



Chinese New Year

January 2011

Appetizers

Vegetarian Egg Rolls
Steamed Pork and Water Chestnut Wontons
Asian Salad

Sides

Fried Rice
Chicken Lo Mein
Restaurant Style Chinese Greens with Oyster Sauce

Entrees

Buddha's Delight
Mu Shu Pork
Broccoli Beef

Desserts

Mango ice cream
Fortune Cookies
Chinese Baked Pears

Beverages

Green Tea (Your average store-purchased variety will do)

Tsing Tao Beer
1996 Pine Ridge Chenin Blanc, California

Vegetarian Egg Rolls

Ingredients

- 1 pkg egg roll wrappers
- 1 cup sliced mushrooms
- 1 green onion
- 2 tbsp and 3 cups peanut oil
- 1 tsp pre chopped garlic
- 1 pkg of coleslaw mix
- 1/3 cup chopped peanuts
- 1/4 tsp pepper
- 1/4 tsp sugar
- 2 tbsp soy sauce



Directions

1. Rinse the mushrooms under running water and dry them thoroughly. Chop them into small pieces and set them aside.
2. Rinse the green onion and dice it. Then set it aside.
3. In a non-stick pot or wok, heat 2 tablespoons of the peanut oil on high. Add the pre chopped garlic and stir-fry for about 1 minute or until the garlic is slightly browned.
4. Add the coleslaw mixture and mushrooms and stir-fry for about 3 minutes or until the coleslaw is soft.
5. Add the green onion, peanuts, pepper, sugar and soy and stir-fry for just 1 more minute. Then remove the pot from the heat.
6. Begin to fill the egg rolls by taking a wrapper and placing it so that it is in the shape of a diamond and one of the longest points is pointed toward you. Set out a small bowl of water close by so that you can wet the wrapper to seal it together.
7. Place about 3 to 4 tablespoons of the filling on the middle of the wrapper. Fold the bottom point over the filling. Then using your fingers, slightly dampen the two side points with water and fold them in. Then dampen the far end of the wrapper and roll up the rest of the egg roll. Lightly press to seal it together and set it aside.
8. Once all of the egg rolls have been filled, heat the remaining 3 cups of oil on high to 350 degrees.
9. Once the oil is hot, slowly submerge each one into the oil and fry for about 3 minutes. Remove the egg rolls with a slotted spoon and place them on paper towels to drain
10. Serve with duck sauce and hot mustard.

Egg rolls can also be baked if you prefer. Simply fill the egg rolls, place them on a non-stick baking sheet, spray them with non-stick cooking spray, and bake them for about 15 minutes at 425 degrees. Try the egg roll recipe below and let me know what you think in the Chinese food forum Fniinv!

Recipe Courtesy of Bella Online <http://www.bellaonline.com/articles/art1883.asp>

Steamed Pork and Water Chestnut wontons

Ingredients

makes about 36

2 large Chinese cabbage leaves, plus extra for lining the steamer

2 spring onions, finely chopped

1 cm (1/2 in) fresh root ginger, chopped

50 g (2 oz) canned water chestnuts, rinsed and finely chopped

225 g (8 oz) minced pork

2.5 ml (1/2 tsp) Chinese five-spice powder

15 ml (1 tbsp) corn flour

15 ml (1 tbsp) light soy sauce

15 ml (1 tbsp) Chinese rice wine or dry sherry

10 ml (2 tsp) sesame oil

Generous pinch of caster sugar

About 36 wonton wrappers, each 7.5 cm (3 in) square

Light soy sauce and hot chili oil, for dipping



Directions

1. Place the Chinese cabbage leaves on top of one another. Cut them lengthways into quarters and then across into thin shreds.
2. Place the shredded Chinese cabbage leaves in a bowl. Add the spring onions, ginger, water chestnuts, pork, five-spice powder, corn flour, soy sauce, rice wine or dry sherry, sesame oil and sugar and mix well.
3. Place a heaped teaspoon of the filling in the centre of the wrapper. Lightly dampen the edges with water.
4. Lift the wrapper up around the filling, gathering it to form a "purse". Squeeze the wrapper firmly around the middle, and then tap the bottom to make a flat base. The top should be open. Place the wonton on a tray and cover with a damp tea towel. Repeat.
5. Line a steamer with cabbage leaves and steam the dumplings for 12 - 15 minutes, until tender. Remove each batch from the steamer as soon they are cooked, cover with foil and keep warm. Serve hot with soy sauce and chili oil for dipping.

Recipe courtesy of Cook it Simply <http://www.cookitsimply.com/recipe-0010-08d485.html>

Asian Salad

Ingredients

2 (3 ounce) packages ramen noodles, crushed
1 cup blanched slivered almonds
2 teaspoons sesame seeds
1/2 cup butter, melted

1 head napa cabbage, shredded
1 bunch green onions, chopped
3/4 cup vegetable oil
1/4 cup distilled white vinegar
1/2 cup white sugar
2 tablespoons soy sauce



Directions

1. In a medium skillet over low heat brown ramen noodles, almonds, and sesame seeds with melted butter or margarine. Once browned, take off heat and cool.
2. In a small saucepan bring vegetable oil, sugar, and vinegar to boil for 1 minute. Cool. Add soy sauce.
3. In a large bowl, combine shredded napa cabbage and chopped green onions. Add the noodle and soy sauce mixture. Toss to coat. Serve.

Recipe courtesy of Allrecipes.com <http://allrecipes.com/Recipe/asian-salad/detail.aspx>

Fried Rice

Ingredients

- 1/3 cup plain vegetable oil, like soy, corn, or peanut
- 1/3 pound black forest ham, diced, or about 2 cups cooked, cubed or shredded meat
- 1 onion, diced
- Salt and pepper
- 3 cloves garlic, finely chopped
- 2-inch piece fresh ginger, peeled and finely chopped
- 3 whole scallions, thinly sliced on the bias, white and green separated
- 1 1/3 cups (6 ounces) medley frozen corn, peas, carrots
- 4 large eggs, lightly beaten
- 4 cups cold cooked long-grain rice, white or jasmine rice, grains separated



Directions

1. Heat a large heavy-bottomed nonstick skillet over high heat. When hot add 1 tablespoon of the oil. Add the ham and cook stirring occasionally until lightly browned. Add the onions to the pan, season with salt and pepper, and cook for 1 to 2 minutes until onion is fragrant. Add the garlic, ginger, and scallion whites and stir-fry until fragrant, about 30 seconds. Add the frozen vegetables. Cook until just defrosted but still crisp. Transfer contents of the skillet to a large bowl.
2. Return the pan to the heat and add 2 more tablespoons of oil. Add the eggs and season with salt and pepper. Stir the eggs constantly and cook until almost set but still moist, then transfer egg to the bowl. Break the eggs up with a wooden spoon or spatula.
3. Return the pan to the heat and add the remaining oil. Add the rice to the pan and use a spoon to break up any clumps. Season with salt and pepper and stir-fry the rice to coat evenly with oil. Stop stirring, and then let the rice cook undisturbed until it gets slightly crispy, about 2 minutes. Stir the rice again, breaking up any new clumps. Add the scallion greens. Transfer to the bowl. Stir all the ingredients together with the rice, taste and adjust the seasoning with salt and pepper, if necessary. Serve.

Recipe Courtesy of The Food Network

<http://www.foodnetwork.com/recipes/food-network-kitchens/fried-rice-recipe2/index.html>

Chicken Lo Mein

Prep Time: 30 mins Total Time: 50 mins Servings: 4

Ingredients

- 2 teaspoons instant chicken bouillon granules (or 2 cubes)
- 2 cups boiling water
- 8 ounces boneless skinless chicken breasts, cut into long, thin slices
- 1/4 cup dry white wine
- 1/4 cup soy sauce
- 4 teaspoons cornstarch
- 2 teaspoons sesame oil
- 3 -4 garlic cloves, minced
- 1/2 teaspoon ground ginger
- 4 green onions, chopped
- 4 ounces water chestnuts, chopped (1/2 a can)
- 2 cups finely shredded cabbage
- 1 cup thinly sliced celery
- 1 cup frozen green peas, thawed and drained
- 1 carrots, shredded
- 8 ounces thin spaghetti, cooked and drained



During the Lunar New Year, chicken is meant to symbolize happiness and prosperity. Noodles represent longevity and should therefore never be cut!

Directions

1. Dissolve broth granules in boiling water in small saucepan.
2. Pour 1/2 cup broth mixture into large skillet. Let remaining liquid in saucepan cool.
3. Bring mixture in skillet to boiling.
4. Add chicken and simmer 5 minutes, until no longer pink in center.
5. Remove chicken with slotted spoon to platter.
6. Pour off liquid from skillet.
7. Stir wine, soy, and cornstarch in small bowl until smooth.
8. Stir into remaining cooled broth in saucepan.
9. Heat oil in same skillet over medium-high heat.
10. Add garlic and ginger; cook 30 seconds, stirring.
11. Add all veggies; cook, stirring 2-3 minutes until veggies are crisp-tender.
12. Add chicken and pasta; toss 2 minutes until heated through.
13. Stir cornstarch mixture in saucepan; add to skillet.
14. Cook 2-3 minutes, stirring, until slightly thickened.

Recipe Courtesy of Food.com. <http://www.food.com/recipe/chicken-lo-mein-16570>

Restaurant-style Chinese Greens with Oyster Sauce

Ingredients

Your favorite Chinese greens (I used 6 baby bok choy for my dish) □ 1 tablespoon oyster sauce (Lee Kum Kee brand preferred) □ 1 tablespoon water □ 1/4 teaspoon cooking oil □ 1/2 teaspoon sugar □ 2 dashes of white pepper powder



Garlic Oil:

2 cloves garlic (finely chopped) □ 1 teaspoon oil

Directions

□ Prepare the garlic oil first by heating up your wok and stir fry the minced garlic until they turn light brown. Dish out and set aside.

Heat up a pot of water and bring it to boil. Add two small drops of cooking oil into the water. Drop your vegetables into the boiling water and quickly blanch them for about 20-30 seconds (depends on the quantity). As soon as they turn slightly wilted, transfer

them out and drain the excess water off the vegetables. Arrange the vegetables on a plate.

In a wok, heat up the cooking oil, and then add the oyster sauce, water, sugar, and white pepper powder. As soon as the sauce heats up and blends well, transfer and drench it over the blanched vegetables. Top the vegetables with the garlic oil and serve immediately.

Cook's Note:

For the garlic oil, the garlic will continue to cook in the oil so as soon as they turn light brown in the wok, you should dish it out. Eventually, they will turn golden brown.

Recipe courtesy of Rasa Malaysia <http://rasamalaysia.com/restaurant-style-chinese-greens-with/2/>

Buddha's Delight

Prep Time: 25 mins Total Time: 1 hrs 25 mins Servings: 6

Ingredients

- 3 tablespoons low sodium soy sauce
- 1 tablespoon dark sesame oil
- 1 tablespoon rice vinegar
- 1 teaspoon sugar
- 1 (14 ounce) packages water-packed extra firm tofu, drained and cut into 1-inch cubes
- 5 cups small broccoli florets
- 1 1/2 cups carrots (1/4-inch diagonally sliced)
- 1/2 cup peeled chopped broccoli stems
- 2 tablespoons canola oil
- 1 1/2 cups sliced green onions
- 1 tablespoon grated peeled fresh ginger
- 2 garlic cloves, minced
- 1 cup snow peas, trimmed
- 1 (14 ounce) cans whole baby corn, drained
- 1 (8 ounce) cans sliced water chestnuts, drained
- 1/2 cup vegetable broth
- 1 tablespoon cornstarch
- 1/2 teaspoon salt
- 4 cups hot cooked brown rice



This vegetarian dish is traditionally served on New Year's Day.

Directions

1. Combine first 5 ingredients, tossing to coat.
2. Cover and marinate in refrigerator 1 hour.
3. Drain in a colander over a bowl, reserving marinade.
4. Cook broccoli florets, carrot, and broccoli stems in boiling water 1 1/2 minutes.
5. Drain these vegetables.
6. Plunge into ice water.
7. Drain.
8. Heat canola oil in a wok or large nonstick skillet over medium-high heat.
9. Add tofu.
10. Stir-fry 5 minutes or until lightly browned on all sides.
11. Stir in onions, ginger, and garlic.
12. Stir-fry 30 seconds.
13. Stir in broccoli mixture, snow peas, corn, and water chestnuts.

14. Stir-fry 1 minute.
15. Combine broth and cornstarch, stirring with a whisk.
16. Add cornstarch mixture, reserved marinade, and salt to pan.
17. Bring to a boil.
18. Cook 2 1/2 minutes or until slightly thick, stirring constantly.
19. Serve over brown rice.

Recipe courtesy of Chinese.Food.com, <http://chinese.food.com/recipe/chinese-buddhas-delight-144709>

Mu Shu Pork

Ingredients

2 tablespoons soy sauce
1 tablespoon dry sherry
1 teaspoon hoisin sauce
1/2 pound boneless lean pork,
shredded
4 dried black mushrooms
2 cups finely shredded Napa
cabbage
1 carrot, julienned
3 scallions, white and light green
parts, slivered
1 cup bean sprouts
3 tablespoons peanut oil
2 eggs, lightly beaten with 1/2
teaspoon salt
3 cloves garlic, minced
3 teaspoons freshly grated ginger
3 tablespoons chicken stock
2 tablespoons soy sauce
1 tablespoon dry sherry
2 teaspoons sesame oil
1 teaspoon sugar
Hoisin sauce



Directions

1. Combine soy sauce, sherry and hoisin sauce in a bowl. Add the pork, toss to coat evenly, cover, refrigerate and marinate for 30 minutes.
2. Meanwhile, soak the mushrooms in enough hot water to cover for 20 minutes. Drain and thinly slice. Set aside on a plate, along with the cabbage, carrot and scallions.
3. Heat a wok or large skillet over medium/high heat. Add 1 tablespoon of the peanut oil and swirl to coat. Pour in the eggs, swirling and tilting the wok to form a thin film. Cook just until the eggs are set and feel dry on top, about 1 minute. Transfer to a platter, let cool slightly and cut into 1 inch strips.
4. Return the wok to high heat, and swirl in the remaining 2 tablespoons oil. Add the garlic, and ginger, and stir-fry to release the aromas, about 1 minute. Add the pork and stir-fry until lightly browned, about 2 minutes. Add the reserved mushrooms, cabbage, carrot, bean sprouts, and scallions, along with the chicken stock, and stir-fry another 2 minutes. Stir in soy sauce, sherry, sesame oil, and sugar, and cook, stirring until sauce boils, about 1 minute. Add egg strips and mix well. To serve, spread a small amount of hoisin sauce on a warm Mandarin Pancake. Spoon about 1/2 cup mu shu mixture in center of pancake, wrap like a burrito, folding

the ends to close, and serve.

MANDARIN PANCAKES:

2 cups sifted flour
3/4 cup boiling water
1 to 2 tablespoons sesame oil

- 1.** Place flour in a medium bowl, making a well in the center. Pour in the boiling water, and use a wooden spoon or chopsticks to mix until a soft dough is formed. On a lightly floured surface, knead the dough gently until it is smooth and elastic, about 5 minutes. Cover with a damp towel and let rest for 20 minutes.
- 2.** On a lightly floured surface, roll dough into a log, 16 inches long. Cut the log crosswise into 1 inch pieces, shape each piece into a ball, then use your hands to flatten each ball into a pancake. Brush the tops of the pancakes lightly with the sesame oil. Then, place one pancake on top of a second pancake, oiled sides together, so that there are 8 pairs. With a rolling pin, flatten each pair into a 6 inch circle. (A tortilla press also works well for this.) Cover the pancakes with a damp towel to rest.
- 3.** Heat an ungreased, nonstick skillet over medium heat. Cook the pancakes, one at a time, turning them once as they puff and little bubbles appear on the surface, until lightly browned, about 2 minutes on each side. As each pancake is finished, remove from pan and gently separate the halves into 2 pancakes while still hot. Stack cooked pancakes on a plate while cooking the remaining pancakes.
- 4.** Serve pancakes while still warm with Mu Shu Pork. Or, pancakes may be prepared up to 1 day in advance, wrapped in plastic, and refrigerated. Pancakes may also be frozen. Reheat them by steaming for 5 minutes, or warming them in a 350 degree F oven, wrapped in foil, for 10 minutes.

Yield: 16 pancakes

Recipe courtesy of The Food Network, <http://www.foodnetwork.com/recipes/mu-shu-pork-recipe/index.html>

Broccoli Beef

Serves 4 as part of multicourse meal

Ingredients

8 oz (250 g) beef tenderloin flank steak or flap meat, cut into pieces

□ 6 oz (175 g) broccoli florets □

Water, for boiling □

2 ½ tablespoons oil □

2-in (5 cm) ginger, peeled and sliced

Marinade

½ tablespoon soy sauce

1 teaspoon rice wine or sherry

□ ¼ teaspoon sesame oil □

3 dashes white pepper □

1 tablespoon corn starch

Sauce

1 tablespoon soy sauce □

1 tablespoon oyster sauce □

¼ teaspoon sesame oil □

½ teaspoon sugar □

1 teaspoon corn starch □

4 tablespoons water



Directions

1. Marinate the beef with all the ingredients for the Marinade, about 15 minutes.
2. Bring the water to boil and add a few drops of oil. Blanch the broccoli florets in the hot water, about 10 seconds. Remove the broccoli immediately with a strainer or slotted spoon, draining the excess water. Set aside.
3. Heat 1 tablespoon of oil in a wok or skillet over high heat. Stir-fry the beef until 70% cooked. Dish out and set aside.
4. Heat the remaining oil in a wok or skillet over high heat. Add the ginger and stir-fry until aromatic. Transfer the beef into the wok or skillet and stir-fry until the beef is cooked through and the center of the meat is no longer pink, about 1-2 minutes. Add the broccoli and then the Sauce, stir to combine the ingredients well.
5. As soon as the Sauce thickens, dish out and serve immediately.

Recipe courtesy of Rasa Malaysia <http://rasamalaysia.com/broccoli-beef/>

Mango Ice-cream

Ingredients

- 2 cups peeled and cubed mango
- 1/3 plus 1/2 cup granulated sugar, plus extra to taste if needed
- 2 - 2 1/2 tablespoons fresh lime juice (I used 2 1/2)
- 1 3/4 cups half and half*
- 1 1/4 cups coconut milk
- 2 - 3 tablespoons of toasted coconut as garnish, optional
- Handful of mint sprigs as garnish, optional

Directions

1. In a large bowl, combine the cubed mango with 1/3 cup of sugar. Cover and marinate overnight in the refrigerator.
2. The next day, in a saucepan over medium-low to low heat, simmer the mango pieces with the sugar syrup (this is the syrupy mixture that forms in the bowl when you combine the mango pieces with sugar and refrigerate overnight). Cook for 5 minutes, stirring occasionally, then remove and cool.
3. Puree the mango and sugar syrup mixture in a blender or food processor. Add the lime juice and process again. Cover and chill for an hour.
4. In a large bowl, combine the half and half and coconut milk with the remaining 1/2 cup sugar, stirring to dissolve the sugar. Stir in the pureed mango, not beating but stirring gently to mix in. If you like, do a taste test and add more sugar if desired (I added 1 tablespoon).
5. Chill in the freezer, stirring occasionally until hardened, or prepare in an ice cream maker according to manufacturer's directions. If after preparing in the ice cream maker, you find you want a firmer consistency, pack the mango ice cream in a airtight plastic container and place in the freezer for about 2 hours. Remove from freezer 15 minutes before serving.

You will need 2 - 3 mangoes to make this recipe (the exact number will depend on the size of the mango). If you have too much mango, feel free to garnish the ice cream with leftover cubes. Similarly, since the tartness of individual mangoes can vary, you may want to adjust the amount of sugar.

Garnish with the toasted coconut and mint sprigs if desired.

Recipe courtesy of [ChineseFood.About.com](http://chinesefood.about.com)

<http://chinesefood.about.com/od/fruit/r/mangoicecream.htm>

Fortune Cookies

Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Ingredients

- 2 large egg whites
- 1/2 teaspoon pure vanilla extract
- 1/2 teaspoon pure almond extract
- 3 tablespoons vegetable oil
- 8 tablespoons all-purpose flour
- 1 1/2 teaspoons cornstarch
- 1/4 teaspoon salt
- 8 tablespoons granulated sugar
- 3 teaspoons water



Directions

- 1.** Write fortunes on pieces of paper that are 3 1/2 inches long and 1/2 inch wide. Preheat oven to 300 degrees Fahrenheit. Grease 2 9-X-13 inch baking sheets.
- 2.** In a medium bowl, lightly beat the egg white, vanilla extract, almond extract and vegetable oil until frothy, but not stiff.
- 3.** Sift the flour, cornstarch, salt and sugar into a separate bowl. Stir the water into the flour mixture.
- 4.** Add the flour into the egg white mixture and stir until you have a smooth batter. The batter should not be runny, but should drop easily off a wooden spoon.
Note: if you want to **dye** the fortune cookies, add the food coloring at this point, stirring it into the batter. For example, I used 1/2 teaspoon green food coloring to make green fortune cookies.
- 5.** Place level tablespoons of batter onto the cookie sheet, spacing them at least 3 inches apart. Gently tilt the baking sheet back and forth and from side to side so that each tablespoon of batter forms into a circle 4 inches in diameter.
- 6.** Bake until the outer 1/2-inch of each cookie turns golden brown and they are easy to remove from the baking sheet with a spatula (14 - 15 minutes).

7. Working quickly, remove the cookie with a spatula and flip it over in your hand. Place a fortune in the middle of a cookie. To form the fortune cookie shape, fold the cookie in half, then gently pull the edges downward over the rim of a glass, wooden spoon or the edge of a muffin tin. Place the finished cookie in the cup of the muffin tin so that it keeps its shape. Continue with the rest of the cookies.

Recipe courtesy of ChineseFood.About.com

<http://chinesefood.about.com/od/diningout/r/fortunecookie.htm>

It is important to make sure that the cookie batter is spread out evenly on the baking sheet. Instead of using the back of a wooden spoon to spread the batter, it's better to gently tilt the baking sheet back and forth as needed. Wearing cotton gloves makes it easier to handle and shape the hot cookies.

Chinese Baked Pears

Ingredients

Some large, ripe pears
Honey
Chopped walnuts
Powdered ginger or chopped
Crystallized ginger

Directions

- 1.** Core the pears and fill the cavities with a mixture of the honey, ginger and walnuts.
- 2.** Place in a baking dish and pour in enough water to half cover.
- 3.** Bake in a moderate oven (375° F) for 45 minutes, or until pears are cooked, but not shriveled.

Recipe courtesy of Ifood.Tv http://www.ifood.tv/recipe/chinese_baked_pears

