



E–Cookbooks Recipe Sampler

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Chinese Recipe Sampler

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Cashew Chicken

- 3 Chicken breasts, boned and skinned
- 1/2 lb. Chinese pea pods
- 1/2 lb. Mushrooms
- 4 Green onions
- 2 cups Bamboo shoots, drained
- 1 cup Chicken broth
- 1/4 cup Soy sauce
- 2 tb Corn starch
- 1/2 ts Sugar
- 1/2 ts Salt
- 4 tb Salad oil
- 1 pack Cashew nuts (about 4-oz)

Slice breasts horizontally into very thin slices and cut into inch squares. Place on tray. Prepare vegetables, removing ends and strings from pea pods, slicing mushrooms, green part of onions, and the bamboo shoots. Add to tray. Mix soy sauce, cornstarch, sugar, and salt. Heat 1 tbls of oil in skillet over moderate heat, add all the nuts, and cook 1 min shaking the pan, toasting the nuts lightly. Remove and reserve. Pour remaining oil in pan, fry chicken quickly, turning often until it looks opaque. Lower heat to low. Add pea pods, mushrooms, and broth. Cover and cook slowly for 2 mins. Remove cover, add soy sauce mixture, bamboo shoots, and cook until thickened, stirring constantly. Simmer uncovered a bit more and add green onions and nuts and serve immediately.

Shrimp Toast

12 fresh uncooked large shrimp
1 egg
2 1/2 tablespoons cornstarch
1/4 teaspoon salt
Pinch pepper
3 slices sandwich bread
1 hard-cooked egg yolk
1 slice cooked ham (about 1 ounce)
1 green onion
2 cups vegetable oil

1. Remove shells from shrimp, leaving tails intact. Remove back veins from shrimp. Cut down back of shrimp with sharp knife. Gently press shrimp with fingers to flatten.
2. Beat 1 egg, cornstarch, salt and pepper in a small bowl until blended. Add shrimp to egg mixture and toss until shrimp are completely coated.
3. Remove crusts from bread. Cut each slice into quarter. Place one shrimp, cut side down, on each bread piece. Gently press shrimp to adhere to bread. Brush or rub small amount of egg mixture over each shrimp.
4. Cut egg yolk and ham into 1/2 inch pieces. Finely chop onion. Place one piece each of egg yolk and ham and a scant 1/4 teaspoon chopped onion on each shrimp.
5. Heat oil in wok over medium-high heat until it reaches 375F. Fry 3 or 4 shrimp-bread pieces at a time in the hot oil until golden, 1 to 2 minutes on each side. Drain on absorbent paper.

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Moo Goo Gai Pan

4 chicken breast halves, skinned, boned and sliced
salt and pepper
4 cloves garlic, minced
2 cups water
1 tb cornstarch
5 tb corn oil
8 oz. fresh mushrooms, sliced
4 lb. bok choy or Chinese white cabbage, chopped
2 tb sugar
4 tb soy sauce
6 scallions, chopped

1. In a bowl, toss chicken with the salt and pepper, garlic and cornstarch mixture. Set aside.
2. Heat 3 tablespoons of corn oil in a wok and stir in mushrooms, bok choy/cabbage and sugar for 2 minutes. Cover and cook for 5 minutes. Remove from wok.
3. Heat remaining corn oil in wok. Stir-fry chicken for 2 minutes over high heat. Add soy sauce and mix well. Cover and cook for about 6 minutes, or until the chicken is thoroughly cooked.
4. Mix in the cooked vegetables and scallions. Stir fry together for about 1 minute. Serve hot with rice.

General Tsao's Chicken

Sauce:

1/2 cup cornstarch
1/4 cup water
1+1/2 tsp minced garlic
1+1/2 tsp minced ginger root
3/4 cup sugar
1/2 cup soy sauce
1/4 cup white vinegar
1/4 cup cooking wine
1+1/2 cup hot chicken broth
1 tsp monosodium glutamate (optional)

Meat:

3 lbs deboned dark chicken meat, cut into large chunks
1/4 cup soy sauce
1 tsp white pepper
1 egg
1 cup cornstarch
Vegetable oil for deep-frying
2 cups sliced green onions
16 small dried hot peppers

Mix 1/2 cup cornstarch with water. Add garlic, ginger, sugar, 1/2 cup soy sauce, vinegar, wine, chicken broth and MSG (if desired). Stir until sugar dissolves. Refrigerate until needed.

In separate bowl, mix chicken, 1/4 cup soy sauce and white pepper. Stir in egg. Add 1 cup cornstarch and mix until chicken pieces are coated evenly. Add cup of vegetable oil to help separate chicken pieces.

Divide chicken into small quantities and deep-fry at 350 degrees until crispy. Drain on paper towels.

Place a small amount of oil in wok and heat until wok is hot. Add onions and peppers and stir-fry briefly. Stir sauce and add to wok.

Place chicken in sauce and cook until sauce thickens.

Hunan Beef

2 cups broccoli florets
2 tablespoons cooking oil
2 teaspoons minced garlic
4 small dried red chilies
1 teaspoon cornstarch dissolved in 2 teaspoons water

Marinade:

2 tablespoons soy sauce
2 teaspoons cornstarch
1 tablespoon Chinese rice wine or dry sherry
3/4 pound flank steak, thinly sliced across the grain

Sauce:

3 tablespoons Chinese black vinegar or balsamic vinegar
1 tablespoon soy sauce
1 tablespoon Chinese rice wine or dry sherry
2 teaspoons sugar
2 teaspoons chili garlic sauce
1 teaspoon sesame oil

1. Combine marinade ingredients in a bowl. Add beef and stir to coat. Let stand for 10 minutes.
2. Combine sauce ingredients in a bowl.
3. Place broccoli in a large pot with 1 inch of boiling water. Boil until tender-crisp, 2 to 3 minutes; drain.
4. Place a wok over high heat until hot. Add oil, swirling to coat sides. Add garlic and chilies and cook, stirring, until fragrant, about 10 seconds. Add beef and stir-fry until no longer pink, 1 1/2 to 2 minutes.
5. Add broccoli and sauce to wok; bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens.

Barbecued Spareribs

2 banks of spareribs, uncut, about 2 pounds each
3 cloves garlic, minced
1/2 cup ketchup
1/2 cup sweet bean sauce (hoi sin deung) or hoi sin sauce
1/2 cup soy sauce
1/4 cup sherry

Trim off excess fat from the thick edges of spareribs. Place ribs in a shallow pan or platter. Mix remaining ingredients for a marinade and spread over both sides of the spareribs. Let stand for at least two hours.

Place one oven rack at the top of the oven and one at the bottom. Preheat to 375F. Hook each bank of spareribs with 3 or 4 S-hooks across its width, on the thick edges, and suspend under top rack. Place a large pan with 1/2" water on bottom rack. This pan will catch the drippings and keep the meat from drying out. Cook spareribs for about 45 minutes.

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