or vegetable oil
Garlic	2 pc	2 cloves	Peeled and minced
Spring Onion	1 pc	1 stalk	Sliced on the diagonal
Sugar	10 ml	2 tsp	White
Salt	2 ml	½ tsp	Table salt, fine

Methods:

1. Slice tomatoes into wedges and set aside.
2. Heat frying pan with 1 TBSP of oil.
3. Add minced garlic and fry until lightly golden and fragrant.
4. Add green onions and stir fry for a few seconds.
5. Add tomatoes, sugar and salt. Bring to a boil.
6. Gently pour in the beaten egg and return to a boil for a minute. Remove from pan.
7. Serve with rice (brown, red or black)

Recipe Name		Yangzhou Fried Rice	
Time for Preparation			
Total Cooking Time			
Number of Portions			
	<u>Measurements</u>		
<u>Ingredients</u>	<u>Metric</u>	<u>Imperial</u>	<u>Comments</u>
Shrimp	125 gr	0.25 lbs	Frozen, raw, peeled and deveined
BBQ Pork	125 gr	0.25 lbs	Or smoked lean ham
Canola Oil	60 ml	4 TBSP	Or vegetable oil
Eggs	2 pc	2 ea.	Large, lightly beaten
Peas	250 gr	1 cup	Frozen
Green Onions	2 pc	2 stalks	Sliced thinly into rounds
Cooked Rice	1 kg	4 cups	Preferably brown, red or black
Salt	2 ml	½ tsp	Table salt, fine

Methods:

1. Defrost shrimp, rinse in cold water and pat dry.
2. Dice BBQ pork into small cubes
3. Heat 1 TBSP of oil in frying pan until hot.
4. Pan fry eggs until almost completely cooked and break into small pieces. Remove and set aside.
5. Heat 1 tbsp of oil and stir fry peas until cooked. Remove and set aside.
6. Heat 1 tbsp of oil in frying pan, add green onions and fry shrimp until they turn pink (1 minute). Remove and set aside.
7. Heat 1 tbsp of oil in frying pan and add cooked rice. Stir until rice is coated with oil.
8. Add salt and mix in remaining ingredients (egg, shrimp, bbq pork and peas).
9. Serve with a vegetable soup (tofu and spinach) or stir fried vegetables