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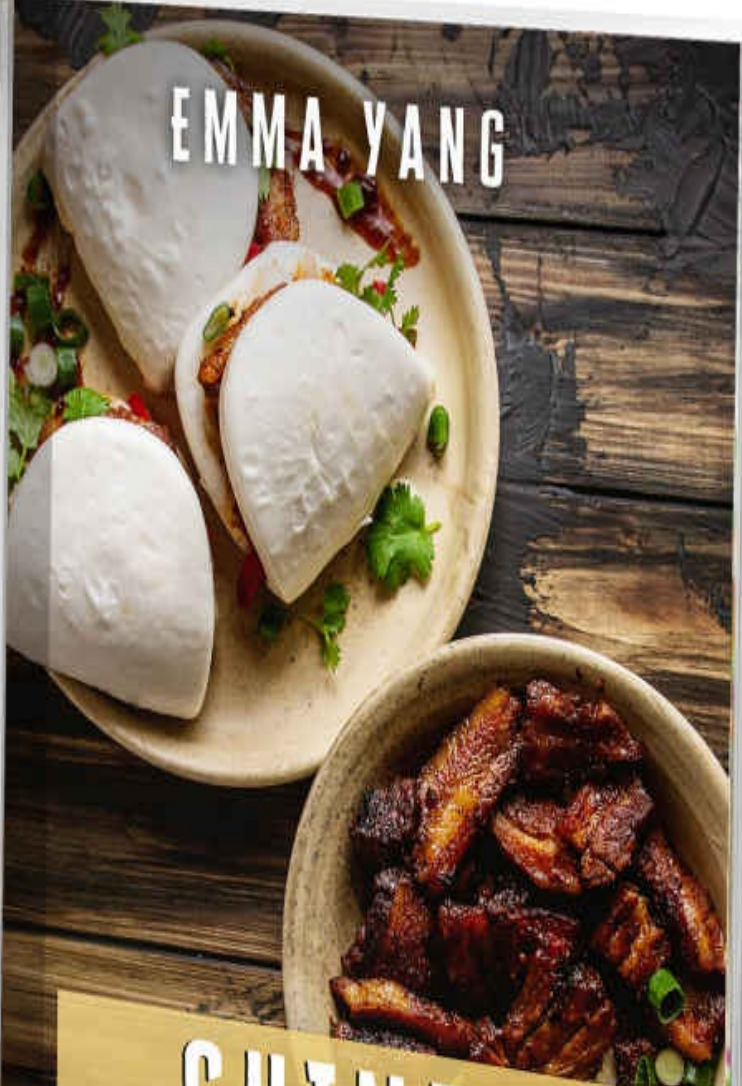


WOK Cookbook

70 EASY RECIPES FOR TRADITIONAL AND
TASTY ASIAN FOOD

70 Recipes

EMMA YANG



CHINESE Cookbook

70 EASY RECIPES FOR NOODLES DUMPLINGS
AND TRADITIONAL DISHES FROM CHINA

70 Recipes

Wok Cookbook

70 Easy Recipes For Traditional And
Tasty Asian Food

Emma Yang

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CONCLUSION

Introduction

Cooking, as we all remember, is one of the ancient known practices. Cooking was quite easy during the period of human evolution. Seasonings and cooking appliances were probably basic at the moment, and the regular food probably did not have much variation. Cooking has evolved into almost an art genre since those early days, but it remains a vital part of our daily lives. About the fact that many Asian cultures have the practice of assembling the family or tribe to socialize or party over a large meal, each Asian community established its regional food as a result of the interaction of nature, climate, and culture.

Several special varieties of food come from our ethnic communities, reflecting the broad variety of histories and interactions within their group. We see a remarkable evolution in Asian regional food as it mixes traditional and innovative elements into a distinctly Asian development as the Asian community continues to grow and evolve.

The Asian continent extends large distances from the Middle East to Japan, passing across the Indian subcontinent. Moreover, the many countries that can be located there have contributed to the area's culinary history. There are three basic Asian culinary communities, each of which is often distinct but occasionally overlaps. They are split into three cultures: southwest, northeast, and southeast.

China

China is a member of the food tradition of the northeast. Chinese cuisine is thought to have begun in the 15th century B.C. Confucius and Tao, two prominent Chinese philosophers, reshaped their country's cuisine over the years. Confucius concentrated on combining ingredients to create harmonious meals, while Tao was more concerned with the benefit-sharing of recipes.

Japan

Japan is part of the northeast zone, which also includes China and Korea. Korea taught Japan rice cultivation methods in the third century B.C. In the sixth century B.C., Korea brought Buddhism to Japan, which culminated in meat-eating is prohibited.

Southwest

The southwest includes many nations, including India. Persian-Arabic elements sowed the seeds of its cuisine. For thousands of years, vegetarianism was the standard. Cows were mainly used for their milk because of Hinduism. The introduction of different meats for kebabs and curries in Mughlai cuisine modified many people's diets.

Southeast Asia

Food was either boiled or fried, eaten fresh or dried, and processed into dips in 13th-century Thailand, one of many countries in this area.

Asian foods have their own set of advantages and disadvantages. Let us have a look at them. Classic Asian diets have been shown to have health benefits in studies. Unflavored green tea has been linked to a lower incidence of type 2 diabetes in Japanese studies. Some vegetables, such as cabbage, broccoli, cauliflower, bok choy, and spinach, are used in traditional Asian dishes and linked to a lower risk of numerous diseases. Also, consuming three more portions of green leafy vegetables a week was linked to a lower risk of a heart attack in one Indian report.

Soybeans are also popular in Asian diets. It can be in the form of soymilk, broth, or tofu and may partially substitute red and refined meats as a protein source. Whole grains like brown rice, which were more common in Asian diets a century earlier, have health benefits and a lower glycemic load. Boosting whole grain consumption by two servings a day is linked to a 21% lower risk of diabetes.

White rice is also a central part of many Asian diets. White rice provides about 30% of the calories in Asian diets—heavy consumption of foods with a high glycemic load. Brown rice can be a simple and nutritious alternative, but some people consider brown rice to be bumpier and less delicious than white rice despite its pleasing taste.

Another main component of Asian diets that is over-consumed is salt. The body needs 230-460 mg of sodium per day, and Asians consume more than 4600 mg per day on average. Soy sauce and salt applied at home, either when preparing or at the table, were the most common sources of sodium in the Japanese and Chinese diets. Rural Asian cultures also use salt as a means of

food storage, which leads to unnecessary salt consumption. Lowering blood pressure, which is frequently elevated in people with pre-diabetes or diabetes, may be achieved by reducing salt consumption.

Sugar consumption is also on the rise in modern Asian diets. Aside from the influx of sugary beverages from the West, Asian diets now include various teas, such as chai or bubble tea, that pack a lot of calories and sugar in small serving sizes. This is a departure from earlier, conservative Asian diets, which emphasized natural tastes from spices, fruits, and vegetables rather than highly sweetened beverages and desserts.

Unhealthy oils, such as those comprising trans fat and animal fat, are also used in cooking today's Asian diets. Trans fats are becoming more common in processed goods in Asia due to their potential to extend shelf life, but no regulations enforce the disclosure of trans fat content to the public. Trans fat use has been linked to weight gain, elevated cardiovascular risk, and insulin resistance.

Before you can begin cooking Asian cuisines, you must first become familiar with several main ingredients. If you plan to do some sort of Asian cuisine, soy sauce is perhaps the most important product to have on hand. It is a dark-colored sauce with a thick, salty flavor that's made from soybeans and wheat. It is a common and traditional staple that can be used for coating, fermenting, and cooking in various Asian cuisines, especially stir-fries. Anchovy extract from fish is widely used as a cooking sauce in Southeast Asia to give a spicy, savory flavor to dishes. Fish sauce has a strong taste, so a little goes a long way. It has a strong odor, so once applied to a dish, it adds a layer of umami, and it is a taste you will know from Thai and Vietnamese cuisine. Stir-fries, soups, and noodle dishes are all good places to start. It should be noted that it is produced from preserved anchovies, so it should not be used for any vegetarian dishes.

The taste of sesame oil is unique, nutty, and herbal. It is used as a sauce or spice, and it is usually applied towards the end of the cooking process to keep the taste. Since it is very potent, it is only used in small quantities. Chili sesame oil is also accessible, and it is a perfect way to get a great sesame taste while also adding some sun. To save it from becoming rancid, keep it in the freezer. Hoisin sauce is a dense, flavorful sauce made from ground

soybeans and starch and flavored with red chilies and garlic. Vinegar, Chinese five-spice, and sugar are popular additions. While the term hoisin comes from the Chinese word for seafood, the sauce does not contain any seafood. Meat, fruits, and noodles profit from the sweetness and saltiness when marinated, stir-fried, dipped, and glazed. It is a popular ingredient in Chinese and Vietnamese cuisine.

Chili peppers, vinegar, cloves, sugar, and salt make Sracha chili sauce, which is a delicious hot sauce. It is thought to have started in Thailand. The mildly spicy chili garlic sauce may be used for dipping, slicing, marinating, or stir-frying. It has a mildly coarse feel and a nice tang from the vinegar. Oyster sauce is a popular ingredient in Chinese family cooking. It is used as a coating or dipping sauce for meat and vegetables. It is traditionally made from oysters that have been slowly simmered.

Western cultures were exposed to Asian cuisines and main components and the special techniques used to cook Asian foods. The wok is maybe the most critical. In Southeast Asia and China, the wok is an essential piece of cooking equipment. Since traditional Asian families lacked the means to make or purchase several pans for various cooking methods, the conventional wok was built with a specially rounded bottom that offers a variety of cooking heats in one pan, resulting in it being a virtually universal staple of Asian families. This book contains a large number of recipes that are prepared using this tool.

Chapter 1: Asian Wok Breakfast Recipes

Asian Food is one of the most loved food cuisines in the world. In this chapter, we will discuss in detail how to make different breakfast recipes for Asian wok.

1.1 Cao Lao

Preparation time: 10 minutes

Cooking Time: 20 minutes

Servings: 1

Ingredients:

- Two tablespoons of soy sauce
- Four cloves garlic, minced, or more to taste
- Two teaspoons of Chinese five-spice powder
- Two teaspoons of white sugar
- One teaspoon of paprika
- ¼ teaspoon of chicken bouillon granules
- 1 pound pork (cut into cubes)
- Two tablespoons of vegetable oil
- Two tablespoons of water
- 2 pounds Vietnamese-style rice noodles
- 2 cups bean sprouts
- 1 cup torn lettuce leaves
- One bunch of green onions, chopped
- ¼ cup fresh basil leaves
- ¼ cup fresh cilantro leaves
- ¼ cup crispy noodles

Instructions:

1. Take a large glass or ceramic bowl.
2. Put the soy sauce, garlic, Chinese 5-spice, sugar, paprika, and chicken bouillon in it. Combine them well.
3. Toss in the pork cubes to uniformly marinate them.
4. Refrigerate for at least 1 hour after covering the bowl with plastic wrap.
5. Take the pork out of the marinade and shake off some of its fluid. Remove and discard any leftover marinade.

6. Take a wok and heat the oil over moderate flame.
7. Place a marinated pork in it. Let it cook for 5-7 minutes or until it turns brown.
8. Stir it continuously until the water has evaporated and the pork is cooked completely.
9. Boil water in a separate pan over moderate flame.
10. Rice noodles can be rinsed under cool water and gently split apart.
11. Put noodles in boiling water for around 1-2 minutes or until they are half tender.
12. Toss in the bean sprouts and let it boil for another 2-3 minutes or until the noodles are soft but still solid to the bite. Put off the flame and drain the water.
13. Take a large serving bowl. Combine the noodles and pork mixture.
14. You can garnish it with chopped lettuce, green onion, garlic, and cilantro.

1.2 Semolina Porridge

Time: 5 minutes plus soaking overnight

Servings: 4

Ingredients:

- 100g Semolina
- Cranberries (handful)
- 400mg semi-skimmed milk
- Salt and pepper as per your taste
- Two teaspoons of butter
- Cinnamon honey or maple syrup (optional)

Instructions:

1. You have to simmer the semolina overnight. The next day, drain it.
2. Take a pan or pot. Combine semolina with the cranberries in it and cover it with cream—place in the refrigerator.
3. Place a separate pan over moderate flame. Heat butter and salt in it.
4. Cook until it thickens and pulls away from the pan's edges. If it seems to be too deep, thin it out with a little water.
5. Serve the porridge in serving bowls with honey or maple syrup drizzled on top.

1.3 Fermented Soybean with Rice

Time Required: 15 minutes

Serving: 1

Ingredients:

- 1 cup white simple rice (cooked)
- Two fermented soybean boxes
- Two teaspoons of soy sauce

Instructions:

1. In a big rice cup, position the hot cooked rice.
2. Combine two packages of soybean in a shallow mixing tub.
3. Mix the contents of the seasoning sauce and karashi packets to the bowl if the box includes them.
4. Toss the soybean with your preferred toppings.
5. Cover the steamed rice with the mixed soybean and any additional garnishes you want.

1.4 Banh Mi

Time Required: 35 minutes

Servings: 4

Ingredients:

- Chicken pate, six teaspoons
- Green onions, four
- Maggi seasoning, two teaspoons
- Cucumbers, two
- Coriander, as required
- Rotisserie chicken, one pound
- Pickled carrot, as required
- Mayonnaise, half cup
- Chili, as required
- Vietnamese bread, as required

Instructions:

1. Take a slice of breads.
2. Spread one tablespoon pate on one side. At that point, one tablespoon of mayonnaise on top.
3. Layer in the hams, cucumber cuts, and green onion.
4. Stuff in a lot of carrots and coriander branches.
5. Sprinkle with new stew.
6. Sprinkle with Maggi preparing.
7. Close sandwich together and eat up.

1.5 Herb Omelette

Time Required: 20 minutes

Servings: 4

Ingredients:

- Chopped garlic, two
- Peanut oil, one teaspoon.
- Vietnamese mint, one teaspoon.
- Milk, half cup
- Soy sauce, two teaspoon.
- Chili sauce, two teaspoon.
- Eggs, eight
- Mix herbs one teaspoon.

Instructions:

1. Whisk eggs, milk, and mint, and the rest of the ingredients in a medium bowl.
2. Warm half of the oil in a medium wok.
3. Add a fourth of the egg combination.
4. Crease omelet over.
5. Your dish is fit to be served.

1.6 Scrambled Eggs with Fish Sauce

Time Required: 15 minutes

Servings: 4

Ingredients:

- Salt to taste
- Baby plum tomatoes, four
- Eggs, four
- Cilantro, half cup
- Spring onions, four
- Tortilla, as required
- Pepper to taste
- Fish sauce two teaspoon.
- Butter, as required

Instructions:

1. Put the oil, spring onions, and stew in a wok.
2. Cook for two or three minutes.
3. Beat together the eggs, fish sauce, and milk.
4. Add to the wok and cook them.
5. Mix in the tomatoes and coriander leaves if utilizing.
6. Eat it with griddled tortillas.

1.7 Chicken Congee

Time Required: 1 hour

Servings: 2

Ingredients:

- 2/3 cup rice
- 3 liters water
- Salt and pepper as per your taste
- 3 green onion (sliced)
- One ginger
- a tiny bunch of coriander
- 1 cup chicken chunks + 2 chicken thighs

Instructions:

1. You have to wash the rice first. Let it simmer for 30 minutes in clean water.
2. Add one green onion and ginger to a pot of cold water with the chicken. Let it boil over moderate flame.
3. Add already simmered rice to it.
4. When you can quickly put a chopstick into the chicken thighs, remove them. Soak them in clean water to cool them off, then shred them by hand or mince them.
5. Simmer the congee for 1 hour on the lowest heat setting.

1.8 Hainan Breakfast Noodles

Time Required: 30 minutes

Servings: 10

Ingredients:

- 200mg Japanese noodles
- 1 teaspoon vegetable oil

For the Sauce

- Two teaspoon rice vinegar
- Two teaspoons vinegar
- Two teaspoons soy sauce
- Sugar as per your taste

For Garnishing

- Roasted peanuts, cilantro, grilled sausage
- Chips
- Sprouts from Brussels

Instructions:

1. Make a sauce by mixing sauce ingredients.
2. Take a pan—boil water with oil in it over medium flame.
3. Cook the noodles in boiling water for 4-5 minutes.
4. Drain the water from the noodles.
5. Assemble the toppings and sauce.

1.9 Fried Bee Hon

Time Required: 40 minutes

Servings: 5

Ingredients:

- 2 cups of boiling water
- 1 green chili
- 3 tablespoons rice wine vinegar
- Two teaspoons of soy sauce
- a half teaspoon of sugar
- salt
- Vegetable oil, 3 tablespoons.
- 1 cup of shallots (sliced)
- Four medium garlic cloves (chopped)
- 1 cup of mushrooms
- Half cup of bok choy leaves
- Shrimp, 8 oz.
- 5 oz. dry rice vermicelli (immersed for 25 minutes in cold water)
- White pepper as per your taste
- 1 pound of bean sprouts

Instructions:

1. Stir in the vinegar, one teaspoon soy sauce, sugar, and 1/2 teaspoon salt. Allow time for cooling.
2. Combine all of the ingredients in a large mixing bowl. In a wok, heat three tablespoons of oil over moderate flame.
3. Place the shallots, cloves, and mushrooms in it—Cook for 10 minutes.
4. Stir in all other ingredients.
5. Cook for 5-7 minutes.
6. Season it with salt and/or soy sauce to taste.

1.10 Coconut Milk Rice

Time Required: 20 minutes

Servings: 2

Ingredients:

- 1 tablespoon of olive oil
- One teaspoon cumin
- Two cardamom pods
- One cinnamon stick
- Four garlic cloves
- 12 tablespoons fennel
- One leaf of bay
- 12 cashew
- a single onion (sliced)
- 1 teaspoon garlic-ginger paste
- One cauliflower (finely chopped)
- Five legumes (finely chopped)
- 2 teaspoon peas
- coconut oil, 2 cup
- 1 cup rice (soaked 20 minutes)
- Salt as per your taste
- Two tablespoons coriander (finely chopped)

Instructions:

1. Place a wok over moderate heat and heat oil for 1 minute.
2. Add all ingredients to it except milk and rice.
3. Cook it for 10 minutes.
4. Transfer it to the pressure cooker.
5. Mix in 2 cups coconut milk and rice in it.
6. Cover it with a lid and cook in it for two whistles.
7. Cherish coconut milk pulao with biryani gravy at the end.

1.11 Fried Rice Omelette

Time Required: 40 minutes

Servings: 3

Ingredients:

- Two onion (sliced)
- One finely chopped scallion
- One finely chopped small carrot
- 4 oz. ground or finely diced beef, pork, fish, or shrimp
- One teaspoon of soy sauce
- a pinch of salt and pepper
- Oil for frying
- Two cooked rice servings
- Four eggs

Instructions:

1. Prepare the ingredients for the fried rice by finely slicing them.
2. Heat oil in a wok over moderate heat.
3. Add onion, carrot, and beef until meat is cooked.
4. Add one tablespoon soy sauce and seasonings.
5. Add rice in it.
6. Separately, prepare a mixture for the egg.
7. Preheat a small wok that has been loosely oiled over medium-low heat. Swirl the egg mixture around in the pan to coat it fully.
8. Switch off the heat and place one serving of fried rice in the center of the egg omelet when the bottom is set, but the top is still runny.
9. Fold all sides of the omelet over the rice with a spatula. To make another serving, repeat the last three steps.

1.12 Spinach Soup with Tofu

Time Required: 30 minutes

Servings: 3

Ingredients:

- One cube of tofu
- Three medium onions (sliced)
- One tablespoon of olive oil
- Two medium carrots (chopped)
- One medium diced red bell pepper
- Six garlic cloves, diced
- 6–7 cups broth or water
- One teaspoon of basil
- One tablespoon onion granules
- Two tablespoons parsley (dried)
- One teaspoon oregano
- One teaspoon garlic
- Salt
- A quarter teaspoon of dill weed
- A quarter teaspoon of dry sage
- Half teaspoon of paprika
- One cup canned diced tomatoes
- 10 ounce of spinach leaves
- One cup of chickpeas (cooked)

Instructions:

1. Cut tofu into cubes and put on an oiled wok. Lightly cook it until it turns brown.
2. Take a separate wok and put oil and onion in it over medium heat. Let it sauté for 4-5 minutes.
3. Add all other vegetables and cook it for another 5 minutes.

4. Turn the heat up to maximum and add the water or broth.
5. Add all seasonings to it. Mix it well. Cook it for a while.
6. Add tofu and chickpeas in it.
7. Reduce the heat to low and continue to cook for 3 to 4 minutes.
8. Serve it.

1.13 Sesame and Beetroot Crepe

Time Required: 30 minutes

Servings: 2

Ingredients:

- 1 Grated Beetroot
- ½ cup of wheat flour
- ½ cup of gram flour
- ½ teaspoon cumin powder
- ½ Amchur teaspoon
- ½ teaspoon powder of Garam masala
- One teaspoon mixture of Red Chili
- Oil as per you need
- Salt as per your taste

Instructions:

1. Add all the herbs, salt, and ghee with the diced beetroot.
2. Also, add wheat & gram flour and squeeze a soft mixture with water.
3. Take a small portion and shape it into a crepe.
4. Heat up the Tawa & put a crepe on it.
5. Heat it for about a minute and then turn it and heat about a minute but at the other side.
6. Serve it with curd.

1.14 Paneer Crepes with Green Peas

Cooking time: 45 minutes

Servings: 4

Ingredients:

- 1 cup Green peas
- 2 cup of Paneer (Homemade Cheese Cottage)
- Chopped two tablespoon Ginger
- 2 Green Chili, sliced
- Two teaspoon Turmeric powder
- Four teaspoons of Powder Red Chili
- 2 Amchur teaspoon
- Two teaspoons of Powdered Coriander
- 1 cup wheat flour
- For kneading, olive oil

Instructions:

1. Knead a dough.
2. Heat a wok with some oil over medium flame. Add cumin seeds in it and allow it to splutter for a couple of seconds. Add all spices, and cook it well. Add peas to it. Cook them until they are half done.
3. Add crushed paneer and cook them well over medium heat before the raw flavor of the spice fades. Hold it to cool away.
4. Divide parts of the dough into mid-sized lemon balls.
5. Pat the dough section and sprinkle it with flour. Roll the dough out into a coil 5 inches in diameter. In the middle of the dough, spoon a good part of the filling.
6. Wrap the ends by pulling the ends close. Lightly brush the paratha back into the flour and roll gently to clear any pockets of air.
7. Roll the paratha such that the filling remains within and therefore does not seep out, creating very little strain.
8. The next move is to cook the paratha. Heat the wok and put the paratha

on it.

9. Cook it from both surfaces before external brown stains emerge.

10. Move the paratha to a plate until finished, and prepare the rest of the Paneer and Green Peas Packed Parathas the same way.

1.15 Vegetable Pohe

Cooking time: 40 minutes

Servings: 3

Ingredients:

For the batter you need:

- ½ cup white flour
- ½ semolina cup
- One tablespoon of sugar
- One tablespoon of fennel seeds
- Evaporated milk 350ml
- Oil as per your needs for frying.

For sugar syrup, you need:

- 1 cup of drinking water
- Four green cardamom
- 1 cup of sugar

Instructions:

1. Get all the items specified for a batter in a medium bowl and blend them properly so that no chunks are within. Add just that little milk if you like. It is too dense. Let it rest for some time.
2. Put the ingredients for sugar sauce in a saucepan and cook them together until you have syrup of one string.
3. Warm some oil in a pan to deep fry.
4. To shape a tiny pancake of 2 diameters, pour a spoon of flour in the liquid.
5. Fry on medium fire. Cook and turn one side over.
6. Suppose all sides turn brown, remove with a spatula, and indulge in

- sugar syrup instantly. Leave for 1 minute to full.
7. Remove hot, and serve it.

Chapter 2: Asian Wok Lunch Recipes

Asian food is one of the most loved food cuisines in the world. Some people want to eat heavy in their lunch, but many people want to eat something light in their lunch. This chapter contains those Vietnamese lunch recipes that you have been longing to make in your kitchen.

2.1 Shanghai Noodles with Chicken

Time Required: 50 minutes

Servings: 4

Ingredients:

- 1 pound of yellow noodles
- One skinless chicken breast
- 1/2 Chinese cabbage
- 100g spring onion
- Five garlic cloves

For marinade:

- Half cup black soy sauce
- One teaspoon soy sauce
- One teaspoon oyster sauce
- One finely chopped ginger root
- One tablespoon of sugar
- One teaspoon sesame seed oil
- A quarter teaspoon of white pepper

Instructions:

1. Season the chicken first.
2. Marinate it for some time.
3. Place a wok with oil in it over moderate flame. Cook the chicken in it until it turns brown. Remove it from wok.
4. Pour a little more vegetable oil into the same wok and cook the minced garlic and onion for 3 minutes.
5. Stir in the Chinese cabbage until it is well combined.
6. Place the chicken and sauce to the wok.
7. Toss in the noodles. Mix them.
8. Serve it.

2.2 Spicy Beef Noodles

Time Required: 40 minutes

Servings: 4

Ingredients:

- 1 lb. ham hocks
- Six stalks of lemongrass (sliced thin)
- Two tablespoons Nuo Cham
- One teaspoon sugar
- Salt and pepper as per your taste
- 4 ounces boneless sirloin
- 4 ounces boneless pork loin
- 16 ounces rice noodles (cooked)
- 1 cup bean sprouts
- Four sprigs of basil (chopped)
- Four sprigs of mint (chopped)
- Four sprigs cilantro
- Four teaspoons hot chili sauce (or as per your taste)
- One lime (cut into quarters)

Instructions:

1. Add sugar, ham hocks, and lemongrass in a wok and brought it to a boil over a medium flame.
2. Using a strainer, drain the soup, reserving the ham hocks if needed.
3. Add the Nuo Cham, broth, sugar, salt, and pepper in a wok. Place it over medium flame. Let it cook.
4. Add sirloin and pork loins in it and simmer for 10-15 minutes. Cut the meat. It should be thinly sliced and cut into tiny sections.
5. Add other remaining ingredients in it and cook for 2 minutes.
6. Put a portion of noodles in a serving dish.
7. Cover it with bean sprouts, pork, beef, and ham hock and ladle the

broth over.

2.3 Beef Steak

Time Required: 40 minutes

Servings: 4

Ingredients:

- 500g beef meat (boneless)
- Potatoes
- Liver Pâté
- Cucumber
- Egg
- Vinegar
- Tapioca starch
- Vegetable oil
- Sugar, salt, and pepper as per your taste

Instructions:

1. Carefully rinse the beef meat. Dry it by using a cloth napkin. Cut into medium parts with a knife. By using a pestle, mash the beef until it is tender.
2. Marinate for 15–20 minutes with a pinch of salt, one teaspoon vegetable oil, and one teaspoon tapioca starch.
3. Peel and cut the potato into large slices. For 30 minutes, soak it in the cold water and a pinch of salt. Fry them.
4. Peel and slice cucumber. Season it with salt and pepper.
5. Add two teaspoons of oil in a wok. Place it over moderate heat.
6. Fry beef in it.
7. Pour the egg and pâté into the jar. You should add more tomatoes to the pan if you want them. Fry eggs in the wok too.
8. Put the bread, fried potato, lettuce, and cucumber together on a plate while served.

9. Combine the egg and pâté with it while serving.

2.4 Pork Rendang

Time Required: 50 minutes

Servings: 3

Ingredients:

- 1 lb. boneless pork (chopped into cubes)
- Five tablespoons cooking oil
- One stick cinnamon
- Spice such as cloves
- Three cardamom pods
- One lemongrass, cut into 4-inch length and pounded
- 1 cup thick coconut milk, coconut cream
- 1 cup water
- Two teaspoons tamarind pulp (soaked in some warm water for the juice)
- Six tablespoons kerisik, toasted coconut
- Sugar as per your taste
- Salt and pepper as per your taste

For the spice paste:

- Galangal
- Three leaves of lemon grass
- Garlic (5g)
- Ginger
- 9 dried chilies, soaked in warm water and seeded
- Five shallots

Instructions:

1. Take all spice ingredients and grind them in a processor.
2. Take a wok and add 2-3 tablespoons of oil. Let it heat for two minutes.
3. Stir in the spice paste, cinnamon, cloves, star anise, and cardamom.

4. Stir in the beef and lemongrass for 3 minutes.
5. Let it cook over medium flame for 5-10 minutes.
6. Include all liquid ingredients in it.
7. Stir all remaining ingredients in it.
8. Reduce moderate flame to lower flame.
9. Cover and cook for 1-2 hours. Serve with steamed rice.

2.5 Com Chay

Time Required: 40 minutes

Servings: 4

Ingredients:

- 250g of glutinous rice
- 250g of ordinary rice
- 100g Ruoc (Cha bong) made from shredded pork
- Cooking oil
- Scallion
- Spices (chili powder, Fish sauce, salt, and pepper)

Instructions:

1. Soak the glutinous rice for 1-2 hours then, combine it with regular rice and wash. Place in the rice cooker and cook according to the package directions.
2. Place the cooked rice in a tray. You can use a wet ladle or a clean cup to press the rice into an even layer on the plate. It should be between 0.3 and 0.4 cm high.
3. Add fish sauce and water in a ratio of 1:1. Stir in one tablespoon of chili powder after completely dissolving the water. Your sauce is ready.
4. In a wok, heat the oil. Add the scallions. Cook it until it turns brown.
5. Split the rice into medium-sized portions until it has been dehydrated.
6. Add oil in a wok and place it over medium heat.
7. Pour the dried rice in and fried it.
8. Place all the prepared items in a plate.

2.6 Sour Fish Head Soup

Time Required: 40 minutes

Servings: 4

Ingredients:

- 2 Scallions (white part only and it should be crushed)
- Black pepper and salt as per your taste
- Four teaspoons of fish sauce
- One lb. Fish head or fish carcass
- One-quarter of the water
- ½ cane of sour bamboo (sliced)
- ¼ pineapple (sliced)
- Two tablespoons of coriander (chopped)
- Scallion green

Instructions:

1. Drizzle the scallions, black pepper, salt, and fish sauce over the fish head. Let it rest for 10- to 15-minute.
2. Add a quarter of a cup of water, pineapple slices, and sour bamboo in a wok—Cook for 5 minutes.
3. Add the fish head, salt, and fish sauce into the boiling water. Let it simmer for 10 minutes.
4. Serve it as a soup with coriander, and scallion greens sprinkled on top.

2.7 Hot and Sour Soup

Time Required: 40 minutes

Servings: 4

Ingredients:

- Water (1 quart)
- 2 Stalks of lemongrass (chopped)
- One lb. shallot (peeled and sliced)
- Six chiles (chopped)
- ½ lb. Medium shrimp (peeled)
- Three teaspoons Lime juice
- Three teaspoons Fish sauce
- Salt and pepper as per your taste
- One tomato (cut into wedges)
- 1 can of Mushrooms
- Cilantro leaves
- One teaspoon of pak chee farang (chopped)

Instructions:

1. Fill a 3-quart wok with water.
2. Bring to a simmer with the lemongrass, lime leaves, and shallot.
3. Toss in the chiles and shrimp—Cook for two minutes.
4. Add mushrooms, lime juice, fish sauce, and salt in it.
5. Cook it for a while.
6. Pour the broth into a mixing dish without straining it.
7. Top with cilantro leaves and pak chee farang.

2.8 Chicken Tikka Masala

Time Required: 3 hours

Servings: 4

Ingredients:

- Eight chicken bone-in thighs
- 1 tablespoon lime zest

For a marinate:

- Ginger-pieces, mashed
- Ten cloves of garlic, mashed
- Yoghurt as per your need
- Chili powder- a pinch
- 1 teaspoon of coriander
- 1 teaspoon cumin
- 1 teaspoon garam masala
- 1 teaspoon of turmeric
- One tiny chili

For the sauce:

- 1 ½ tablespoon butter
- one big, coarsely diced onion
- 1 tablespoon of cumin seeds
- 1 tablespoon mustard
- ½ teaspoon fenugreek crushed
- ½ teaspoon of paprika
- 3 of cardamom
- 1 big slice of cinnamon
- 1 tablespoon of purée tomato
- 40 g of almonds, chopped
- 1 teaspoon of vinegar
- Milk as per your need.
- Passata as you per your need.

Instructions:

1. Grind ginger and garlic in a tiny spice grinder to produce a sauce. Add a drop of water if necessary.
2. For the gravy, cast aside a quarter of the paste.
3. In the spice grinder, add the necessary marinade components, then grind to a fine paste.
4. Cut and marinate chicken with this paste and other spices.
5. On medium flame, heat two tablespoons of the ghee in a wok.
6. Cook the onions over medium heat for 10 minutes.
7. Add the spices and the remaining paste of garlic and ginger.
8. Cook for 5 minutes.
9. Add a sauce of tomatoes, almonds, and vinegar to it. Heat it for some time.
10. Put in the passata and water in it.
11. Put it to a moderate flame, then boil for 2-3 hours until a deep sauce is made.
12. Set the barbecue to its full level.
13. Take a chicken and arrange it on a big, cut-side-up baking sheet.
14. Set 10-15 minutes under the grill before charred.
15. Reheat the sauce, apply the retained marinate and curry sauce to the chicken. Cook until the chicken is fully ready.

2.9 Ahi Poke

Time Required: 20 minutes

Servings: 4

Ingredients:

- ½ pound Tuna, sliced
- Two tablespoons Onion, thinly chopped
- ½ cup of sliced Scallions
- One tablespoon of Soy sauce
- Half of the tablespoon of Sesame oil
- Half of the tablespoon of sour cream
- One tiny avocado
- ½ Medium-sized Cucumber
- 2 cup of brown rice cooked
- Diced nuts, as per your liking

Instructions:

1. Combine the tuna with spices, tomatoes, scallions, soy sauce, and sesame oil in a medium dish.
2. While you prepare the bowls, gently rub tuna and the above-mentioned ingredients and put them aside.
3. Cook tuna as per your liking in a wok. Put it in the bowl.
4. Assemble all the ingredients in each bowl and serve it with sauce as per your liking.

2.10 Chicken Curry

Time Required: 2 hours

Servings: 4

Ingredients:

- Ghee
- Onion
- Coriander
- Garlic
- Clean ginger
- Salt as per your taste
- Boneless chicken thighs without skin
- Citrus zest
- Finely sliced tomatoes
- Curry Powder
- Coconut milk

Instructions:

1. Firstly, place a wok with oil over medium flame.
2. Add the sliced onion, chopped garlic, and smashed ginger to the oil.
3. Stir for 10 minutes until the onions become very tender.
4. Include curry powder, salt, and chili powder. Mix and cook it all for some time until it becomes aromatic.
5. Boost the flame to normal, and add the coconut milk and tomatoes in it. Cook it for some time.
6. Mix the sliced pieces of chicken into the gravy.
7. Cover and cook for 25 minutes.
8. Just before eating, sprinkle the lemon zest for garnishing.

2.11 Crab Meat and Asparagus Soup

Time Required: 40 minutes

Servings: 4

Ingredients:

- 3 ½ cups broth
- Three teaspoons of fish sauce
- ½ teaspoon of sugar
- Salt and pepper as per your taste
- One tablespoon of vegetable oil
- Six shallots (chopped)
- Two garlic cloves (diced)
- 9 ounces of crab meat (washed and drained)
- Two tablespoons of cornstarch
- One egg (whisked)
- 20 oz. asparagus
- One teaspoon coriander

Instructions:

1. Add broth, one tablespoon fish sauce, butter, and spices in a wok. Place it over medium flame. Let it simmer for 10 minutes.
2. Add the water to it and continue to cook.
3. In another wok, heat the oil and include the chopped ingredients. Stirring continuously until it turns fragrant.
4. Toss in the meat, fish sauce, and spices in it.
5. Stir fry for around 1 minute over high heat, then set aside.
6. Toss the soup in it and get it to a boil.
7. Stir in the cornstarch mixture until it thickens and becomes transparent.
8. Add the egg to the soup when it is already boiling and mix gently for around 1 minute.
9. Serve it with coriander.

2.12 Pork Curry Mango

Time Required: 2 hours

Servings: 4

Ingredients:

- Two teaspoons of coconut oil
- One large sliced onion
- Four cloves of garlic
- Eight teaspoons of chopped ginger
- Four teaspoons of curry powder
- Salt and pepper, as per your taste
- 3 sliced, diced and split mangos
- Coconut milk as per your need
- Half kg pork (sliced and boneless)

Instructions:

1. Heat the coconut oil over a moderate flame in a wok. Add the onion, garlic, and ginger and cook them until they turn out to be brown.
2. Add the curry powder, salt, pepper, 1 cup of fresh mangoes, and coconut milk to the bowl and mix it well.
3. Add the above sauce to the wok and put the pork and $\frac{1}{2}$ cup of water in it. Cover with a lid and let it cook for 20 minutes. Turn the heat down if the edge of the frying pan starts to cling to the sauce.
4. Add the leftover mango to the plate when the chicken parts are completely cooked and eat.

2.13 Garlic Mushrooms

Time Required: 3 hours

Servings: 2

Ingredients:

- Two tablespoons of butter
- 2 tablespoons of oil
- Quarter cup of finely sliced onion
- 1 cup of Mushrooms Button
- Two tablespoons of garlic
- Two tablespoons parsley (thinly sliced)
- ½ teaspoon thyme (finely minced)
- Oregano, ½ tablespoon (finely chopped)
- Red chili flakes as per your taste

Instructions:

1. In a nonstick skillet, add oil and butter and cook over low or moderate heat.
2. Add onions in it and stir fry for 3 minutes.
3. Include the mushrooms and fry until it turns out to be light brown.
4. Add all the spices and stir, and cook it well.
5. Cook until it is flavor-some with garlic.
6. Add the rest parsley and turn off the heat easily and enjoy it.

2.14 Steamed Rice Rolls

Time Required: 40 minutes

Servings: 4

Ingredients:

For Filling:

- ½ lb. ground pork
- ½ teaspoon chicken stock powder
- ½ teaspoon salt
- ½ teaspoon granulated sugar
- ¼ teaspoon black pepper
- Two tablespoons vegetable oil
- Three cloves garlic
- One small onion
- ½ cup dried mushroom (soak in warm water for 30 minutes, drain, rinse thoroughly, then mince)

For Batter:

- 2 cups rice flour
- 1 cup potato starch
- ½ cup tapioca starch
- One teaspoon sea salt
- Three tablespoons vegetable oil
- 5 cups water

For Serving:

- Bean sprouts
- 4-5 cucumbers
- Fried shallots
- Scallion oil
- Fish sauce

Instructions:

1. Take a slice of pork and drizzle seasoning over it. Let it marinate for 15 minutes.
2. Heat the vegetable oil in a wok over moderate heat. Add chopped and minced vegetables in it.
3. Cook until the mixture is fragrant.
4. Toss in the cooked pork and the mushrooms.
5. Using a wooden spoon, split up the ground pork pieces.
6. Continue to cook until the pork is fully finished.
7. Combine all of its ingredients in a moderate-sized mixing bowl and whisk until smooth.
8. Take a nonstick skillet, place it overheat, and cover it with a lid for 3 minutes.
9. Make a thin crepe in it.
10. Wrap crepe with a small portion of the pork mixture on top.
11. Repeat the above step until pork is not finished.
12. Serve the rice rolls.

2.15 Asian Zucchini Noodle Bowl

Time Required: 30 minutes

Servings: 4

Ingredients:

- One shallot, chopped
- Two corns
- 2 cups of fresh cilantro leaves
- One garlic clove, chopped
- Four teaspoons of red wine vinegar
- Two teaspoons of lemon zest
- Salt and pepper as per your taste
- ½ cup of oil

Preparation of Bowls:

- Two big zucchini
- 15 ounces of cleaned and dried black beans
- 1 cup of tomatoes, finely chopped
- ¼ finely chopped red onion
- One big, sliced avocado
- ¼ cup cheese
- Coriander, for garnishing

Instructions:

1. Combine the shallots, coriander, chopped garlic, vinegar, lemon zest, spices, and oil in a blender. Blend until completely smooth.
2. Heat a wok over the moderate-high flame. Heat the corn for 7-10 minutes with olive oil, regularly rotating, until soft. Remove and cool it off.
3. In a bowl, put the zucchini noodles
4. and add maize, black beans, peppers, red onion, slices of avocado and fresh cheese.
5. Sprinkle with coriander or lime and serve.

Chapter 3: Asian Wok Dinner Recipes

This Chapter contains those Asian dinner recipes that you have been longing to make in your kitchen. Let us get started.

3.1 Chicken Curry with Squash Soup

Time Required: 40 minutes

Servings: 4

Ingredients:

- Vegetable oil
- 2 pounds thighs (boneless, skinless, and chopped into cube size)
- One red onion (peeled and sliced)
- Two teaspoons brown sugar
- Salt and pepper as per your taste
- One teaspoon cumin
- One tablespoon ginger (minced)
- Four cloves garlic (chopped)
- 6 cups chicken broth or as per you need
- One can of coconut milk
- Two tablespoons red curry paste
- One bay leaf
- One tablespoon fish sauce
- One squash (kabocha)
- One red bell pepper (sliced)
- Two onions (peeled and sliced)
- ½ cup cilantro (chopped)
- ¼ cup basil (chopped)
- Two small peppers (diced)
- Three limes (cut into halves)

Instructions:

1. In a wok, melt the vegetable oil over high heat.
2. Cook chicken in it until it turns brown.
3. Add half of the red onion and the brown sugar in it.
4. Cook for another 3 minutes, or until the onions have softened and the sugar has begun to caramelize on the bottom of the plate.
5. Add the black pepper, cumin, and one teaspoon salt.
6. Stir in the ginger and garlic.
7. Add 4 cups chicken broth in it. Let it boil.
8. Cut squash into small pieces and season it with salt and pepper.
9. Add all other remaining ingredients and squash in it.
10. Reduce heat to medium-low and cook for 20 minutes. Stir it regularly.
11. Remove the wok from the heat.
12. Season with salt and pepper to taste.
13. Serve in bowls of additional cilantro, basil, and green onions.

3.2 Stir-Fry Meatballs

Time Required: 45 minutes

Servings: 3

Ingredients:

For Meatballs:

- 300g pork mince
- One tablespoon of fish sauce
- Two teaspoons of white sugar
- 1/3 cup finely chopped onions
- One clove garlic, minced
- Pinch of white pepper and salt
- One tablespoon of lemongrass paste

- Cooking oil
- Three tablespoons of white sugar
- Three tablespoons of fish sauce
- Two tablespoons of rice wine vinegar
- Two tablespoons of lime juice
- 1/3 cup (85 ml) water
- One bird's eye chili (chopped)
- Three cloves garlic, finely chopped

For Serving:

- 100g noodles, dried
- Big handful beansprouts
- Few lettuce leaves
- Julienned carrot and white radish
- A handful of coriander

Instructions:

1. To make the sauce, combine all of the ingredients in a processing bowl. Mix it well.
2. Pour boiling water over the noodles and soak according to the box instructions. Drain the water and put it aside.
3. Combine all ingredients for making meatballs except oil in a mixing bowl.
4. Mix it well and make patties from it.
5. In a wok, heat the oil over a moderate-high flame.
6. Cook the patties for 3 minutes or until it turns golden.
7. Take a plate or any other bowl, place noodles with fried meatballs. Garnish it with sauce.
8. Also, add a handful of beansprouts to the top, then wedge in broccoli, carrots, and radish.

3.3 Classic Banh Mi

Time Required: 30 minutes

Servings: 2

Ingredients:

- 10 oz. pork tenderloin
- Six tablespoons of hoisin sauce, divided
- Six tablespoons of rice wine vinegar, divided
- Two garlic cloves, grated
- Two tablespoons fish sauce
- One medium carrot, thinly sliced
- One medium daikon radish, thinly sliced
- Salt and pepper as per your taste
- Two tablespoons of vegetable oil
- 12-inch baguette, sliced in half lengthwise
- 1/4 cup mayonnaise
- 1/2 cup cilantro leaves and tender stems

Instructions:

1. Place the pork tenderloin in the freezer for 15 minutes to make thin-slicing simpler. Tenderloin from frozen can be cut as thinly as practicable.
2. Add three tablespoons hoisin sauce, three tablespoons rice vinegar, garlic, and fish sauce to a bowl and mix it well.
3. Marinate the pork with the above mixture.
4. Heat the oil in a wok over moderate flame.
5. Cook marinated pork in it for 4 minutes.
6. Toss the carrots and daikon with the remaining vinegar and salt in it. Sauté it for a while.
7. Toast a baguette in a heated pan.
8. On the bottom portion, spread mayonnaise, and on the top half, the remaining hoisin sauce. On the bottom fifth, layer pork, pickled vegetables, and cilantro. Until eating, place the top half on top and slice crosswise.

3.4 Creamy Turnip Soup

Time Required: 30 minutes

Servings: 3

Ingredients:

- Four large turnips
- Two small onions (chopped)
- Two cloves garlic
- Four teaspoons olive oil
- Salt and pepper as per your taste
- 4 cups chicken broth
- 1 cup of heavy cream
- Green turnips (chopped for garnishing)

Instructions:

1. Peel and cut turnips.
2. Clean and finely chop onions.
3. In a medium wok, heat the oil or butter over moderate heat.
4. Add the onions and spices to it. Fry it for 3 minutes, or until onions are tender. Add garlic in it and let it sauté for 2 minutes.
5. Add the turnips and broth to it. Reduce the heat. Let it simmer for 15 minutes or until turnips turn tender.
6. Blend the soup for at least 2 minutes a batch in a blender until quite creamy. Add the cream to the soup.
7. Season with salt to taste.
8. Serve the broth promptly.

3.5 Vegetable Biryani

Time Required: 2 hours

Servings: 3

Ingredients:

- 2 teaspoons of oil
- One small cauliflower, separated into tiny parts
- 2 big, peeled and cut into cubes sweet potatoes
- 1 big onion, chopped
- One stock of hot veggies
- One tablespoon of curry paste
- One chili, thinly sliced
- Big pinch of threads of saffron
- One tablespoon of mustard seeds
- 500g Rice
- 140g beans
- Two tablespoons of lemon juice
- A couple of leaves of coriander

Instructions:

1. On moderate flame, heat ghee in a wok.
2. Add the onion. Let it sauté until it softened.
3. Mix the cumin seeds in it. Cook it for around 5 minutes.
4. Add the paste of ginger, garlic, onions, and ½ cup sugar in it.
5. Mix the peas, onion, and carrots in it. Also, add all spices to it. Stir carefully, then wrap it with a lid and simmer for three minutes.
6. Add 4 cups of water and carry to a cook over moderate temperature. Mix rice after boiling, reduce heat to low. Cook for 20 minutes or until rice turns soft.
7. Serve it.

3.6 South Asian Red Lentils

Time Required: 1 hour

Servings: 4

Ingredients:

- One tablespoon of oil
- 1 cup sliced onion
- 2 (delicately sliced) garlic cloves
- 1 tablespoon (coarsely diced) ginger
- 4 cups of water
- 1 cup rinsed dried red lentils
- 1 tablespoon cumin
- 1 tablespoon of coriander
- 1 tablespoon of turmeric
- ¼ teaspoon cardamom
- ¼ teaspoon of cinnamon
- ¼ teaspoon pepper
- Salt as per your liking
- 2 tablespoons of a paste of tomato

Instructions:

1. Warm the oil over a moderate flame in a medium-sized wok.
2. Add the onion, garlic, and ginger to it.
3. Cook and keep stirring regularly for around 6 minutes.
4. Add water, lentils, vegetables, and salt. Keep stirring continuously.
5. Carry the soup to a low boil, then switch the heat down to low.
6. Cover and cook for around 20 minutes or until the lentils become very soft.
7. Add the tomato paste when well blended. Cook for some more minutes.
8. Serve it and enjoy.

3.7 South Asian Masor Daal

Time Required: 2 hours

Servings: 4

Ingredients:

- 2 cups of dry Masor daal, sorted and well rinsed
- 8 cups of water
- 1 tablespoon of oil (flavored coconut oil or neutral)
- 1 big, finely diced yellow onion
- 6 cloves of garlic, minced
- 1 tablespoon of minced ginger
- 2 green chilies, minced
- 1 tablespoon of Indian curry powder
- 1 teaspoon of whole seed mustard
- 1 teaspoon of coriander
- ½ teaspoon of cumin
- 1 ½ teaspoon salt or as per your taste
- 1 ½ cups of new chopped tomatoes

Instructions:

1. In a saucepan, mix the Masor daal and water. Carry it to a boil, then put down the pressure to simmer. Cook it while partly wrapped with a lid until it turns soft.
2. Prepare the tadka when the daal is cooking.
3. Heat a wok over medium heat. Add a pinch of salt, oil, and onion, garlic, ginger, and chilies.
4. Fry for around 5 minutes until it becomes tender.
5. Add all the spices to it.
6. Mix it well, and then add the tomatoes.
7. Cook it for around 5 minutes, or until the tomatoes are soft and saucy.
8. Add the tadka to the cooked lentils, and let it simmer over low heat for

around 4 minutes.

9. Garnish it with basmati rice and cilantro.

3.8 Thai Tempeh with Cashew Curry

Time Required: 30 minutes

Servings: 3

Ingredients:

- 4 teaspoons of amino of coconut
- One teaspoon of sesame oil
- 2 teaspoons of vinegar
- Tempeh
- ½ cup of Freekeh (uncooked)
- 4 cups of mixed greens
- 1 cup of red bell pepper (cut thinly)
- ½ cup of yellow shredded cabbage
- One thin, chopped, and roasted sweet potato
- One thin, pitted, fleshed, and chopped avocado

For the sauce of cashew curry:

- 1 ½ tablespoons of cashew butter
- 1 ½ tablespoons of coconut milk
- Two teaspoons of amino coconut
- One teaspoon of rice vinegar
- ½ teaspoon of a red paste of curry

Instructions:

1. Cut tempeh into smaller cubes and leave it for marinating for 15 minutes in mixed ingredients given in above.
2. Cook the tempeh for around 10 minutes on moderate-low heat in a wok until it turns golden and crispy.
3. Begin the Freekeh by putting ½ cup of Freekeh and 1 cup of water on moderate-high heat in a medium saucepan. Carry the mixture to a boil, then cover it with a lid and let it simmer until the water has evaporated.

4. In a small separate cup, add cashew butter, coconut milk, coconut amino, rice vinegar, and red curry paste to prepare the sauce and whisk until it blended well.
5. Assemble the serving dish with the above-prepared products and finely sliced vegetables. Serve it along with a dressing.

3.9 Stir Fry Burrito with Quinoa

Time Required: 25 minutes

Servings: 2

Ingredients:

- One finely diced red onion
- Three cloves of garlic (minced)
- One bell pepper (diced)
- 1 cup of quinoa (uncooked)
- 1 tomato (finely chopped)
- 1 tablespoon of cumin
- One teaspoon of paprika
- 1 cup black cooked beans
- ½ cup of corn
- Salt and pepper as per your taste
- One tablespoon of lime zest
- Two onions (diced in ring shapes)
- ¼ cup of cilantro (minced)
- Lettuce

Instructions:

1. Place your wok on the moderate-high flame. Add some oil and onions in it and fry for 3 minutes or so.
2. Add the garlic, bell pepper, uncooked quinoa, black beans, corn, cloves, and diced tomatoes.
3. Cover it with a lid and let it simmer for 5-10 minutes.
4. Add spices in it as well and mix it for 2-3 minutes over the low flame.
5. Remove it from the flame.
6. Assemble your dish with the already prepared mixture as a base and put over other vegetables on the top of it. Stir in the lime juice and sprinkle the sliced cilantro and green onions on it.

7. Serve together with salad or tortilla chips.

3.10 Asian Daikon with Oyster Mushroom

Time Required: 35 minutes

Servings: 2

Ingredients:

For daikon:

- Two tiny turnips or one daikon
- ½ cup of vinegar
- One tablespoon of sugar
- Salt and pepper as per your choice

For Mushrooms oyster:

- 250 g of mushrooms and oysters
- One tablespoon of tamari
- One tablespoon of Sriracha
- ½ teaspoon of sugar
- 1 teaspoon of vinegar
- ½ teaspoon of sesame oil

Other ingredients:

- 1 cup brown and cooked rice
- 1 cup of broccoli (chopped)
- ½ cucumber (finely sliced)
- Small cabbage (thinly sliced)
- ½ avocado (finely chopped)
- Peanuts (optional)

Instructions:

1. Clean the daikon and peel it. Cut it into very thin strips.
2. In a small wok, add vinegar, ½ cup of water, sugar, salt, and chili flakes, and bring it to a gentle boil. After 10 minutes, remove it from the flame.

3. In the above wok, put the sliced daikon. Put the lid on it and stick it in the fridge for at least one day before use. Let it cool.
4. Mix all the ingredients of mushroom oyster in a bowl.
5. Let it marinate for a while. Set it aside.
6. Heat a frying pan on moderate-high heat after the mushrooms have been pickled for 15 mins or so.
7. Add oil in a wok and put the mushrooms in it.
8. Stir fry the mushrooms until they are golden brown.
9. Assemble all the ingredients in a dish as per your liking and serve it with a dressing and a sauce.

3.11 Pasta Masala

Time Required: 40 minutes

Servings: 3

Ingredients:

- 1 cup of pasta to pick as per your liking
- 1 tablespoon of olive oil
- 1 teaspoon of seed cumin
- 3 sliced garlic cloves
- 1 tiny sliced onion
- 3 thin, diced tomatoes
- 1 tablespoon powder of turmeric
- 1 teaspoon of option curry powder
- 1 tablespoon powder of coriander
- Ground red chili as per your taste
- Salt as per your taste
- 1 cup of water or, as needed

Instructions:

1. Place a wok over moderate flame. Add oil, then let it get warm.
2. Add garlic, onions, and cumin seed and cook for a while.
3. Add the tomatoes and cook them until they are tender. Include all the dried spices and salt.
4. Fry for one or two minutes.
5. Add pasta and water. Mix properly.
6. Cover it with a lid and boil it for 20 minutes.
7. Serve it as per your liking.

3.12 Stir Fry Chittenad Trout

Time Required: 2 hours

Servings: 2

Ingredients:

- Fish 400g
- Powder with turmeric-1 tablespoon
- Salt as per preference
- Lemon juice one tablespoon
- 3 onions
- 2 Garlic cloves
- 2 tablespoons of ginger
- 2 teaspoons of Cumin seeds
- 2 teaspoons of rice flour
- Oil as per your need
- 1 tablespoon of red chili powder
- Coriander powder -1 tablespoon

Instructions:

1. Carve the fish into bits and wash them with water.
2. Marinate fish bits with some turmeric powder, salt, and one lemon juice. Set it aside.
3. Take a blender jar.
4. Add the cumin seeds, garlic, ginger, and onion to it. Blend to make a paste.
5. To create a dense paste, move the masala paste to a pan.
6. Add the red chili powder, coriander powder, and rice flour, salt, and add two tablespoons of oil.
7. Remove parts of fish now and cover the masala with even paste on the fish.
8. Let the fish marinate for 1 hour.
9. Heat oil in a wok.

10. When the oil is hot sufficient, add the pieces of fish one by one and fry until they are cooked on one side and then turn to the next hand.
11. Switch the fish to a clean cloth until finished to extract excess fat.
12. Serve it mildly with a cup of freshly boiled rice.

3.13 Stir Fry Chicken Lemon

Time Required: 2 hours

Servings: 4

Ingredients:

- Four chicken breasts that are skinned
- One tablespoon of lemon zest
- 1 tablespoon of honey
- 1 cup oil
- 2 cloves of garlic, minced
- 1 teaspoon of oregano crushed
- Fresh, green salad and potatoes to eat

Instructions:

1. Take a wok and put some oil in it.
2. Add all the available ingredients in a wok and heat it for 1 min.
3. Add chicken to it.
4. Stir fry the chicken for 30-40 minutes on low heat.
5. Allow the chicken to rest for 5 minutes before adding a green salad and fresh potatoes.
6. Serve it.

3.14 Madras Curry Chicken

Time Required: 40 minutes

Servings: 4

Ingredients:

- Ghee
- Onion
- Coriander
- Garlic
- Clean ginger
- Salt as per your taste
- Boneless chicken thighs without skin
- Citrus zest
- Finely sliced tomatoes
- Curry Powder
- Coconut milk

Instructions:

1. Place a wok over moderate flame. Add the oil, sliced onion, chopped garlic, and smashed ginger. Stir for 10 minutes until the onions become very tender.
2. Include curry powder, salt, and chili powder. Mix and cook it all for some time until it becomes aromatic.
3. Boost the flame to normal, and add the coconut milk and tomatoes in it. Cook it for some time.
4. Mix the sliced pieces of chicken into the gravy—cover and cook, frequently stirring, for 25 minutes.
5. Add chopped coriander to it. Just before eating, sprinkle the lemon zest for garnishing.

3.15 Bengali Butter Chicken Curry

Time Required: 2 hours

Servings: 3

Ingredients:

- Two tablespoons butter
- One huge white onion, tiny dice
- 2 big garlic cloves
- One teaspoon clean ginger
- One tablespoon Garam Masala
- One tablespoon curry powder
- One tablespoon cilantro powder
- ½ teaspoon paprika
- ¼ tablespoon cinnamon
- Chili flakes about ¼ tablespoon
- Two tomatoes
- 1 400 ml coconut milk bottle

Instructions:

1. Heat butter in a wok over moderate-low heat until it is melted.
2. Add the onion in it and cook for around 6 minutes or until it is translucent.
3. Garlic and ginger are added and sautéed for 5 minutes until it turns out to be aromatic.
4. Add garam masala, curry powder, cilantro, paprika, and cinnamon. Let it cook for around 1 minute, thus swirling periodically.
5. Add the chili flakes and tomatoes to the jar. For around 15 minutes, let all the sauce boil until the sauce thickness increases, and it will become a strong and dark red-brown shade.
6. Remove it from the flame and put it into a mixer, and add salt as per your taste.
7. Add up to a quarter a cup of water in it if the mixture is too heavy to

incorporate. Blend in batches if you have a small blender.

8. Put back the sauce into the wok. Add coconut milk and sugar to it. Now insert cooked lentils, tomatoes, chickpeas, and vegan chicken, and cook it for 10-15 minutes.
9. Garnish it with corn and coriander.

Chapter 4: Asian Wok Desserts Recipes

Dessert is normally served separately from the main course in Asia. The following segment will illustrate some of the most common and enjoyable Asian desserts.

4.1 Coconut Ice Cream

Time Required: 2 hours 30 minutes

Servings: 3

Ingredients:

- 500ml milk
- 500ml coconut milk
- 180g sugar
- One tablespoon of cornflour
- 100g Coconut
- Two tablespoons of peanuts
- Three tablespoons of fruits

Instructions:

1. Take a wok. Add milk and cornflour to it. Mix it well.
2. Add honey and coconut to it. Put it on the boil. Let it boil for 5-10 minutes.
3. Take it off the heat and put it aside to cool completely.
4. In an ice cream machine, combine the coconut and the mixture.
5. Chill it in the refrigerator for 2 hours.
6. Scoop the coconut ice cream into small bowls to serve.
7. Garnish it with peanuts and fruits.

4.2 Coffee Milkshake

Time Required: 1 hour

Servings: 1

Ingredients:

- Half cup of brewed espresso (chilled)
- Half cup of milk or more as per your need
- Two tablespoons of condensed milk (sweet)
- Half gallon coffee ice cream

Instructions:

1. Combine hot water with espresso and dissolve espresso to create a solid brewed cup of espresso.
2. Refrigerate or freeze until fully chilled.
3. Blend frozen espresso, milk, sweetened condensed milk, and coffee ice cream in a blender.
4. Blend until fully smooth. It is ready to serve.

4.3 Sweet Corn Pudding

Time Required: 1 hour

Servings: 6

Ingredients:

For the soup:

- Four ears of corn
- ½ cup of glutinous rice
- 6 cups water
- Five tablespoons of sugar

For the coconut milk sauce:

- 1 ½ box of coconut milk
- 2-3 tablespoons of sugar
- Salt as per your need
- Half teaspoon of cornstarch dissolved in 2 teaspoons

Instructions:

1. Preparing the sweet broth.
2. Remove the husk and silk from your corn and vigorously wash the cobs.
3. Break the corn kernels from the cob with a knife.
4. Put the corn cobs and 6 cups of water in a big wok and cook for around an hour.
5. It is ready to serve.

4.4 Three-Color Dessert

Time Required: 5 hours 20 minutes

Servings: 5

Ingredients:

- 320g Red beans
- 140g mung beans
- 250ml coconut milk
- 220g sugar
- 200g agar jelly
- One teaspoon of cornstarch
- Green food color
- Salt as per your need

Instructions:

1. Mung beans are peeled and immersed in water for several hours.
2. Cook mung beans with 50g of sugar and water.
3. Cooked mung beans should be mashed or blended into a smooth paste and refrigerated.
4. Red beans are immersed in water for several hours.
5. Cook the red beans with a combination of 250ml water and 100g sugar until they are sweet on the inside but not mushy.
6. Put the sweet cooked red beans in the refrigerator after mashing them into a smooth paste.
7. Cook the agar jelly with 800ml cold water over low heat.
8. Add 50 mg sugar to it—Cook and stir in the green food coloring.
9. Fill a rectangular mold halfway with the mixture. Place the mold in the fridge.
10. Cook coconut milk, cornstarch, sugar, and 1/2 teaspoon salt in a pot.
11. In a large bowl, combine red beans, mung bean paste, jelly,

coconut milk sauce, and shaved ice.

12. Blend it together with a spoon and serve.

4.5 Jalebi

Time Required: 1 hour

Servings: 7

Ingredients:

- 1 cup of flour
- One tablespoon of chickpea starch
- Powder of $\frac{1}{4}$ teaspoon cardamom
- $\frac{1}{2}$ teaspoon of baking powder
- $\frac{1}{4}$ teaspoon of soda
- Five teaspoons of yogurt
- Food color orange, if you want to
- Water as required
- Fry jalebi with oil or ghee

Syrup:

- 1 cup of sugar
- $\frac{1}{2}$ cup of water
- Powder of $\frac{1}{4}$ teaspoon cardamom,
- $\frac{1}{2}$ teaspoon of lemon extract

Instructions:

1. Mix all the ingredients.
2. Make a batter. It should not be too dense.
3. Wrap the batter with foil, and allow the batter to ferment for 10 hours.
4. In the meanwhile, add water and sugar in a wok. Let it simmer over moderate heat. This syrup should be sticky.
5. Put the batter in a squeeze container.
6. Heat oil in a wok.
7. Squeeze the batter and make a spiral shape into the hot oil.
8. Fry until it becomes crispy.
9. Remove from the oil and dip directly in warm sugar syrup. Remove it from syrup and garnish the top with almonds.

4.6 Rice Pudding

Time Required: 1 hour and 30 minutes

Servings: 2

Ingredients:

- Half cup of rice
- 3 cups of full-fat milk
- 1 cup of coconut milk
- Half cup of sugar
- Half teaspoon of green cardamom
- One tablespoon oil
- One spoonful of cashews (chopped)
- One spoonful of pistachios (chopped)
- One tablespoon of almonds (chopped)
- One teaspoon of saffron

Instructions:

1. Gather all of your ingredients.
2. Soak the rice that you are using for 30 minutes.
3. Add the milk, coconut milk, and the rice into a wok and boil it.
4. Reduce the heat and insert the sugar and cardamom.
5. Cook until the rice is smooth.
6. Stir regularly.
7. If it is becoming too hot, add some more sugar.
8. Let it cool off.
9. Serve it.

4.7 Indian Barfi

Time Required: 2 hours

Servings: 7

Ingredients:

- 2 cups of granules of creamy milk
- Hard cream about 300ml
- 400 g Condensed milk that can be sweetened
- Half cup of pistachios (chopped)

Instructions:

1. Collect all the ingredients.
2. Mix together all milk and cream and whisk it until creamy.
3. Put the above mixture in a wok and let it boil.
4. Stir it continuously until the mixture becomes dense and thick.
5. Add chopped pistachios to it. Mix it well.
6. Remove it from the flame and put it in a flat box.
7. Cool it down and cut it into pieces.
8. It is ready to eat.

4.8 Peanut Brittle

Time Required: 2 hours

Servings: 6

Ingredients:

- One cup-roasted peanut (skin-free)
- One cup of sugar

Instructions:

1. Place the peanuts in the blender and grind them into a smooth paste.
2. On a moderate flame, put a wok with the sugar and two spoons of water on it. Continue stirring. The sugar transforms steadily into caramel.
3. As all the lumps melt, add the peanut powder.
4. Blend it properly and shift the paste easily onto a grated tray, and spread uniformly.
5. Draw lines with a knife when the paste is hot and allow it to chill.
6. When chilled, divide to create squares along with the outlines.

4.9 Sitaphal

Time Required: 3 hours and 30 minutes

Servings: 4

Ingredients:

- 1 cup of fresh custard apple pulp (eliminated seeds)
- 2 White Eggs
- Cream milk 400 ml, cooled
- 1/3 cup powdered sugar
- 1/3 teaspoon of Vanilla extract

Instructions:

1. Take a dry and whisk the two egg whites in it until they get fuzzy.
2. Mix together all the water, butter, and extract into a small dish.
3. Add the pulp of the custard apple to the milk mixture and blend it.
4. Add this combination carefully into the egg whites.
5. When thoroughly prepared, place in a freezer bowl.
6. Freeze it for 3 hours.
7. It is ready to eat.

4.10 Bengali Mishti Doi

Time Required: 2 hours or more

Servings: 6

Ingredients:

- 1 liter of cream milk
- 8 Cardamom
- Curd as per your taste
- 1 cup of sugar or as per your taste

Instructions:

1. Heat a liter of cream milk in a wok.
2. Stir it continuously while heating the milk.
3. Add a cup of sugar and mix well.
4. Boil the milk over a moderate flame until it becomes dense.
5. Put two tablespoons of brown sugar in a separate saucepan. Add the water in it, then blend properly.
6. Transferring caramel sugar to boiling milk. Cook for a while.
7. Let it cool to the maximum.
8. Move to a clay pot or other jar after the milk is chilled and still slightly wet.
9. Cool it for another 2 hours. It is ready to eat.

4.11 Nepali Lal Mohan

Time Required: 2 hours

Servings: 4

Ingredients:

For the balls of dough:

- 1 cup of condensed milk
- Plain flour 110 g
- One and a half teaspoon of baking powder
- Half teaspoon of soda
- One and a half cup of milk
- 25g of sugar, warmed
- Oil for frying

For the preparation of a syrup:

- 1 cup of caster sugar
- Water 100ml
- Saffron as per your preference

For garnishing:

- 1 tablespoon pistachio nuts sliced
- 1 tablespoon of almonds, toasted in a skillet

Instructions:

1. Blend all the components in any bowl for the dough balls. Cover and put aside for 20 minutes. Form the dough into tiny, round pieces.
2. Heat oil in a wok. Fry the balls thoroughly in it until it turns out to be light brown.
3. Prepare sugar syrup by boiling the sugar and water along with the saffron.
4. When the dough balls are cooked, add to the sugar fluid and enable to soak for around 1 hour.
5. Garnish it with nuts and almonds and serve it.

4.12 Royal Falooda

Time Required: 2 hours

Servings: 3

Ingredients:

- Two bottles of milk
- 2 tablespoons of rice
- Two tablespoons of honey
- Two teaspoons of syrup of flavor
- Two tablespoons of dry fruits as per your choice and preference, minced finely

Instructions:

1. Cook the rice in water for 15 minutes or so—strain to cool it down and set it aside.
2. In a mixer, add the milk, sugar, and dry fruit and blend until it becomes creamy.
3. Place two glasses and put the rice in each of them.
4. Add half of the milk now in them. Blend it well each of them after putting syrup in it and then cool in the fridge.
5. If you like to use ice cream, add an ice cream scoop to this and season with dried berries.

4.13 Glazed Sweet Potatoes

Time Required: 1 hour

Servings: 5

Ingredients:

- Two cans of sweet potatoes
- $\frac{1}{4}$ cup maple syrup
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ teaspoon of cinnamon powder

Instructions:

1. Place the sweet potatoes in a wok. Fill it with water.
2. Let it boil for 30 minutes.
3. Drain and let it cool slightly before peeling.
4. Preheat the oven.
5. Mix butter, syrup, brown sugar, and cinnamon to boil in a wok.
6. Pour the sauce over the potatoes.
7. Bake for 30-40 minutes.
8. Serve it.

4.14 Sweet Red Beans Soup

Time Required: 9 hours

Servings: 16

Ingredients:

- One finely diced red onion
- Three cloves of garlic (minced)
- One bell pepper (diced)
- 1 cup of quinoa (uncooked)
- 1 tomato (finely chopped)
- 1 tablespoon of cumin
- One teaspoon of paprika
- 1 cup black cooked beans
- ½ cup of corn
- Salt and pepper as per your taste
- One tablespoon of lime zest
- Two onions (diced in ring shapes)
- ¼ cup of cilantro (minced)
- Lettuce

Instructions:

1. Rinse and soak red beans in water.
2. Drain the beans.
3. Add 6 cups of cold water and beans in a wok. Let it boil for 1-2 hours.
4. As the beans appear soft and broken down, blend using an immersion blender.
5. Combine the sugar and orange zest in a mixing bowl.
6. Cook it over low heat.
7. Add the tapioca after that. Cook for another 20 minutes.
8. Remove it from heat and serve.

4.15 Asian Crullers

Time Required: 1 hour 25 minutes

Servings: 6

Ingredients:

- One quarter of the water
- Four tablespoons of butter
- One tablespoon of sugar
- A half teaspoon of salt
- 1 cup flour
- Four eggs

For Glaze:

- 2 cup of sugar
- A quarter cup of milk

Instructions:

1. Combine the flour, baking powder, and salt.
2. Boil water, butter, sugar, and salt over medium-high heat.
3. Remove the pan from the heat and mix the flour mixture in it.
4. Return the pan to heat and cook for 3 minutes. Remove it from heat.
5. Add 3 of the eggs to the mixture.
6. Mix it until the dough is soft and glossy and the eggs are well mixed in.
7. Add another egg and blend until fully mixed if the dough is already stuck to the beaters.
8. Using parchment paper, line a sheet pan. Place it in the shape you like.
9. Put it in the refrigerator.
10. Make a glaze with powdered sugar and milk.
11. Heat the oil in a wok for frying.
12. Gently raise the dough circles from the sheet pan and put them into the hot oil.
13. Fry until they turn brown.

14. Dip in the prepared glaze for 3 minutes or more.
15. Let them cool, and they ready to eat.

Chapter 5: Famous Wok Recipes Eaten Only by Asian People

In this chapter, you will learn about the famous recipes that Asian people only eat. Let us get started.

5.1 Mi Xao Rau Cai

Time Required: 2 hours

Servings: 3

Ingredients:

- 2 cups of egg noodles
- Half cup of broccoli
- Half cup of peas
- Half cup of carrot (chopped)
- Half cup of celery
- Half cup of bok choy
- Half cup of cabbage (chopped)
- Salt and pepper as per your taste
- Two teaspoons of sugar
- Two tablespoons of soy sauce
- Three garlic cloves
- One onion (chopped)
- Three tablespoons of fish sauce
- Two teaspoons of vegetable oil
- Cilantro (for garnishing but optional)

Instructions:

1. Boil broccoli, carrots, and celery in a wok over moderate heat.
2. Add the noodles and cook for a few minutes before draining.
3. Stir-fry onions and garlic in vegetable oil in a wok over high heat.
4. Sauté all of the vegetables.
5. Add the salt, sugar, soya sauce, fish sauce, and noodles.
6. Cook it for another 5 minutes.
7. Garnish it with cilantro.

5.2 Paneer Pulao

Time Required: 2 hours

Servings: 4

Ingredients:

- One cup of Rice Basmati
- One and half of Paneer cubes
- Half cup of Peas & carrot
- One large Onion
- 2 Green Chilies
- One teaspoon Ginger Garlic Paste
- Leaves of coriander
-
- Salt-As required
- Oil or Ghee
-

Instructions:

1. For about 30 mins, rinse and soak the rice. On moderate flame, put ghee in a saucepan and let it heat for 3 minutes. Add soaked rice well-drained in it and cook for a while until it becomes dry.
2. Add oil in a pan over moderate flame. Add onion, green chili, and fry until the onion is only translucent, without altering its hue.
3. Add the paste of ginger and garlic, fried it, and then add the vegetables. Fry them to half-finished vegetables.
4. Add 1 cup water and salt in it and let it cook. Add the rice which is already cooked. Cover with a lid, and cook in moderate flame.
5. Prepare the paneer cubes. For better taste, let the paneer cubes be small. Paneer cubes are typically toasted in a nonstick skillet until it turns out to be golden.

6. Add in the pulao and mix it well. Your dish is ready to serve.

5.3 Banh Mi

Time Required: 2 hours

Servings: 3

Ingredients:

- Chicken pate, six teaspoons.
- Green onions, four
- Maggi seasoning, two teaspoons.
- Cucumbers, two
- Coriander, as required
- Chicken, one pound
- Pickled carrot, as required
- Mayonnaise, half cup
- Chili, as required
- Bread, as required

Instructions:

1. Cut the loaf of bread from the center.
2. Spread one tablespoon pate on one side.
3. At that point, one tablespoon of mayonnaise on top.
4. Layer in the hams, cucumber cuts, and green onion.
5. Stuff in a lot of carrots and coriander branches.
6. Sprinkle with new stew.
7. Sprinkle with Maggi preparing.
8. Close sandwich together and eat up.

5.4 Makhni Dal

Time Required: 2 hours

Servings: 4

Ingredients:

- 2 teaspoons of red beans drenched overnight
- 1 spoonful of red chili powder
- 8 teaspoons of butter
- 1 chopped onion
- Half cup of puree tomato
- One-half cup new milk
- Half teaspoon of paste with ginger
- Salt as needed
- Sliced two ginger
- 2 large diced chili
- ½ cup of dal, immersed in water whole night
- Garlic paste of 1/2 teaspoon

Instructions:

1. Soak dal overnight in two cups of water. Drain it, then cook in a pressure cooker with salt and 3 cups of water.
2. Put a wok on moderate heat and add the cumin seeds to it.
3. Add the ginger and garlic paste until the cumin seeds rasp and swirl after some time. Add some carrots, sliced green chilies, and a puree of tomatoes. Fry till it becomes a golden mixture.
4. When the masala is fit to your liking, you can add the Rajma and dal in it and let it cook over low heat.
5. Add spice as per your taste.
6. Add some fresh cream to it and combine well. Cook for a while.
7. Your dish is ready to serve.

5.5 Broccoli and Cheese Soup

Time Required: 25 minutes

Servings: 2

Ingredients:

- 2 cups of broccoli, chopped
- Butter as per your need
- Shredded cheese according to your need
- Half cup of onion, sliced
- Half cup of celery, chopped
- 3 Chicken broth cups
- Salt and pepper as per your taste

Instructions:

1. Put all ingredients (except chicken broth and broccoli) and oil in a wok and cook it over moderate heat.
2. Let it cook until the onions become translucent.
3. Add the broccoli and continue cooking until the broccoli turns greenish.
4. Add chicken broth to it.
5. Just boil it for some time. Turn down the heat to simmer it and after some time, slowly add the cheese to it.
6. Stir until the soup becomes thick.
7. Serve it hot.

5.6 Spicy Beef Noodles

Time Required: 30 minutes

Servings: 3

Ingredients:

- 2 teaspoons of Olive oil
- 1 tiny Onion (finely chopped)
- 2 teaspoons of roughly chopped ginger
- 3 garlic cloves, chopped
- ½ tablespoon of chili
- Salt as per your taste
- Pepper as per your taste
- Fish sauce as per your liking
- ¼ cup Soy sauce
- ¼ cup of Rice wine vinegar
- Mushrooms as per your liking (thinly chopped)
- 3 boiled eggs
- 2 noodle packets
- 4 Bone broth cups

Instructions:

1. Add oil in a wok and put it over moderate flame. Sauté the onions in a wok until it tenders.
2. Include the rest of the ingredients (excluding eggs and noodles) in the wok. For about 30 minutes, boil it under a moderate flame.
3. Take the noodles from the bag and clean under warm water really well.
4. Add the noodles to the broth and stir it well and let it cook for a while.
5. You can serve it as per your liking.

5.7 Chicken Fajita Bowl

Time Required: 30 minutes

Servings: 2

Ingredients:

- Two tablespoons of fresh Cilantro
- 1 onion
- 1 Bell pepper
- Three boneless thighs of chicken
- Butter as per your liking
- Salt and pepper as per your taste
- 1 cup of cheddar cheese, chopped

Instructions:

1. Clean and slice the basil, chop the onions, dice the avocados and cut the cilantro.
2. Cut a moderately small onion and pepper.
3. Cut the chicken into thin slices on a cutting board.
4. Fry the chicken in butter over a moderate-high flame in a wok.
5. Reduce the heat and proceed to fry until the chicken is fully cooked. Then, add vegetables to it and cook it until it has softened.
6. Put the chicken mixture and lettuce in a bowl. Include the cheese, chopped onions, and cilantro in it.
7. You can serve it with any sauce of your liking.

5.8 Thai Chicken

Time Required: 1 hour

Servings: 3

Ingredients:

- Chicken breasts, ½ pound, sliced into strips.
- 1 tiny chopped Onion
- 1 tiny chopped green bell pepper
- ½ tiny cut yellow bell pepper
- 1 cup shredded spinach
- 1 cup of cream
- 1 tablespoon sliced new ginger
- 1 tablespoon of curry
- Oil as per your need
- Salt and pepper as per your taste

Instructions:

1. Warm some oil and simmer in a wok with the chicken breast.
2. Add the onion, mix and cook until tender.
3. Stir in all vegetables in it, then simmer until tender.
4. Add all spices and cook it for a while.
5. After cooking it, remove it from a flame and put it in the bowls.
6. Assemble your dish as per your liking.
7. Then, serve it with any sauce.

5.9 Spicy Thai Noodles

Time Required: 35 minutes

Servings: 2

Ingredients:

- Two packets of noodles
- ½ cup of oil
- 1 cup of broccoli
- ½ cup sliced mushrooms
- One roughly chopped green Onion
- Three tablespoons of coconut amino
- Two tablespoons brown sugar
- ½ tablespoon of Sriracha
- Two eggs

Instructions:

1. As per the instructions on the box, make noodles.
2. Over moderate flame, heat the oil in a wok.
3. Add chopped vegetables and spices to it.
4. Cook until it becomes tender.
5. Separately, add the coconut amino, Swerve, and Sriracha in a bowl.
6. Blend it well.
7. Add the eggs to the pan and scramble it. Add in the noodles and sauce that have been prepared.
8. Bring it to steam for around 5 minutes.
9. Place it in a dish and serve it as per your liking.

5.10 Chicken Enchilada

Time Required: 30 minutes

Servings: 3

Ingredients:

- 3 boneless, skinless chicken breast
- 1 tablespoon of olive oil
- 1 ½ cups of red enchilada sauce
- ½ cup of chicken broth
- 1-4 ounces of green chilies
- ¼ cup of sliced red onion
- Cauliflower rice (cooked)
- Salt and pepper as per your taste

Instructions:

1. Heat the oil in a wok over medium heat.
2. Sear the chicken breasts on both sides until finely browned.
3. In a wok, add the enchilada sauce, chicken broth, green chilies, and red onions. Let it simmer for 5-10 minutes.
4. Cover the wok with a lid and let it simmer until the chicken is properly cooked.
5. You can serve it with Cauliflower rice.

Conclusion

Asian food is one of the easiest comfort food that you can prepare at home. Asian foods come in different varieties. After reading this book, you will realize that making your favorite Asian food at home is not difficult at all. In this book, we discussed in detail the history and origin of Asian Wok Food. The various ingredients used in cooking ramen have also been mentioned in this book. This cookbook includes 70 recipes that contain breakfast, lunch, dinner, desserts, and famous recipes. You can easily make these recipes at home without the supervision of any kind. So, start cooking today and enjoy cooking your delicious ramen at home.

CHINESE **COOKBOOK**

70 Easy Recipes For
Noodles Dumplings And
Traditional Dishes From
China

Emma Yang

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CONCLUSION

Introduction

China is the country with the most prominent citizens and the nation with the world's highest and most innovative cuisine. The general name for dishes from different regions and ethnicities in China is Chinese cuisine. With excellent infrastructure, rich divisions and institutions, and a distinctive theme, it has a long history. It is the crystallization of the past of thousands of years of Chinese cuisine. A significant aspect of Chinese culture, also known as the Chinese culinary tradition, is Chinese cuisine. Chinese cuisine is one of the triple international cuisines and has a far-reaching influence on the East Asian region. The ingredients are sourced from different areas and cultural dishes.

Chinese foods are very different from all other foods in different countries. Ingredients and taste can vary from region to region in China, but their preparation method is almost identical. Chinese foods are prevailing from ancient times and are widely famous for their unique taste and healthy ingredients. There are many benefits of eating Chinese food as it provides nutrients that a body needs and uses fewer fat ingredients. Rice is the leading food in China that is served with every dish and in every meal. Buddhists who cannot consume meat can eat vegetarian dishes.

Chinese cuisine is not only tasty but also healthy and nutritious. Spices used in Chinese cooking are full of nutrients that a human body needs to work the whole day. These are a rich source of carbohydrates, starch, proteins, and fibers. This book, "Chinese Cookbook," will explain Chinese cuisine and its early history. The first chapter will introduce Chinese food and its emergence from the Zhou dynasty to the Ming Dynasty and its evolution from time to time.

The second chapter is about breakfast and snack recipes to make you start your day with delicious and quick recipes. The third chapter is about lunch, soup, and salad recipes to regain the energy you have wasted during your work. The fourth chapter includes dinner and dessert recipes to make tasty food for your family meal with some sweet dishes and sides.

The last chapter will provide you world-famous Chinese dishes, including vegetarian recipes. You can choose to make these recipes in your special

events or family gatherings. Finally, a brief conclusion about choosing Chinese cuisine for you and your family is given to help you support your idea of selecting Chinese food. So, start reading this book and enhance your cooking knowledge and cooking skills with "Chinese Cookbook".

Chapter 1: Introduction to Chinese Cuisine

Chinese cuisine developed from different areas of China and soon became very popular worldwide for its unique cooking style and flavor. There are eight central cuisines in china. Chinese foods are mainly comprised of two components that are grains and meat. Starch and vegetables are essential ingredients of all dishes. The necessary foundation of most Chinese dishes is garlic, ginger, and sesame. Soy sauce is used in all cuisine for saltiness.

1.1 History of Chinese Cuisine

According to ancient records, China already had a barbecue, fried fish, and other foods more than 5000 years ago. Food was primarily grains such as peas, buckwheat, corn, and brown rice during the Zhou dynasty in China, although they were not the same as what we have produced in the modern agricultural industry today. Similar to other countries, salt was a key factor in cooking and people's everyday life. By then, salt was widely used already. There was a popular cuisine called 'Ba Zheng' in the Zhou Dynasty, which was quite popular for centuries to come.

In the Qin dynasty, the sour taste was accepted by the people at a certain time. Bamboo slides recovered from temples, according to historical documents, berries were another hot cooking by then. It was primarily used for extracting fishy unusual from meat or fish inferred by academics. Besides, during the Qin dynasty, cinnamon, spring onions, canola source, and cider were also used in the cooking.

When it came to the Han dynasty, salty taste was preferred. Han was a time when Chinese cuisine took a major move forward. There were many "foreign-made" food and cooking ingredients for people at the period, such as peppers, grapefruit, oranges, hazelnuts, cardamom, pineapple, pomegranate, broccoli, lettuce, thyme, fennel, spinach, garlic, and onion, owing to the opening of the Silk Road in the Han Dynasty, for traders and commercial trade. In the later tang dynasty, this lays a strong cornerstone for the advances of Chinese cuisine. Chinese cuisine quickly evolved during the Han, Wei, northern and Southern Dynasties, and many popular cuisines emerged.

Chinese cuisine had already grown to a standard of quality by the period of the Tang dynasty. People also had several types of gatherings or cocktail parties to live their time at a certain period.

The Song Dynasty is among the stars of the history of Chinese cuisine. There were various cold meals, hot meals, soups, and decorative dishes at Bianjing and Linen's menus. The dishes were labeled with North, South, Chuan flavors, and vegetable meals, which indicated that cuisines' institutions started to develop.

During the Yuan, Ming, and Qing Dynasties, Chinese cuisine had a huge success. Hundreds of cuisines emerged. During this time, ethnicities believed

in Islamism, migrated to all parts of China, and halal certification occupied China's role as a new form of Chinese food. Since the Qing Dynasty was a king ruling under the Manchu people, Manchu style and flavors were introduced to Chinese cuisine. During the Ming Dynasty of this time frame, chilled pepper crops were introduced as elegant plants in China. It did not take too long until Chinese people learned its high benefit in cooking methods. The spicy flavor soon became popular in Hunan and Sichuan provinces at that period and had since left a massive impact on their cooking style. Chinese cuisine schools were founded. From the late Qing Dynasty and outsiders came to China, Chinese cuisine added some characteristics of western cuisines. In the world, Chinese cuisine is very popular for its color, scent, flavor, and better style.

1.2 Traditional History of Chinese Dishes

Chinese cuisine history dates back to approximately 5000 BC. Chinese people have created their special way of cooking meat over this large period. Their ways of defining ingredients to make ideal combos, their multi-method cooking strategies, and their multidisciplinary flavoring management have all been increasingly improved. There was a very good diet for the ancient Chinese, and from historical records, agriculture in China appears to have begun around 5,000 years ago. Both variations and transitions are marked by Chinese cuisine. Since ancient times, food has been at the heart of social life, and many current-day dishes with their variations of fragrance and flavor can be linked back to ancient Chinese food patterns. Food and art have often been regarded by the Chinese, emphasizing preparing food and consuming it.

One of the important steps of their whole cuisine is Chinese boiling noodles. They can be located within countless recipes in hundreds of combinations, which has sparked improvements in cooking style over the Chinese country's history and national tastes. The earliest recorded noodles discovered in China date back 4,000 years. They have been found in historical discoveries along China's Yellow River. However, the first definite historical records of noodles are from 25 to 200 AD, when the East Han Dynasty ruled. These early noodles were traditionally made from corn flour, and as years went by, they became even more common. In the Song Dynasty period, noodles could be bought from Chinese restaurants in major cities in China. Noodles are extensively used in China, Korea, the Philippines, Cambodia, Thailand, Vietnam, and others as Chinese presence spread throughout Asia.

Chopsticks are the main dining utensil for real food in Chinese culture, while sauces and other fluids are enjoyed with a large, flat-bottomed (historically stainless) spoon. Due to the recent deforestation deficits in China and other Asian countries, wooden chopsticks are decreasing their supremacy; many Chinese dining facilities are considering switching to a more environmentally friendly eating fork and spoon, such as plastics or bamboo chopsticks. In the past, more luxurious items used included silver and gold. On the other side, in small restaurants, plastic chopsticks crafted of bamboo/wood have replaced recycled ones.

China is considered to be one of the earliest countries to produce wine in the

world. Wine has not only been a beverage since its launch but has also been provided with moral and cultural importance, representing political and social life and design concepts, and even appearing in modern literature. People started to drink wine during the Shang dynasty (16th to 12th century) and used it to honor the deities; yellow grain wine is probably the first of this kind. Since the Han and Tang dynasties, all other types of wine are believed to have been produced. Millet wine was released years later, and it was a major success, much more common than tea.

Pork is China's most widely eaten meat, including beef, mutton, goat, duck, bird, etc., and other kinds. From 3000 or 4000 BC, the people in China consumed pork, which was indigenous to China, but cattle and sheep were not indigenous, and soon after adopted in China from West Asia. Many people used tofu, or bean paste, as a dietary protein source because the beef was too pricey and because Buddhist monks did not consume meat.

Tofu, or bean paste, is also of Chinese ancestry and is made from soy protein, milk, water, and a coagulating agent. It has been a dietary staple in Chinese and Asian food since prehistoric times, abundant in minerals, low in fat, and full of protein, calcium, and iron. Since it was a great source of vitamins, Chinese doctors considered that meat was an important meal, but only the wealthiest could afford to consume it. A bill was made to remedy this, where any person living in China will get a free cup of tofu each week, which was a combination of sorghum and other stuff like rice to give everyone the same amount of protein as the meat will. It was hard to cook on a massive scale in China at that time, so people might cut their meat into tiny pieces to prepare it. In Western vegetable meals even, tofu has also become a primary ingredient.

1.3 Nutritional Information and Health Benefits of Chinese Food

Chinese food is very famous, and it contains all the nutrition that metabolism and body require to remain healthy. While Chinese people consume, on average, thirty percent more calories than Americans, and they have the same behavior patterns, they do not have obesity issues. This is because fructose and vitamin-free food are avoided in Chinese cuisine.

Vegetables are "add-ons" to other recipes in the West, but vegetables are key in Chinese cuisine. Chinese assume a significant proportion of vegetables can be properly combined with a minor portion of livestock. Meat is important since excess calories are incorporated. Sugar, processed sugars, and high-fat ingredients are quite less in Chinese foods, allowing our bodies to know quickly when they are full. This encourages people who consume Chinese food to survive more on sufficient amounts of food and not overfill their bodies with excessive calories. On the other side, the Western diet tricks our bodies into knowing their boundaries even longer than is ideal.

Carbohydrates give the organism the energy it needs to get through the day. They are converted to glycogen by the liver, a readily available resource in the muscles and liver. Other types of energy resources, including fat, are unreliable. Good carbohydrates, including noodles and rice, are also used in Chinese meals, helping you remain energized without eating too many calories.

It is essential to add carbohydrates, proteins, as well as other nutrients into your meal. Carbs supply the fuel required, while proteins help maintain and build muscle strength. That's why the ideal choice is Chinese food. Vegetables, noodles, or rice are often used in recipes, and any beef, fish, or other protein gives you a nutritious balance. It can be hard to find a meal that combines all these diverse nutritious elements into one dish with other cuisines.

1.4 Key Ingredients to Prepare Chinese Dishes at Home

Chinese cuisine is remarkable for serving many well-seasoned and fried high-fiber dishes, giving them a more intense flavor.

Garlic- Pungent garlic was used in traditional medicine to relieve respiratory problems.

Bok Choy- This part of the cabbage family is rich in immune system-boosting vitamins A and C.

Ginger- Ginger has a long history of use in traditional Chinese medicine; it has long been used to relieve vomiting and stimulate appetite.

Shiitake Mushrooms- Mushrooms add a pleasant aroma and taste to foods and make a perfect substitute for any or all of the meats in some sauces, allowing you to cut calories and maintain taste.

Sesame Seeds- Sesame seeds are exploding with nutrients, including copper, iron, and calcium, and a heavy amount of fiber, although they are tiny.

Tofu- Tofu is a perfect source to get a reasonable amount of protein from vegetable resources.

These ingredients are common in Chinese cuisine and can be easily accessible in markets and stores.

Chapter 2: Chinese Breakfast and Snack Recipes

2.1 Crispy Sesame Tofu and Broccoli

Cooking Time: 55 minutes

Serving Size: 4

Ingredients:

- ½ teaspoon salt
- ¼ teaspoon pepper
- 2 scallions
- ¾ pound broccoli florets
- 2 teaspoons sesame seeds
- 1 garlic clove
- 3 tablespoons light brown sugar
- 4 teaspoons rice vinegar
- ½ inch fresh ginger
- 1 pound extra-firm tofu
- 1/3 cup water
- 2 teaspoons cornstarch
- 1/3 cup tamari
- 1 tablespoon toasted sesame oil
- 1 tablespoon neutral oil

Method:

1. Take tofu and rinse with water.
2. Add broccoli to a pan and heat with little water until broccoli becomes green and crispy.
3. Make tamari sauce with tamari, garlic, ginger, and seasoning.
4. Mix other ingredients and cook on low heat.
5. Cut tofu into small pieces and put the mixture with a spoon.
6. Heat tofu on low heat until crispy.
7. Heat sauce until bubble comes out.
8. Add broccoli and tofu into the bubbling sauce.
9. Mix for 2 minutes and serve with scallions on top.

2.2 Chinese-Style Chicken and Mushrooms

Cooking Time: 40 minutes

Serving Size: 4

Ingredients:

- ½ teaspoon sugar
- 1 garlic clove
- 100 grams of mushrooms
- ½ cup of water
- Soy sauce
- Olive oil
- 400 grams of chicken
- 3 teaspoons cornstarch
- Salt
- Black pepper
- 2 teaspoons fresh ginger

Method:

1. Cook mushrooms on low heat in a skillet with olive oil.
2. Cut chicken into pieces and add other ingredients over it.
3. Mix and marinate for 15 minutes.
4. Cook chicken pieces in skillet and add cooked mushrooms.
5. Heat until well cooked.
6. Serve with sauce.

2.3 Chef John's Shrimp Toast

Cooking Time: 24 minutes

Serving Size: 4

Ingredients:

- 1 tablespoon soy sauce
- 1 egg white
- ½ teaspoon white sugar
- ½ teaspoon paprika
- ½ pound raw shrimp
- ½ cup finely sliced green onions
- 3 garlic clove
- Salt to taste
- 4 slices white bread
- 1 teaspoon sesame seeds
- 1 tablespoon ginger root
- 1 anchovy filet
- 1 teaspoon sesame oil
- ¼ cup cilantro leaves
- 1 teaspoon Asian fish sauce
- 1 pinch cayenne pepper
- 1 cup of vegetable oil

Method:

1. Blend all ingredients in a food processor and blend until the mixture becomes smooth.
2. Lightly toast slices of bread and paste shrimp mixture over toasts.
3. Cut edges and slice into halves.
4. Add vegetable oil in the skillet and fry until golden brown.
5. Serve hot with green onion.

2.4 Chinese Chicken Wings

Cooking Time: 65 minutes

Serving Size: 12

Ingredients:

- 2 tablespoons garlic powder
- 5 pounds of chicken wings
- 2 cups soy sauce
- 2 cups brown sugar

Method:

1. Mix all ingredients except chicken wings.
2. Heat ingredients until brown sugar melt completely.
3. Pour mixture over chicken wings and wrap the bowl with a plastic cover.
4. Marinate chicken for 8 hours in the refrigerator.
5. Heat oven on 365°F.
6. Cover chicken with aluminum foil and bake for 45 minutes in the oven.
7. Remove foil and bake for 15 minutes more.
8. Serve hot with sauce.

2.5 Perfect Pot Stickers

Cooking Time: 30 minutes

Serving Size: 6

Ingredients:

- ½ cup green onions
- 1 pinch cayenne pepper
- 1 ½ cups green cabbage
- 3 tablespoons fresh ginger
- 2 tablespoons soy sauce
- 1 pound pork
- 4 cloves garlic
- 1 teaspoon sesame oil

Dipping Sauce

- ¼ cup of rice vinegar
- ¼ cup of soy sauce

Dough Ingredients

- ¾ teaspoon kosher salt
- 2 ½ cups all-purpose flour
- 1 cup hot water

Frying

- 8 tablespoons water for steaming
- 6 tablespoons vegetable oil

Method:

1. Mix green onion, cabbage, pepper, garlic, ginger soy sauce, sesame oil, and pork in a bowl and mix with a fork.
2. Cover with plastic and chill for an hour in the refrigerator.
3. Mix dough ingredients and make the dough.
4. Knead dough until it becomes soft and smooth.
5. Wrap the dough and let it rest for 30 minutes.
6. Cut dough into small pieces and make sticker wrappers.
7. Fill stickers with pork mixture and fold.
8. Mix dipping sauce ingredients to make the dipping sauce.
9. Heat a skillet and put potstickers in hot oil until golden brown.
10. Drizzle water and steam for 7 minutes or until crispy.

11. Serve with dipping sauce.

2.6 Chinese Egg Rolls

Cooking Time: 70 minutes

Serving Size: 20

Ingredients:

- 8-ounce bamboo shoots
- 1 cup wood ear mushroom
- 4 teaspoons vegetable oil
- 3 large eggs
- 1 teaspoon sugar
- 14-ounce egg roll wrappers
- 1 egg white
- 1 pound roasted pork
- 2 green onions
- 2 ½ teaspoons soy sauce
- 4 cups oil for frying
- 1 medium head cabbage
- ½ carrot
- 1 teaspoon salt

Method:

1. Heat the skillet and add 1 tablespoon oil.
2. Add beaten egg in oil and cook for 2 minutes on low heat.
3. Change side and cook for another 1 minute.
4. Set aside and let it cool and slice into thin strips.
5. Add vegetable oil in skillet and heat remaining ingredients until vegetables are fully cooked.
6. Add sliced egg in vegetables and refrigerate for 1 hour.
7. Take a plastic wrapper and put vegetable mixture.
8. Roll plastic sheet until top corners are sealed.
9. Cover with plastic to avoid drying.

2.7 Chinese Cabbage Pork Dumplings

Cooking Time: 95 minutes

Serving Size: 10

Ingredients:

- 1 teaspoon sugar
- 1 teaspoon salt
- 2 ½ cups all-purpose flour
- 1 tablespoon scallions
- ¼ teaspoon salt
- ¾ cup of water
- ½ pound cabbage
- 1 teaspoon rice cooking wine
- 1 tablespoon ginger
- 1 pound pork sirloin

Method:

1. Mix flour and salt.
2. Add water and make an elastic, smooth dough.
3. Rest it for 10 minutes.
4. Divide the dough into small 50 pieces and roll into a thin circle piece.
5. Mix other ingredients and process slowly until well combined.
6. Add the mixture to pieces and make dumplings.
7. Steam for 6 to 7 minutes until cooked.

2.8 Pork Dumplings

Cooking Time: 35 minutes

Serving Size: 100 dumplings

Ingredients:

- 5 cups Chinese cabbage
- 100 wonton wrappers
- 1 $\frac{3}{4}$ pounds pork
- 1 tablespoon fresh ginger root
- 3 tablespoons sesame oil
- 4 cloves garlic
- 2 tablespoons green onion
- 4 tablespoons soy sauce
- 1 egg

Method:

1. In a bowl, combine the soy sauce, pork, sesame oil, green onion, ginger, garlic, egg, and cabbage.
2. Add 1 teaspoon cabbage mixture into each wonton wrapper and form a triangle shape.
3. Steam dumplings for 20 to 25 minutes and serve hot.

2.9 Hand-Pulled Chinese Noodles

Cooking Time: 90 minutes

Serving Size: 4

Ingredients:

- 2 teaspoons chili oil
- ¼ cup of soy sauce
- black sesame seeds
- 1 Thai Chile
- 3 ½ cups all-purpose flour
- ½ teaspoon kosher salt
- 1 green onion
- 4 teaspoons toasted sesame oil

Method:

1. Mix flour and salt.
2. Add water and make the dough.
3. Rest the dough for 30 minutes and cut into small pieces.
4. Pull these pieces into thin sticks.
5. Boil this for 10 minutes and rest aside.
6. Heat the skillet and add other ingredients to cook.
7. Add hand-pulled noodles and cook for more than 2 minutes.
8. Serve with sauces.

2.10 Baked Hash Brown Cups with Eggs

Cooking Time: 27 minutes

Serving Size: 4

Ingredients:

- ½ cup shredded cheddar cheese
- chives
- ¼ teaspoon black pepper
- canola oil cooking spray
- 8 large eggs
- canola oil cooking spray
- 1 bag hash brown potatoes
- black pepper
- 4 strips bacon
- ½ teaspoon garlic powder
- Salt

Method:

1. Heat oven at 400°F.
2. Place shredded potatoes in a bowl and mix with seasonings.
3. Press potatoes until water leaves.
4. Bake potatoes in muffin cups for 20 to 25 minutes.
5. Heat skillet and add beaten eggs.
6. Stir with a rubber spatula. Do not overcook eggs.
7. Add eggs and seasoning on potato and bake again for 3 to 7 minutes until fully melted.
8. Serve with sauce.

2.11 Cream Cheese Wontons

Cooking Time: 30 minutes

Serving Size: 6

Ingredients:

- 8 ounces cream cheese
- ½ teaspoon sugar
- 24 wonton wrappers
- 1 egg beaten
- oil for frying
- 2 teaspoons minced chives
- ½ teaspoon onion powder

Method:

1. Combine and mix sugar, cream cheese, and onion powder.
2. Place a wonton wrapper and put a teaspoon of cream cheese over it.
3. Brush edges with egg and wraps into package shape.
4. Heat pan on 350°F with four tablespoons of oil.
5. Fry wontons for 6 to 7 minutes or until golden brown.
6. Soak into a paper towel and set aside.
7. Fry all wonton wraps and serve with tamari sauce.

2.12 Lumpia Shanghai

Cooking Time: 25 minutes

Serving Size: 6

Ingredients:

- 3 cups cooking oil
- 50 pieces lumpia wrapper

Filling Ingredients

- ½ teaspoon black pepper
- ½ cup parsley
- 1 ½ lb. ground pork
- 1 tablespoon sesame oil
- 2 eggs
- 2 pieces onion
- 1 ½ teaspoons salt
- 2 pieces of carrots
- 1 ½ teaspoon garlic powder

Method:

1. Mix all filling ingredients in a bowl and stir.
2. Take lumpia wrap and put fillings on it.
3. Beat an egg and brush it to the edges.
4. Roll wrappers and set aside.
5. Heat the skillet with oil and put wrappers into the hot oil.
6. Cook until lumpia floats in oil.
7. Soak extra oil and serve with sauce.

Chapter 3: Chinese Lunch, Salad and Soup Recipes

3.1 Seasoned Snack Mix

Cooking Time: 30 minutes

Serving Size: 10

Ingredients:

- ¼ cup Crisco Butter Flavor
- ¾ teaspoon garlic salt
- ¼ teaspoon cayenne pepper
- 2 cups oyster crackers
- 7 ounces peanuts
- ¾ cup grated Parmesan cheese
- Salt
- ¼ teaspoon onion powder
- 3 cups of rice
- 2 teaspoons Worcestershire sauce
- 2 teaspoons Italian seasoning
- 1 square cereal
- 2 cups round toasted oat cereal
- 2 cups pretzel sticks

Method:

1. Preheat oven at 325°F.
2. Melt shortening in the oven and rest it aside.
3. Add Worcestershire sauce, seasoning, garlic, ginger, salt, and pepper in a bowl and stir.
4. Add other ingredients and melted shortenings into the mixture.
5. Mix well and spread evenly on the baking sheet.
6. Bake 16 to 18 minutes in the oven and stir after 10 minutes.
7. Cool and store in containers.

3.2 Shao Bing - Chinese Flatbread

Cooking Time: 65 minutes

Serving Size: 4

Ingredients:

- 2 teaspoons Sichuan peppercorn
- 1 teaspoon spices
- 1 teaspoon chicken
- ¼ teaspoon salt
- 300 grams plain flour
- 1 tablespoon Chinese cooking wine
- ½ teaspoon salt
- 3 tablespoons vegetable oil
- ¼ cup oil
- 1 tablespoon soy sauce
- 250 grams ground beef
- ¼ cup spring onion
- 2 teaspoons ground ginger
- ¼ cup chopped onion
- 2 teaspoons sesame oil
- ¼ cup chopped coriander
- 2 tablespoons spring onion
- 1 ½ tablespoons flour
- 2 teaspoons white pepper
- sesame seeds

Method:

1. Making Dough- mix flour, salt and sugar in a bowl and mix until lumpy. Add yeast, water, and oil. Knead the dough and cover it with plastic wrap. Set aside for 30 minutes.
2. Making Oil Paste- take a small pan and heat oil. Add cake flour and mix until smooth. Continue cooking until aromatic. Let it cool.
3. Heat oven at 425°F.
4. Forming Bread- take dough and roll dough. Add oil paste with spatula and roll dough again. Cut into pieces of bread and add sesame seeds on each bread.

5. Bake breads for 12 to 15 minutes until golden brown.
6. Cut the sides and serve with sauce.

3.3 Crunchy Chinese Pork Salad

Cooking Time: 20 minutes

Serving Size: 4

Ingredients:

- 3 ounces chow Mein noodles
- 6 cups iceberg lettuce
- 4 slices bacon
- ½ cup green onions
- 3 tablespoons soy sauce
- 8 ounces water chestnuts
- ¾ pound roasted pork loin
- 1 tablespoon ketchup
- 2 tablespoons honey
- 1 teaspoon mustard

Method:

1. Cook bacon until crisp and set it aside.
2. Take a small bowl and stir ketchup, mustard, and soy sauce together.
3. Take a large bowl and mix pork, bacon, lettuce, green onions, and chestnut.
4. Add noodles in dressing and salad.
5. Mix well and serve.

3.4 Chinese Tomato and Egg Sauté

Cooking Time: 30 minutes

Serving Size: 2

Ingredients:

- 3 pinches shredded coconut
- Black pepper
- 1 tablespoon ketchup
- 1 teaspoon sugar
- 1 cup white rice
- ½ teaspoon sesame oil
- 1 teaspoon cornstarch
- 2 scallions
- 1 heirloom tomato
- 1 tablespoon rice wine
- 2 cups of water
- 4 large eggs
- 1 pinch salt

Method:

1. Chop the scallion and slice tomatoes into very little pieces.
2. Put eggs into a bowl and add seasonings.
3. Add rice wine and beat eggs.
4. Heat wok and add 2 tablespoon oil.
5. Add eggs and scramble. Set aside
6. Heat wok and add 1 tablespoon oil.
7. Add tomatoes and scallions.
8. Stir fry and add seasonings.
9. Add 1 cup of water and cooked eggs.
10. Mix and cover for 2-3 minutes until tomatoes make the paste.
11. Heat until sauce thickens as your requirement.

3.5 Chinese Meat Filled Buns (Baozi)

Cooking Time: 1 hour 45 minutes

Serving Size: 16

Ingredients:

- 3 tablespoons sugar
- 1 teaspoon salt
- 50 milliliters cold water
- 300 grams pork (or chicken)
- 1 teaspoon fresh ginger
- 3 cloves garlic
- 2 spring onion
- 1 tablespoon rice wine
- 1 teaspoon sugar
- 3 shiitake mushrooms
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 400 grams flour
- 1 ½ teaspoons baking powder
- ½ teaspoon sesame oil
- 3 tablespoons pork lard
- 190 milliliters warm water
- 2 teaspoons yeast

Method:

1. Mix flour, baking powder, yeast, sugar, and salt.
2. Add melted lard and warm water to make the dough.
3. Rest it for 30 minutes and knead until smooth.
4. Take other ingredients and mix them in a processor.
5. Take the dough and cut it into small pieces.
6. Prepare pieces into a circle and put fillings.
7. Roll again in a bun shape and set aside for 30 minutes.
8. Steam buns on a greaseproof paper so that they do not stick with the sides of the steamer.
9. Steam for 15 to 20 minutes until it looks shiny and feels like buns.
10. Serve with sauce and lettuce.

3.6 Snack Dippers with Hillshire Farm Smoked Sausage

Cooking Time: 35 minutes

Serving Size: 10

Ingredients:

- 2 tablespoons yellow mustard
- 1 tablespoon honey
- ¼ cup packed brown sugar
- ¼ cup mayonnaise
- ¼ teaspoon black pepper
- 14 ounces Smoked Sausage

Method:

1. Place sausages in a tray and unwrap. Freeze for 30 minutes.
2. Use a cutting board to cut sausages into ¼ size pieces.
3. Heat oven to 325°F.
4. Transfer sausages to the baking dish and spread brown sugar.
5. Bake sausages for 20 minutes until lightly browned.
6. Mix other ingredients in a bowl and dip sausages to serve.

3.7 Chinese Pork Salad

Cooking Time: 10 minutes

Serving Size: 6

Ingredients:

- ½ cup stir-fry sauce
- ½ red onion
- 3 ounces chow Mein noodles
- 20 ounces pea pods
- 8 ounces mandarin oranges
- 1 pound pork strips (stir-fry)

Method:

1. Marinate pork strips in the sauce for 25 minutes.
2. Stir-fry pork in a large skillet for 6 to 7 minutes.
3. Mix remaining ingredients in a bowl.
4. Mix pork sauce and mixture.
5. Stir and serve.

3.8 Yang Chow Fried Rice

Cooking Time: 25 minutes

Serving Size: 6

Ingredients:

- 2 large eggs
- 4 cups day-old rice
- 1 teaspoon toasted sesame oil
- ½ teaspoon kosher salt
- ½ teaspoon chicken bouillon
- ½ pound Chinese BBQ pork
- 3 scallions
- ½ teaspoon white pepper
- 3 tablespoons vegetable oil
- ¼ pound shrimp
- 1 tablespoon soy sauce
- 2 tablespoons oyster sauce

Method:

1. Fry shrimps in 1 tablespoon cooking oil. Set aside.
2. Cook chicken bouillon and scallions until softened.
3. Put rice in a wok and make a hole in the center.
4. Add beaten egg and mix with the rice properly.
5. Add other ingredients and chicken mixture in a pan and stir fry to make a paste.
6. Add paste on top of the rice. Serve hot.

3.9 Chinese-Style Spareribs

Cooking Time: 2 hours

Serving Size: 6

Ingredients:

- 3 tablespoons dry sherry
- 2 cloves garlic
- 6 pounds pork spareribs
- 2 tablespoons honey
- 2 tablespoons soy sauce
- ¼ cup hoisin sauce
- ¼ cup of water

Method:

1. Take spareribs and cut them into pieces.
2. Mix all ingredients in a bowl.
3. Take a large sealing bag and put ribs into it.
4. Take ¼ cup of mixture and rest aside.
5. Add the remaining mixture to the bag and mix well with ribs.
6. Marinate mixture in the refrigerator for 1 hour.
7. Heat oven at 350°F and take a baking pan.
8. Put ribs in pan and wrap with baking sheet to bake for 90 minutes.
9. Remove the sheet and put the remaining ¼ cup of mixture on the ribs with a brush.
10. Bake for another 30 minutes.
11. Serve hot with sauce.

3.10 Soya Sauce Mushroom Chicken with Braised Eggs

Cooking Time: 105 minutes

Serving Size: 1

Ingredients:

- 4 cloves garlic
- 1 teaspoon sesame oil
- 4 eggs
- 3 pieces of chicken thighs
- 150 milliliters chicken broth
- 3 pieces of rock sugar
- 1 tablespoon cornflour
- 3 slices ginger
- 1 tablespoon Chinese cooking wine
- potato
- 6 button mushrooms
- 2-star anise
- 3 tablespoons light soy sauce
- 2 tablespoons dark soy sauce
- 1 dash pepper
- 1 cinnamon stick

Method:

1. Rinse chicken and dry with a towel.
2. Clean mushrooms and marinate chicken for 30 minutes.
3. Soak mushrooms for an hour.
4. Heat oil and add ginger, garlic, anise, cinnamon sticks.
5. Add chicken and stir fry for 5 minutes.
6. Add mushrooms and cook with the chicken for 10 minutes.
7. Add all other veggies and stir.
8. Cook on low heat for more than 20 minutes and add other ingredients.
9. Add cornflour to give thickness to the sauce and serve hot.

3.11 Loaded Breakfast Baked Potatoes

Cooking Time: 80 minutes

Serving Size: 4

Ingredients:

- 4 russet potatoes
- teaspoons salt
- teaspoons black pepper
- 2 scallions
- 1 tablespoon butter
- 4 large eggs
- 4 strips bacon
- 2 ounces cheddar cheese
- ½ teaspoon salt
- ¼ teaspoon black pepper
- Sour cream
- Hot sauce

Method:

1. Heat the oven at 400°F and take an aluminum foil.
2. Pierce potatoes with fork and place on aluminum foil sheet.
3. Bake potatoes for 60 to 70 minutes in the oven.
4. Take the potato and cut lengthwise with a knife to add fillings.
5. Heat the skillet and add other ingredients.
6. Stir until cooked.
7. Add mixture into potatoes and bake again for 10 minutes.
8. Serve immediately.

3.12 Steamed Halibut Fillet with Ginger and Scallions

Cooking Time: 45 minutes

Serving Size: 4

Ingredients:

- 3 scallions
- 2 tablespoons canola oil
- 4 tablespoons water
- 2 inches fresh ginger
- 1 tablespoon chicken powder
- 2 ½ pounds fillets
- ¼ teaspoon salt
- 2 teaspoons sugar
- 4 baby bok choy
- vegetable oil cooking spray
- 3 tablespoons lite soy sauce
- 4 Chinese black mushrooms
- ¼ teaspoon black pepper

Method:

1. Mix all ingredients in a processor and mix until lightly smooth.
2. Add eggs and blend again.
3. Steam fish fillets and place a lemon slice on each fillet.
4. Bring to boil water and steam for 3 to 4 minutes after the water starts boiling. Do not overcook.
5. Place fillets in a dish and pour the sauce over it. Cool at room temperature. Serve with spinach leaves.

3.13 Chicken Mustard Green Congee

Cooking Time: 55 minutes

Serving Size: 6

Ingredients:

- ¼ cup mustard greens
- 1 tablespoon sesame oil
- 2 garlic cloves
- ¼ cup chives
- 12 ounces chicken tenderloin
- 1 ginger
- ¾ cup sweet rice
- ½ teaspoon dark soy sauce

Method:

1. Boil ginger, garlic on low heat in a pot, and add chicken.
2. Cook for 20 minutes until chicken cooked properly.
3. Shred chicken and discard ginger garlic.
4. Add rice in chicken broth water and cook for 25 minutes.
5. Add other ingredients and cook for more 5 minutes.
6. Rest aside for 10 minutes and serve.

3.14 Energy Snack Cake

Cooking Time: 85 minutes

Serving Size: 4

Ingredients:

- 300 grams walnut pieces
- 100 grams flour
- 60 grams of dried cranberries
- 10 dried figs
- ½ teaspoon baking soda
- ¼ teaspoon baking powder
- 3 large eggs
- 15 grams of dried dates
- 80 grams of dried apricots
- ½ teaspoon salt
- 140 grams of sugar
- 1 teaspoon vanilla extract

Method:

1. Mix baking powder, baking soda, flour, and salt in a bowl.
2. Add nuts, dried fruits, and sugar to the mixture.
3. Heat oven to 150°F.
4. Take a small bowl and beat eggs with vanilla extract.
5. Add egg mixture into the flour mixture and mix well.
6. Add other ingredients and pour them into a baking pan.
7. Bake for 60 to 70 minutes.
8. Let it cool and cut into slices.

3.15 Taco Snack Mix

Cooking Time: 16 minutes

Serving Size: 4

Ingredients:

- 2 cups crackers
- 2 cups of corn chips
- 2 cups Rice Chex Cereal
- 1 package McCormick Taco Seasoning Mix
- 2 cups Wheat Chex Cereal
- ½ cup unsalted butter

Method:

1. Microwave butter for 40 seconds until butter melts.
2. Take a bowl and mix cereals, corn chips, cheese crackers.
3. Add seasoning in the mixture and stir well.
4. Microwave mixture uncovered for 6 to 8 minutes until crispy.
5. Cool at room temperature.

3.16 One-Bowl Caramel Snack Cake with Caramel Glaze

Cooking Time: 60 minutes

Serving Size: 9

Ingredients:

- $\frac{3}{4}$ cup cake flour
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{4}$ cup confectioners' sugar
- 1 large egg
- 2 large egg yolks
- cooking oil spray
- $\frac{3}{4}$ cup unsalted butter
- $\frac{3}{4}$ teaspoon salt

For Cake

- 1 cup dark brown sugar
- 1 cup heavy cream
- 1 tablespoon vanilla extract
- 1 cup all-purpose flour

For Caramel

- $\frac{1}{2}$ cup heavy cream
- 1 teaspoon flaky sea salt
- 1 teaspoon vanilla extract
- 1 cup dark brown sugar

Method:

1. Heat oven at 350°F and Grease the pan with oil. Set aside.
2. Melt butter in the microwave oven and separate $\frac{1}{4}$ cup.
3. Add brown sugar and cream in the remaining butter.
4. Microwave 1 minute and stir. Microwave for more than 1 minute until caramel thickens. Set aside to cool down.
5. Use powder ingredients and mix them into the caramel.
6. Stir with a rubber spatula until combine.
7. Bake for 20 minutes on the middle rack.
8. Rotate the baking pan and bake for more than 20 minutes until it softens.
9. Pour remaining butter and caramel on the cake and set aside.

10. Let it cool down for 10 minutes and cut into pieces.

3.17 Wheat Bread Snack

Cooking Time: 10 minutes

Serving Size: 4

Ingredients:

- watercress
- 1 slice whole-wheat bread
- olive oil
- 1 cup skimmed milk

Method:

1. Toast bread to a golden-brown color.
2. Pour watercress and olive oil on toast.
3. Serve with milk.

3.18 Hot and Sour Soup

Cooking Time: 1 hour 15 minutes

Serving Size: 4

Ingredients:

- 1 ½ tablespoon vinegar
- Salt
- 60 grams prawns
- 1 tablespoon soya sauce
- ½ tablespoon chili powder
- 5 grams of carrot
- 5 grams of cabbage
- 1 Egg
- 1 tablespoon coriander
- 1 teaspoon chili oil
- 5 grams of bamboo shoots
- 5 grams black mushrooms
- 5 grams button mushrooms
- 100 grams of chicken
- ½ teaspoon white pepper
- 2 tablespoon cornflour
- 5 grams of bean sprouts
- 5 grams of fresh beans
- 2 cups stock

Method:

1. Cut all vegetables, prawns, and chickens into small pieces.
2. Cook all vegetables with chicken in a wok.
3. Add seasonings and other remaining ingredients into wok.
4. Add cornflour and egg in the end to a thick soup.

3.19 Cantonese Chicken Soup

Cooking Time: 40 minutes

Serving Size: 2

Ingredients:

- 5 spoons large chicken stock
- 10 Mushrooms
- 1 whole chicken
- 5 Pieces bok choy
- 3-4 spring onions

Method:

1. Cut chicken skin and piece chicken into large slices about 10 to 12.
2. Cut mushrooms into halves.
3. Take a container and layer bok choy, mushrooms, and chicken evenly.
4. Add chicken stock and cook for an hour.
5. Add remaining ingredients and water as your requirement.
6. Cook for more than 20 minutes.
7. Use cornflour to give thickness to the soup.

3.20 Vegetable Manchow Soup

Cooking Time: 35 minutes

Serving Size: 2

Ingredients:

- 2 tablespoon French beans
- 2 tablespoon Carrots
- 2 Spring onions
- 1 teaspoon Pepper
- 4 Cups Water
- 2 tablespoon Mushrooms
- 1 teaspoon Ginger
- 1 teaspoon Garlic
- 1 teaspoon Green chilies
- 2 stems Spring onion
- Oil and salt
- 1 tablespoon Coriander leaves
- 2 tablespoon Cabbage
- 1 tablespoon Soya sauce
- 4 tablespoon Cornflour
- 1 cup Water
- 2 tablespoon Capsicum

Method:

1. Stir fry coriander leaves, garlic, green chilies, and ginger for 2 minutes.
2. Cut all vegetables and add them to the ginger-garlic mixture.
3. Add seasonings and sauces. Fry for more than 5 minutes.
4. Add water and wait until it starts boiling.
5. Take a small bowl and mix cornflour in hot water.
6. Add cornflour mixture into boiling water and vegetable mixture.
7. Stir until it starts thickening.
8. Remove from heat and garnish with green onions.

Chapter 4: Chinese Dinner and Desserts Recipes

4.1 Chinese BBQ Pork

Cooking Time: 20 minutes

Serving Size: 4

Ingredients:

- 1 tablespoon honey
- 2 teaspoons fresh ginger root
- ½ cup dry sherry
- 8 drops red food coloring
- 2 pounds pork loin roast
- 1 teaspoon sesame oil
- 1 whole scallion
- 3 tablespoons soy sauce
- 2 ½ tablespoons hoisin sauce

Method:

1. Cut pork into small pieces.
2. Take a cooking bowl and grease with oil.
3. Place all ingredients in the cooker and mix.
4. Cover and cook for 7 hours on low heat.
5. Serve with fried rice.

4.2 Yam Bean, Carrot, and Cucumber Snack

Cooking Time: 45 minutes

Serving Size: 3

Ingredients:

- Worcestershire sauce
- Peanuts
- 2 carrots
- ½ yam bean
- Unflavored gelatin
- Hot sauce
- Lime juice
- Japanese peanuts
- 1 cucumber
- 6 limes

Method:

1. Grate carrot, yam beans, and cucumber. Drain all thoroughly.
2. Grease baking pan with oil and pour beans.
3. Sprinkle gelatin and lime slices. Press firmly.
4. Add a layer of cucumber and carrots with the same process.
5. Cover and freeze for 30 minutes.
6. Mix other ingredients to make the sauce.
7. Sprinkle peanuts for garnish.

4.3 Stir-Fried Tofu with Rice

Cooking Time: 40 minutes

Serving Size: 2

Ingredients:

For the Tofu

- 100 grams of tofu
- 1-inch ginger
- 3 Garlic cloves
- 1-inch red onion
- 1 Lemongrass stick
- 2 Shallots
- A handful of coriander leaves
- 1 teaspoon refined oil
- 2 teaspoon soya sauce
- 2 teaspoon chili paste
- 2 teaspoon honey

For the Fried Rice

- 2 teaspoon soya sauce
- ½ Lemon
- Carrots
- Coriander leaves
- 1 teaspoon olive oil
- Spring onions
- Salt and pepper
- 1 fresh red chilly
- 1 Ginger

Method:

1. Add chopped mariner in a preheated pan and stir well.
2. Add seasonings, garlic, shallots, and ginger.
3. Add honey, soy sauce, and chili paste.
4. Add coriander and mix with a rubber spatula. Set aside.
5. Mix carrot, onion, salt, pepper, and ginger in a pan.
6. Drizzle in oil, then add chili, lemon juice, and soy sauce.

7. Add coriander to cooked rice and cook for seven more minutes.
8. Serve rice.

4.4 Dim Sums

Cooking Time: 1 hour 20 minutes

Serving Size: 4

Ingredients:

For Chicken and Prawn Dumplings

- 5 ml sesame oil
- 2.5 grams white pepper
- 150 grams of chicken
- Wonton skin
- Potato starch
- 150 grams prawn
- 5 grams of sugar
- Salt

For Vegetable Coriander Dumplings

- 10 grams of water chestnuts
- 10 grams of carrots
- 10 grams button mushrooms
- 5 grams of sugar
- 10 grams garlic
- 10 grams of bamboo shoots
- 5 grams sesame oil
- 10 ml of oil
- 10 grams brown garlic

For Wonton Skin

- Salt
- 50 grams of wheat starch
- Potato starch

Method:

1. Mix prawns and chicken with salt, potato starch, sesame oil, and sugar.
2. Stuff wonton skin in mixture and steam. Serve with soya sauce.
3. For dumplings, mix all ingredients except wonton skin.
4. Stuff mixture in wonton skin and steam. Serve with sauce.
5. To prepare wonton skin, add potato in wheat starch, salt, and water.
6. Add potato starch and stir till it tightens.

7. Cut into pieces and roll balls. Add fillings.
8. For the sauce, fry garlic in oil. Soak chilies and make a paste.
9. Add chili paste when garlic gets brown. Add seasonings.

4.5 Quick Noodles

Cooking Time: 45 minutes

Serving Size: 2

Ingredients:

- 1 cup carrot, julienne
- 1 tablespoon vegetable oil
- 1 cup onion
- 1 cup spring onions
- 2 packets noodles
- 1 tablespoon ginger and garlic chili paste
- 1 tablespoon coriander
- 1 tablespoon lemon juice
- 1 teaspoon vinegar
- 1 tablespoon soy sauce
- 1 tablespoon schezwan sauce
- 1 cup pepper
- 1 cup mushrooms
- ½ lettuce
- ½ teaspoon turmeric powder
- 1 teaspoon sugar

Method:

1. Cook noodles using instructions on the pack. Drain and cool in the water.
2. Add oil in noodles and mix to avoid sticking noodles with each other.
3. Heat oil in a wok.
4. Mix vegetables and soya sauce, mushroom, ginger, and garlic paste and fry in wok.
5. Mix remaining ingredients in a small bowl and stir.
6. Add this mixture to the vegetable mixture and add noodles. Mix well.
7. Garnish with chopped coriander and serve.

4.6 Szechuan Chili Chicken

Cooking Time: 45 minutes

Serving Size: 8

Ingredients:

- 3 tablespoon brown peppercorn
- Salt
- 2-3 spring onions
- 2 teaspoon white pepper
- 5-6 dry red chilies
- 2-3 tablespoon ginger
- 3 tablespoon green peppercorn
- 10-12 pieces chicken
- 1 tablespoon black vinegar
- 2 teaspoon chili oil
- Oil for frying

Method:

1. Fry chicken with ginger until the color changes to brown.
2. Drain oil and set it aside.
3. Add onion, garlic, peppercorn, and brown peppercorn.
4. Sauté for 5 minutes and add spices.
5. Stir for more than 10 minutes and add black vinegar.
6. Fry for more than 10 minutes and garnish with peppercorns.

4.7 Shitake Fried Rice with Water Chestnuts

Cooking Time: 25 minutes

Serving Size: 2

Ingredients:

- 1 cup Shitake mushroom
- 1 tablespoon Ginger
- A pinch of White pepper
- 1 big drop of Sesame oil
- 1 cup rice (cooked)
- Green chilies
- 2-3 tablespoon Vegetable oil
- 4 cloves garlic
- 2-3 Water chestnuts
- 1 big tablespoon Celery
- ½ Medium Onion
- 1 big tablespoon Leeks
- Small bunch Parsley
- A dash of Rice wine vinegar
- 1 big drop of Sesame oil
- Salt to season
- 1 stalk of Spring onions

Method:

1. Slice mushrooms, chestnuts, and green chilies.
2. Heat wok and add one tablespoon of vegetable oil.
3. Add celery, onion, and leeks in oil.
4. Add mushrooms, chestnuts, and ginger.
5. Add rice, onion, sauces, and other ingredients.
6. Stir fry and put into the bowl.

4.8 Chicken with Chestnuts

Cooking Time: 45 minutes

Serving Size: 4

Ingredients:

- 5 dried Chinese mushrooms
- 1 tablespoon fish sauce
- 1 tablespoon date puree
- 1 diced green capsicum
- 2 tablespoon sesame oil
- ½ kg chicken mince
- 1 diced red capsicum
- 3 tablespoon white radish
- 50 ml of water
- ½ teaspoon chili flakes
- 12-14 peeled water chestnuts
- 2 tablespoon chopped spring onion
- 1 tablespoon chopped garlic
- 1 tablespoon vinegar
- 1 iceberg lettuce
- 1 tablespoon shredded ginger
- 1 tablespoon soya sauce
- 1 tablespoon chopped coriander

Method:

1. Soak mushrooms in boiling water for 30 minutes and discard stems of mushrooms.
2. Heat oil in wok and fry chicken with ginger until lightly browned.
3. Fry ginger, garlic, and capsicum for 3 minutes.
4. Put the chicken into the pan and heat.
5. Add remaining ingredients into chicken except for lettuce and coriander.
6. Add vegetables and mix well.
7. Serve with lettuce and garnish with coriander leaves.

4.9 Honey Chili Potato

Cooking Time: 35 minutes

Serving Size: 2

Ingredients:

For Frying Potatoes

- 5 tablespoon Cornflour
- 2 Potatoes
- 1 ½ tablespoon Salt
- 2 teaspoon Chili Powder

For Honey Chili Sauce

- 4 teaspoon Sesame Seeds
- 2 tablespoon Honey
- 1 teaspoon Chili Flakes
- 2 Bulbs Spring Onions
- 1 ½ teaspoon Garlic
- 1 teaspoon Vinegar
- 2 teaspoon Tomato Sauce
- 2 teaspoon Chili Sauce
- 1 teaspoon Ginger
- 2 Whole Red Chilies
- 1 teaspoon salt

Method:

1. Take 2 potatoes and cut them into lengthwise slices.
2. Rinse them with water and soak for 15 minutes.
3. Add slices into a bowl and put some salt, cornflour, chili, and coriander leaves.
4. Mix well until sticky.
5. Take a frying pan and heat 3 tablespoon oil.
6. Fry potatoes into the oil until golden brown and crispy.
7. Do not fry on high flame as it can cause potatoes to burn from the outer side and uncooked from the inner side.
8. When cooked properly, set aside.
9. Take another frying pan and put sesame seeds to heat until golden brown. Set aside.

10. Heat oil in a pan and add chili flakes, tomato sauce, ginger, garlic, and red chilies.
11. Stir well and add vinegar, chili sauce, honey, and salt.
12. Stir and make the sauce.
13. Add fried potatoes in sauce and mix well.
14. Serve potatoes with juice.

4.10 Peri-Peri Chicken Satay

Cooking Time: 25 minutes

Serving Size: 2

Ingredients:

- 50 grams Peri-Peri sauce
- 100 grams of potato fries
- 100 grams of yogurt
- 200 grams of chicken thigh
- salt and pepper
- 5 grams of chili powder
- Oil to fry
- 25 grams ginger garlic paste
- 5 grams coriander leaves

Method:

1. Soak skewers for 60 minutes.
2. Add ginger, garlic, salt, pepper, Peri-Peri sauce, chili, and garlic in a bowl.
3. Mix well and add chicken.
4. Marinate for 2 hours in a sealing bag.
5. Heat grill on medium heat.
6. Place chicken on grill and brush with oil to prevent sticking.
7. Grill for 15 to 20 minutes until brown.
8. Serve chicken with crispy potato fries.

4.11 Garlic Soya Chicken

Cooking Time: 35 minutes

Serving Size: 2

Ingredients:

- ¼ teaspoon White Pepper
- 1 teaspoon Ginger Juice
- 450 Gram Chicken Breast
- 1 teaspoon Sesame Oil
- 1 tablespoon ginger, grated
- 1 tablespoon Rice Vinegar
- 2 tablespoon Vegetable oil
- A handful of Snow Peas
- 2 tablespoon Soy Sauce
- 5-6 Garlic cloves
- ½ Cup Red Onion
- 1 teaspoon Red Chili Flakes
- ½ Red Bell Pepper

For the Sauce

- 2 teaspoon Chinese Rice Wine
- ½ tablespoon Brown Sugar
- 1 teaspoon Cornflour
- 2 teaspoon Dark Soy Sauce

Method:

1. Cut chicken into small pieces.
2. Take a large bowl and mix chicken with sesame oil and white pepper.
3. Marinate chicken for 15 to 20 minutes.
4. Take a small bowl and mix all ingredients of sauces and mix well.
5. Put a frying pan on low heat. Add 2 tablespoon oil and spread it into a frying pan.
6. Gradually add chicken pieces into the frying pan and wait for 5 minutes.
7. The flame should be low. Wait until chicken sides turn into light brown color.
8. Stir chicken until all sides turn brown and remove immediately from

the frying pan.

9. Turn the heat up and fry peas and red onion for 1 minute.
10. Stir continuously to prevent burning or overheating.
11. Add bell pepper and cook for one more minute.
12. Mix all ingredients well and when vegetables get crispy, stir in chicken.
13. Make sauce ingredients and cook on low heat until sticky and smooth.
14. Pour sauce on chicken and vegetables.
15. Add 1 tablespoon water and cook for 2 minutes until bubbly and thick.
16. Serve with fried rice and lettuce.

4.12 Shrimp Fried Rice

Cooking Time: 20 minutes

Serving Size: 6

Ingredients:

- 1 package frozen mixed vegetables
- 1 pound medium shrimp
- 4 tablespoons butter
- 4 large eggs
- ¼ teaspoon pepper
- 8 bacon strips
- 3 cups cold cooked rice
- ½ teaspoon salt

Method:

1. Take a large skillet and heat on low flame.
2. Add 1 tablespoon vegetable oil or butter.
3. Beat eggs and pour into skillet.
4. Stir to cook on all sides. Remove from skillet and set aside.
5. Melt butter in the skillet again and add vinegar.
6. Add cooked rice and shrimp into the skillet.
7. Stir and cook for 5 minutes until the shrimp color changes to pink.
8. Cut eggs into pieces and add in skillet. Cook on low flame.
9. Remove from flame after 5 minutes and garnish with coriander leaves.

4.13 Ginger-Cashew Chicken Salad

Cooking Time: 30 minutes

Serving Size: 8

Ingredients:

- ¼ teaspoon cayenne pepper
- 4 chicken breast halves
- ½ cup cider vinegar
- 2 teaspoons soy sauce
- 1 teaspoon salt
- ½ cup molasses
- ½ cup canola oil
- 2 tablespoons minced fresh gingerroot

For Salad

- 2 tablespoons sesame seeds
- 1 can mandarin oranges
- 1 cup shredded red cabbage
- 3 green onions
- 2 cups Chow Mein noodles
- 8 ounces fresh baby spinach
- ¾ cup salted cashews
- 2 medium carrots

Method:

1. Blend all ingredients in a processor except chicken.
2. Add chicken to a bowl and pour processed ingredients over it.
3. Mix and marinate chicken for 3 hours.
4. Heat the broiler and put the chicken into it.
5. Boil for 20 minutes. Change sides and boil for 15 more minutes.
6. Cut the ingredients of the salad and make noodles.
7. Add chicken in a separate dish, add salad and noodles. Serve with sauce.

4.14 Beef and Spinach Lo Mein

Cooking Time: 30 minutes

Serving Size: 5

Ingredients:

- 1 tablespoon water
- 4 teaspoons canola oil
- 1 can sliced water chestnuts
- ¼ cup hoisin sauce
- 2 tablespoons soy sauce
- 1 pound beef top round steak
- 1 package fresh spinach
- 1 red chili pepper
- 6 ounces Spaghetti
- 2 teaspoons sesame oil
- 2 garlic cloves
- ¼ teaspoon crushed red pepper flakes
- 2 green onions

Method:

1. Mix hoisin, soy sauce, garlic, pepper, sesame oil, and water.
2. Separate ¼ cup of mixture in a large bowl.
3. Add beef to this mixture and mix well. Marinate for 10 minutes at room temperature.
4. Prepare spaghetti and follow package directions.
5. Take a skillet and heat it. Add canola oil.
6. Add the beef mixture in parts. Do not load the skillet with the whole mix.
7. Stir-fry beef mixture until pink. Remove and repeat with the remaining mixture.
8. Heat a skillet and add remaining ingredients and hoisin mixture.
9. Cook for 15 minutes. Add beef mixture.
10. Add spaghetti and mix well. Cook for 5 minutes and serve hot.

4.15 Ginger Pork Lettuce Wraps

Cooking Time: 30 minutes

Serving Size: 2 dozens

Ingredients:

- 1 tablespoon sesame oil
- 24 Boston lettuce leaves
- 1 pound lean ground pork
- 1 can sliced water chestnuts
- 4 green onions
- 1 medium onion
- ¼ cup hoisin sauce
- 1 tablespoon red wine vinegar
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons Thai chili sauce
- 4 garlic cloves
- 1 tablespoon fresh ginger root

Method:

1. Take a large skillet and cook onion with pork for 10 minutes.
2. Remove when the pink color disappears and onions become tender.
3. Cut into pieces and make crumbles.
4. Blend soy sauce, vinegar, garlic, ginger, and hoisin sauce.
5. Add remaining ingredients and heat for 10 minutes.
6. Place pork on lettuce leaves and mixture over it. Fold and serve.

4.16 Asparagus Beef Sauté

Cooking Time: 30 minutes

Serving Size: 4

Ingredients:

- 1 pound fresh asparagus
- 1 tablespoon canola oil
- 2 garlic cloves
- 1 green onion
- ½ teaspoon salt
- 1 ½ teaspoon lemon juice
- Hot cooked rice
- ½ pound sliced fresh mushrooms
- 1 pound beef tenderloin (¾ -inch cubes)
- ¼ teaspoon pepper
- ¼ cup butter
- 1 tablespoon reduced-sodium soy sauce

Method:

1. Mix salt and pepper with beef.
2. Take a frying pan and add one tablespoon of cooking oil into it.
3. Add garlic and ginger. Stir fry for 2 minutes.
4. Add beef and fry for 10 minutes until lightly brown.
5. Remove from pan and set aside. Keep warm.
6. Add one tablespoon oil in the same skillet and put mushrooms.
7. Add asparagus and cook until tender. Add remaining ingredients and cook for 10 more minutes.
8. Add beef. Heat for 2 minutes and remove. Set aside and serve with rice.

4.17 Chinese Almond Cookies

Cooking Time: 40 minutes

Serving Size: 30

Ingredients:

- ½ teaspoon baking soda
- 2 cups flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 2 ½ teaspoons almond extract
- 30 whole almonds
- ½ cup shortening
- ¾ cup white sugar
- 1 egg
- ½ cup butter
- 1 egg beaten

Method:

1. Heat Oven at 325°F.
2. Take a large bowl and add flour.
3. Add salt and mix well.
4. Add baking soda and baking powder. Stir well.
5. In a small bowl, beat butter, shortening, and sugar.
6. Add almond and egg in butter mixture and blend well.
7. Add flour mixture and blend until smooth.
8. Knead the dough and cut it into two pieces.
9. Refrigerate for 2 hours.
10. Cut the dough into 14 to 15 pieces lengthwise.
11. Grease the cookie tray and roll each piece in a round motion.
12. Put round balls into a cookie tray and add almonds in the center of each ball.
13. Grease cookies with beaten egg using a brush.
14. Bake for 15 to 20 minutes until golden brown.
15. Remove and let it cool. Serve when cold and crispy.

4.18 Nian Gao

Cooking Time: 60 minutes

Serving Size: 10

Ingredients:

- 2 ½ cups milk
- One can of red azuki beans
- 16 ounces mochiko sweet rice flour
- 1 to 1 ¾ cup sugar
- 1 tablespoon baking soda
- ½ cup unsalted butter
- ¾ cup of vegetable oil
- 3 eggs

Method:

1. Heat oven at 350°F.
2. Grease pan with butter or oil using spray or brush.
3. Mix all ingredients except beans in a processor and blend until smooth.
4. Sprinkle mochiko flour on the baking dish and add half the batter.
5. Spread beans on top and add another layer of remaining batter on beans.
6. Bake for 40 to 45 minutes until cooked.
7. Check by using a toothpick if baked well.
8. Serve cold.

4.19 Eight Treasure Rice Pudding

Cooking Time: 105 minutes

Serving Size: 8

Ingredients:

For the Rice

- 1 cup black raisins
- 1 cup yellow raisins
- ¼ teaspoon salt

For the Fruit

- Neutral oil for coating bowl
- 2 cups glutinous rice
- 1 tablespoon sunflower oil
- 1 cup sugar-glazed cherries
- 1 dried apricot

For the Filling

- 1 cup sugar lotus seeds
- 100 grams red bean paste

For the Starch Water

- 3 tablespoons water
- 2 teaspoon potato starch

For the Sugar Syrup

- 1 tablespoon honey
- 1 tablespoon sugar
- ½ cup of water

Method:

1. Take a large bowl and put rice in it.
2. Add cold water and cover for 1 hour.
3. Drain and soak rice and steam for 40 minutes in simmering water.
4. Add oil and salt. Combine gently to prevent breaking rice.
5. Cut fruits into small pieces.
6. Take a bowl and grease with oil.
7. Add fruits and a layer of rice. Press gently.
8. Add red bean paste on it and spread with a spoon.
9. Place rice and cherries layer again.

10. Place the bowl in simmering water and steam for 30 minutes.
11. Take a small bowl and mix potato starch water ingredients.
12. Stir until well combined.
13. Place all syrup ingredients and bring to boil. Add starch water and boil for 10 minutes.
14. Remove the bowl from the water and invert it into the dish.
Add sugary syrup on top.

4.20 Chinese Almond Float Dessert

Cooking Time: 60 minutes

Serving Size: 6

Ingredients:

- 1 cup of cold water
- 1 can fruit cocktail with syrup
- 1 envelope unflavored gelatin
- 2 teaspoons almond extract
- 1 cup evaporated milk
- 4 tablespoons granulated sugar
- 1 cup boiling water

Method:

1. Take a small bowl and mix sugar with gelatin. Mix well.
2. Add boiling water in the gelatin mixture and stir continuously until dissolved.
3. Add almond extract, milk, and cold water. Mix well.
4. Wait until cool down. Cut into pieces and serve with can fruit.

Chapter 5: Most Famous Chinese Dishes

5.1 Spicy Oyster Sauce Squid with Green Peppers

Cooking Time: 15 minutes

Serving Size: 2

Ingredients:

- 1 tablespoon low-sodium light soy sauce
- 1 green pepper (sliced into cubes)
- ½ teaspoon dark soy sauce
- 1 teaspoon oyster sauce
- 1 tablespoon rapeseed oil
- 1 medium white onion (cut into slices)
- 1 tablespoon fresh lemon juice
- A pinch of caster sugar
- 1 red chili (finely chopped)
- 200g whole baby squid (sliced into rings)
- 1 tablespoon rice vinegar

Method:

1. Heat wok and add 1 tablespoon oil.
2. Add sliced onion and rapeseed oil. Heat for 20 minutes until brown and crispy.
3. Add squid and red chili. Heat for 10 seconds. Add rice vinegar.
4. Add green pepper and stir for 1 minute.
5. Add 1 tablespoon water around the edges of the wok to create steam.
6. Cook for 1 minute more and add remaining ingredients.
7. Stir and serve immediately.

5.2 Pineapple Chicken

Cooking Time: 12 minutes

Serving Size: 2

Ingredients:

- A pinch of black pepper
- 1 tablespoon cornflour
- ½ small pineapple (cubes)
- fresh coriander leaves (to garnish)
- 1 tablespoon rapeseed oil
- ½ red pepper (cubes)
- 250g boneless chicken thighs (sliced into cubes)
- sea salt flakes
- 1 spring onion (sliced)
- 2 dried chilies
- roasted cashew nuts

For the Sauce

- 1 teaspoon honey
- ¼ teaspoon Sriracha chili sauce
- 1 tablespoon cornflour
- 100ml pineapple juice
- 1 tablespoon light soy sauce
- 1 lime juice

Method:

1. Take a large bowl and add chicken. Sprinkle pepper and salt. Add cornflour and mix to combine. Set aside.
2. Take all ingredients of the sauce and mix it in a blender. Set aside.
3. Heat a wok on high flame and add the rapeseed oil.
4. Add red chili and stir for flavor.
5. Add chicken pieces and toss for 5 minutes.
6. Add red pepper and pineapple. Cook for 30 seconds.
7. Add sauce and cook until sticky.
8. Add remaining ingredients and cook for 2 minutes more.
9. Remove from flame and garnish with coriander leaves.

5.3 Buddha's Stir-Fried Mixed Vegetables

Cooking Time: 15 minutes

Serving Size: 2

Ingredients:

- 1 tablespoon rapeseed oil
- Ginger root (peeled and grated)
- 4 fresh shiitake mushrooms (dried and sliced)
- 1 cup dried wood ear mushrooms
- 1 cup of fresh beansprouts
- 1 medium carrot
- 1 cup of baby sweetcorn
- ½ teaspoon salted black beans (crushed with rice vinegar 1 tablespoon)
- 1 can of bamboo shoots
- 2 spring onions (garnish)

For the Sauce

- 1 tablespoon light soy sauce
- 1 tablespoon vegetarian mushroom sauce
- 100 ml cold vegetable stock
- 1 teaspoon toasted sesame oil
- 1 tablespoon cornflour

Method:

1. Mix all ingredients of sauce in a blender and blend until smooth. Set aside.
2. Heat a wok on high flame and add the rapeseed oil.
3. Add ginger and fry on low heat. Add beans, pasta, and cook for 1 minute.
4. Add vegetables and remaining ingredients except for beansprout. Whisk well.
5. Add sauce and cook for 5 minutes until sticky.
6. Add beansprout and heat for 30 seconds.

7. Transfer to a dish and garnish with onion.

5.4 Sichuan Hot Pot

Cooking Time: 1 hour 10 minutes

Serving Size: 1 hot pot

Ingredients:

For Soup Base

- 12-14 cups chicken stock
- 10 cloves garlic
- 1 cinnamon stick
- 2 tablespoons oil
- 10 cloves
- 1 tablespoon Sichuan peppercorns
- 10 whole red chilies
- 6 slices ginger
- 3-4 bay leaves
- 1 package spicy hot pot soup base
- 5-star anise

For Dipping Sauce

- Sesame seeds
- Peanuts
- Sesame paste
- Sesame oil
- Cilantro
- Soy sauce
- Chinese black vinegar
- Scallions
- Sacha sauce
- Chili oil
- Garlic

Hot Pot Sides

- Thinly shaved beef
- Sliced chicken
- Prepared frozen dumplings
- Chinese rice cakes
- Fresh noodles
- Bok choy

- Assorted fish balls
- Thinly sliced fish fillets
- Napa cabbage
- Shiitake mushrooms
- Tofu sheets
- Glass noodles
- Firm tofu
- Soy puffs
- Straw mushrooms
- Green leaf lettuce
- Wood ear mushrooms

Method:

1. To make soup, heat wok and add 1 tablespoon oil and ginger.
2. Stir for 2 minutes. Add garlic, bay leaves, cinnamon stick, cloves, and star anise.
3. Cook for 5 minutes for flavors.
4. Add hot pot soup base, chilies, and peppercorn. Cook for another 2 minutes.
5. Add chicken stock and wait until it starts boiling. Transfer to a broad and deep pot. Set aside
6. Mix all ingredients of dipping sauce and blend until smooth. Set aside.
7. Prepare a hot plate and plugin. Add broth and bring to boil.
8. Pour hot pot side ingredients that you like to add and cook until boil.
9. Place dipping sauce and soup. Serve in the pot.

5.5 Radish in Black Rice Vinegar with Crabmeat and Black Sesame Seeds

Cooking Time: 10 minutes

Serving Size: 2

Ingredients:

- 1 teaspoon rapeseed oil
- 5g black sesame seed (garnish)
- Dried chili flakes (garnish)
- 200g radishes (cut into slices)
- 1 tablespoon black rice vinegar
- 300g radish leaves
- A pinch of caster sugar
- 200g fresh white crab meat

Method:

1. Heat wok on high flame and add the rapeseed oil. Wait for 30 seconds.
2. Add radish sliced and radish leaves in the wok.
3. Stir and add water on the edges of the wok to make steam.
4. Cook for 10 seconds and add the remaining ingredients.
5. Remove from heat and serve in a separate dish.
6. Garnish chili flakes and sesame seed on top of the radish.

5.6 Yang Chow Fried Rice

Cooking Time: 35 minutes

Serving Size: 6

Ingredients:

- 2 teaspoons salt
- 10 pieces shrimps
- 1 teaspoon garlic
- 3 tablespoons cooking oil
- ¼ cup green onion
- 2 pieces of raw eggs beaten
- 1 teaspoon sugar
- 6 cups cooked white rice
- 1 cup barbecued pork
- 1 ½ tablespoons soy sauce
- ¾ cup green peas
- 1 teaspoon ginger

Method:

1. Take a pan and heat garlic and ginger in oil.
2. Add shrimps and cook for 5 minutes. Set aside.
3. Add eggs and stir for 30 seconds.
4. Add rice to the egg and mix thoroughly.
5. Add sauce, sugar, and other spices.
6. Add barbecue pork and cook for 5 minutes.
7. Add shrimp and green peas. Cook for 5 minutes.
8. Add green onions and cook for 1 minute.
9. Transfer to plate and serve.

5.7 Wonton Soup

Cooking Time: 40 minutes

Serving Size: 6

Ingredients:

- 2 bok choy
- 2 cloves garlic
- 1 tablespoon ginger
- 4 cups chicken broth
- 3 green onions
- 1 tablespoon sesame oil
- 4 ounces shiitake mushrooms
- 1 tablespoon yellow miso paste

For Wontons

- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon ginger
- 1 tablespoon oyster sauce
- 1 teaspoon sesame oil
- 8 ounces medium shrimp
- 2 cloves garlic
- 2 green onions
- ½ teaspoon Sriracha
- ¼ teaspoon black pepper
- 36 wonton wrappers

Method:

1. Take a large bowl and combine garlic, ginger, shrimp, Sriracha, soy sauce, sesame oil, and oyster sauce.
2. Put wonton wrappers and pour 1 tablespoon shrimp mixture over it.
3. Fold wrappers and press edges to seal.
4. Take a pan and heat on low flame.
5. Add garlic, ginger, and chicken broth.
6. Add 2 cups water and bring to boil.
7. Add mushrooms and cook for 10 minutes.
8. Add green onions, bok choy, miso paste, and cook for 3 minutes.

9. Add wonton and stir for 2 minutes.
10. Serve hot with sauce.

5.8 Penang Curry with Chicken

Cooking Time: 35 minutes

Serving Size: 4

Ingredients:

- 2 peppers fresh red chili peppers
- ¼ cup fresh basil leaves
- 2 tablespoons palm sugar
- 4 cups of coconut milk
- ⅔ pound skinless (boneless and cubed)
- 2 tablespoons fish sauce
- 5 tablespoons Penang curry paste
- cooking oil
- 6 leaf kaffir lime leaves

Method:

1. Heat wok on high flame and add the rapeseed oil.
2. Add curry paste and stir for 2 minutes.
3. Add coconut milk and wait until boiling.
4. Add chicken pieces and cook for 15 minutes.
5. Add remaining ingredients and stir for 2 minutes.
6. Garnish with basil leaves.

5.9 Peking Duck

Cooking Time: 1 hour 35 minutes

Serving Size: 4

Ingredients:

- ¼ teaspoon white pepper
- ⅛ teaspoon cloves
- ½ cup plum jam
- 3 tablespoons soy sauce
- 1 tablespoon honey
- 5 green onions
- 1 orange
- 1 tablespoon parsley
- 1 whole duck
- ½ teaspoon cinnamon
- ½ teaspoon ginger
- ¼ teaspoon nutmeg
- 1 ½ teaspoons sugar
- 1 ½ teaspoon white vinegar

Method:

1. Wash duck from inner side and outer side.
2. Mix cinnamon, white pepper, ginger, nutmeg, and cloves.
3. Sprinkle spices mixture on the duck.
4. Add 1 tablespoon vinegar and pour it on the duck.
5. Spread with hands and refrigerate for at least 2 hours.
6. Take a wok and add water. Steam duck from the breast side for 1 hour.
7. Pour lime juice and green onions.
8. Heat oven at 375°F.
9. Remove the skin of the duck and put it in the pan to roast.
10. Roast for 30 minutes. Mix honey with 3 tablespoon soy sauce.
11. Brush it on duck and roast for more than 10 minutes.
12. Mix sugar, chutney, and vinegar to make the sauce.
13. Garnish with parsley and orange slices.

5.10 Shrimp Rice Noodle Rolls

Cooking Time: 15 minutes

Serving Size: 8

Ingredients:

For Shrimp

- ½ teaspoon sugar
- ¼ teaspoon baking soda
- 2 tablespoons water
- ½ teaspoon cornstarch
- ¼ teaspoon sesame oil
- ¼ teaspoon salt
- 8 ounces shrimp
- ¼ teaspoon white pepper

For Sauce

- 1 teaspoon oyster sauce
- 1 teaspoon oil
- 2 teaspoons dark soy sauce
- 5 teaspoons sugar
- 1 scallion
- 6 slices ginger
- 2 ½ tablespoons light soy sauce
- ¼ cup of water
- Salt

For the Rice Noodle Rolls

- 1 cup of water
- Vegetable or canola oil
- 5 tablespoons rice flour
- 1 tablespoon mung bean starch
- 2 tablespoons wheat starch
- 2 tablespoons cornstarch
- ¼ teaspoon salt

Method:

1. Coat shrimps with baking soda, sugar, and water.
2. Refrigerate for 2 hours and wash thoroughly.

3. Coat shrimp with white pepper, sesame oil, cornstarch, and salt.
4. Cover and refrigerate for 1 hour.
5. Mix all ingredients of sauce and heat on low flame.
6. Cook until smooth.
7. Wet a clean cloth and set it aside.
8. Steam shrimps for 10 minutes and put in a bowl.
9. Add rice noodles and add shrimps.
10. Cover with wet cloth and roll.
11. Remove the cloth and cut rice noodles lengthwise.
12. Serve with sauce.

5.11 Chinese Buffet Green Beans

Cooking Time: 25 minutes

Serving Size: 6

Ingredients:

- 1 pound fresh green beans (trimmed)
- 2 tablespoons oyster sauce
- 2 teaspoons soy sauce
- 1 tablespoon oil sesame
- 2 cloves garlic (sliced)
- 1 tablespoon white sugar

Method:

1. Heat wok on high flame and add sesame oil.
2. Add garlic and white sugar. Heat until brown.
3. Add green beans and remaining ingredients.
4. Bring to boil and cook for 15 minutes until beans are softened.
5. Garnish with sesame seed and serve.

5.12 Summer Special Shrimp and Fruit Fried Rice

Cooking Time: 60 minutes

Serving Size: 2

Ingredients:

- 6 halves walnuts
- 2 cups cold, cooked white rice
- 2 large eggs (beaten)
- 1 tablespoon vegetable oil
- 1 piece of ginger root
- 1 tablespoon soy sauce
- 2 tablespoons cilantro
- $\frac{2}{3}$ cup fresh pineapple
- 2 red onions
- 3 green chili peppers
- $\frac{1}{2}$ cup orange segments
- $\frac{1}{2}$ pound shrimp
- salt and pepper

Method:

1. Heat wok on medium flame and add 1 tablespoon oil.
2. Add onion and stir until brown. Set aside.
3. Heat wok on high flame and add shrimp.
4. Stir continuously for 10 minutes until no longer pink in color. Set aside.
5. Wipe wok and heat on high flame. Add ginger, onion, and garlic in 1 tablespoon oil.
6. Stir and heat for 3 minutes until brown on the edges.
7. Add pineapple and orange. Stir until pineapple becomes hot.
8. Add remaining ingredients and stir. Add shrimp and onion. Stir for 3 minutes.
9. Garnish with cilantro and serve.

5.13 Vegetarian Hokkien Mee

Cooking Time: 22 minutes

Serving Size: 2

Ingredients:

- A knob of fresh ginger (grated)
- 100g Quorn mince
- 1 tablespoon low-sodium light soy sauce
- A drizzle of toasted sesame oil
- 1 tablespoon rapeseed oil
- 2 garlic cloves (chopped)
- 1 teaspoon dark soy sauce
- 2 mini sweet shallots (chopped)
- 1 red chili (chopped)
- 400g cooked egg noodles (200g dried)
- 100g fresh beansprouts
- 3 dried Chinese mushrooms (soaked and finely diced)
- 100ml hot vegetable stock

For Garnish

- Spring onions (sliced)
- Red chili (sliced into rings)

Method:

1. Heat wok on high flame. Add the rapeseed oil and stir.
2. Add garlic, ginger, chili, and shallots.
3. Heat and stir to explode flavors in the wok for 1 minute.
4. Add dark soy sauce, mushroom, and Quorn. Leave for 2 minutes.
5. Add soy sauce and vegetable stock. Cook for 10 minutes.
6. Add cooked egg noodles and spread sesame oil over them.
7. Stir and serve.
8. You can serve noodles separately in two bowls with the mixture on top of the noodles.

5.14 Beijing Egg and Tomato Noodle Soup

Cooking Time: 15 minutes

Serving Size: 2

Ingredients:

- 1 tablespoon vegetable bouillon powder
- 300g cooked rice noodles (150g uncooked)
- 250g tomatoes (cored and quartered)
- 100g Chinese cabbage (cut into slices)
- 1 tablespoon sesame oil
- 1 tablespoon light soy sauce
- A pinch of white pepper
- 1 egg (beaten)
- 2 spring onions (sliced, to garnish)
- 1 root ginger (peeled and grated)
- 5 fresh shiitake mushrooms (dried and cut into slices)

Method:

1. Heat wok and add ginger, garlic, mushrooms, vegetable powder, and tomatoes.
2. Add 1-liter water in the wok and bring to boil.
3. Cook for 2 minutes until vegetables get softened.
4. Reduce heat to medium and add rice noodles. Add soy sauce and sesame oil.
5. Add remaining ingredients and stir.
6. Add beaten eggs and stir continuously for 2 minutes.
7. Immediately remove from heat and serve.

5.15 Braised Pork Ball in Gravy

Cooking Time: 15 minutes

Serving Size: 4

Ingredients:

For Meatballs

- 1 teaspoon salt
- 1 tablespoon dark soy sauce
- 100-gram corn starch
- 1000-gram pork
- 1 leftover steamed bun
- scallion 20 grams
- 2 tablespoon light soy sauce
- 2 tablespoon Shaoxing wine
- 1 cup oil
- 2-gram ginger

For Sauce

- Sugar $\frac{1}{4}$ tablespoon
- Corn starch 1 tablespoon
- Dark soy sauce $\frac{1}{4}$ tablespoon
- 2 slices fresh ginger
- Light soy sauce $\frac{1}{2}$ tablespoon
- Water 1 cup

Method:

1. Add meatball ingredients to a pan and stir continuously in one direction for 5 minutes.
2. Make small round meatballs and set them aside.
3. Take all ingredients of the sauce and mix it in a wok or pan.
4. Add oil and stir for 10 minutes.
5. Add meatballs and cook for 30 seconds.
6. Serve hot with rice.

5.16 Steamed Garlic Prawns with Vermicelli

Cooking Time: 17 minutes

Serving Size: 2

Ingredients:

- 10 tiger prawns
- 2 tablespoon light soy sauce
- ¼ teaspoon sugar
- 1 tablespoon cooking oil
- 100 g mung bean vermicelli noodles
- 1 tablespoon water
- 2 tablespoon minced garlic
- 2 tablespoon chopped fresh chili
- 1 tablespoon Shaoxing rice wine
- ¼ teaspoon white pepper
- 1 pinch salt
- scallions for garnishing

Method:

1. Soak noodles and add 1 tablespoon oil to avoid sticking. Set aside.
2. Cut and peel prawns. Put them on noodles.
3. Heat the pan and add oil. Add garlic, water, chili, white pepper, rice wine, soy sauce, and sugar. Heat for 5 minutes until flavored.
4. Add sauce over prawns and noodles.
5. Steam for 5 minutes and serve hot.

5.17 Mapo Tofu

Cooking Time: 35 minutes

Serving Size: 6

Ingredients:

- ¼ teaspoon sugar
- 6-8 dried red chilies
- 1 ½ tablespoon Sichuan peppercorns
- 3 tablespoons ginger
- 3 tablespoons garlic
- ¼ cup low sodium chicken broth
- 1-pound silken tofu
- 1 scallion
- ½ cup oil
- 1-2 fresh chili peppers
- 1 ½ teaspoons cornstarch
- ¼ teaspoon sesame oil
- 8 ounces pork
- 1-2 tablespoons spicy bean sauce

Method:

1. Heat wok and add chilies in oil. Stir for 5 minutes for the fragrant. Set aside.
2. Heat wok and add oil. Add peppercorn, garlic, and ginger. Cook for 7 minutes.
3. Add ground pork and cook until the pink color disappears.
4. Add bean mixture and chicken broth. Stir well.
5. Add water to cornstarch. Mix and add into bean mixture.
6. Add remaining ingredients and seasonings. Stir for 10 minutes.
7. Serve hot and garnish with onion.

5.18 Lobster Tails, Baby Asparagus, and Eggs in Hot Bean Sauce

Cooking Time: 15 minutes

Serving Size: 2

Ingredients:

- 1 teaspoon cornflour
- 2 spring onions
- 100ml hot vegetable stock
- 1 egg (beaten)
- 1 tablespoon rapeseed oil
- 2 garlic cloves (chopped)
- 200g cooked fresh lobster (sliced into cubes)
- 100g baby asparagus spears
- 1 teaspoon yellow bean paste
- ½ teaspoon dark soy sauce
- 1 tablespoon light soy sauce
- 1 ginger (peeled and grated)
- 1 red chili (chopped)

Method:

1. Heat wok on high flame and add the rapeseed oil. Toss for 5 minutes.
2. Add ginger, garlic, and chili and stir for 2 minutes to release flavor.
3. Add lobsters and stir for 1 minute. Add asparagus and toss for 1 minute more.
4. Add 1 tablespoon water on the edges of the wok to give steam.
5. Add light and dark soy sauce. Stir and add yellow bean paste.
6. Add egg and bring it to boil.
7. Mix the cornflour into 2 tablespoon water and add it into the wok.
8. Stir continuously until thickens.
9. Garnish with onions and serve immediately.

Conclusion

Chinese food is very famous, and it contains all the nutrition that metabolism and body require to remain healthy. While Chinese people consume, on average, thirty percent more calories than Americans, and they have the same behavior patterns, they do not have obesity issues. This is because fructose and vitamin-free food are avoided in Chinese cuisine. The basic techniques of Chinese food are frying, deep-frying, Steaming, Boiling, and roasting. Chinese food at home is very different from the food available at restaurants. There are many health benefits to consuming Chinese food. It helps to regulate your body fluids and enhance your metabolism. Thus, Chinese food is famous in America for its flavors and cooking styles. Vegetarians, lacto-Ovo-vegetarians, Buddhists, Ovo-vegetarians, etc., all can eat Chinese foods due to a wide variety of cooking techniques. Try these different recipes from China and enjoy Chinese cuisine on your table.