

chinese recipes.txt
* Exported from MasterCook *

Barbequed Pork

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories :

Amount	Measure	Ingredient -- Preparation Method
1/2	teaspoon	ground cinnamon
1/4	cup	soy sauce
1		green onion -- cut in half
2	tablespoon	dry red wine
1	clove	garlic -- crushed
1	tablespoon	brown sugar
2	whole	pork tenderloins
1	tablespoon	honey
		(about 12 oz each)
2	teaspoon	red food coloring -- optional trimmed

Combine soy sauce; wine,sugar,honey, food coloring, cinnamon, onion and garlic in large bowl. Add pork, turning tenderloins to coat completely. Cover and refrigerate 1 hour or overnight, turning meat occasionally. Drain pork, reserving marinade. Place tenderloins on wire rack over baking pan. Bake in preheated 350F oven, turning and basting often with reserved marinade, until cooked through, about 45 minutes. Remove pork from oven; cool. Cut into diagonal slices. Makes about 8 appetizer size servings This is very nice served with green onion curls.

Pam in Va Formatted by Elaine Radis Converted by MMCONV vers. 1.00

Source:
"pam coombes"

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Bbq Pork Lo Mein

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories :

Amount	Measure	Ingredient -- Preparation Method
2	tablespoon	sesame oil
2	tablespoon	vegetable oil
1	teaspoon	ginger -- finely chopped
2	cup	bok choy -- cut into 1/2" pie
1 1/2	cup	bean sprout
8	ounce	chinese bbq pork
1/2	cup	chicken broth
2	tablespoon	oyster sauce
1	tablespoon	soy -- dark
1/2	teaspoon	sugar
		pepper -- dash

1. Cook noodles in plenty of boiling water, when al dente, drain and toss

with sesame oil, set aside 2. Combine sauce ingredients, set aside 3. Heat wok, add oil, Add ginger stir fry until fragrant (about 10 sec) add bok choy, bean sprouts and pork, Stir fry 2 min 4. Add broth then when broth is hot add noodles, cover and cook 2 min 5. Add sauce, stir well and serve
 Variations, instead of pork, use left over cooked, roast beef, lamb, shrimp or chicken, other fresh vegetables in season can be used in place of the sprouts and bok choy From "Dim Sum" by Ruth Laws 8 oz lo mein noodles JANE HARRIS (DXDG05A)

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Bean Sprout Salad with Garlic

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories :

Amount	Measure	Ingredient -- Preparation Method
2	tablespoon	sesame seeds
1	pound	fresh bean sprouts thoroughly washed - and drained
3	md	garlic cloves peeled and minced
2	md	scallions -- trimmed & minced
1	1" cube	ginger peeled and minced
2	tablespoon	oriental sesame oil
1/3	cup	soy sauce
2	tablespoon	cider vinegar
1	tablespoon	mirin (sweet rice wine)
2	teaspoon	light brown sugar
1	teaspoon	spicy sesame oil

Makes 4 to 6 Servings Fresh bean sprouts are a must for this recipe from China's Hunan province. The canned variety don't have the requisite crispness. Keep a close eye on the toasting sesame seeds so they don't burn.

PREHEAT OVEN TO 300F. Toast the sesame seeds by spreading them over the bottom of a pie tin. Roast for 12-to-16 minutes, stirring often, until they are golden. The seeds can be toasted in advance and stored in an airtight container. Place the bean sprouts in a large heatproof bowl and set it aside. In a medium-size skillet set over moderately low heat, stir-fry the garlic, scallions and ginger in the oil for 2 to 3 minutes, until they are limp. Add all the remaining ingredients, increase the heat to moderate, then boil the mixture, uncovered, for 1 minute to slightly reduce the liquid. Pour the boiling dressing over the bean sprouts, toss well, then cover the bowl and chill the salad for several hours. Toss again before serving.

JEAN ANDERSON - PRODIGY GUEST CHEFS COOKBOOK

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Bean Threads with Minced Pork

Recipe By :
 Serving Size : 0 Preparation Time :0:00
 Categories :

Amount	Measure	Ingredient -- Preparation Method
2	tablespoon	hot bean sauce
1 1/2	cup	chicken broth
4	ounce	bean threads or chinese
1	tablespoon	soy sauce
		rice vermicelli
1	tablespoon	dry sherry
3		dried mushrooms
2	tablespoon	peanut oil
1	sm	red/green hot chili pepper
6	ounce	lean ground pork -- or chicken
3		green onions
2		cilantro sprigs -- for garnish
2	tablespoon	minced fresh ginger

Place bean threads and dried mushrooms in separate bowls. Cover each with hot water. Let stand 30 minutes; drain. Cut bean threads into 4-inch pieces. Squeeze out excess water from mushrooms. Cut off and discard stems; cut caps into thin slices. Cut chili pepper in half and scrape out seeds. Finely mince chili pepper. Thinly slice 2 of the green onions. Cut remaining onion into 1 1/2 inch slivers and reserve for garnish. Combine ginger and hot bean sauce in small bowl. Combine chicken broth, soy sauce and sherry in medium bowl. Heat oil in wok or large skillet over high heat. Add pork or chicken and stir-fry until meat is no longer pink, about 2 minutes. Add chili pepper, sliced onions and ginger-bean sauce mixture. Stir-fry until meat absorbs color from bean sauce, about 1 minute. Add chicken broth mixture, bean threads and mushrooms. Simmer, uncovered until most of the liquid is absorbed, about 5 minutes. Garnish with onion slivers and cilantro. Makes 4 servings. Have a great Day! My house is a Chinese laundry today!! Hugs, Pam

* Exported from MasterCook *

Beef & Broccoli

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories :

Amount	Measure	Ingredient -- Preparation Method
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chinese recipes.txt

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1/2  teaspoon      brown sugar***
1    boneless beef*
1    teaspoon      cornstarch -- dissolved in ***
1    tablespoon    oyster sauce**
2    tablespoon    water***
2    teaspoon      rice wine**
3    tablespoon    peanut oil
1/2  teaspoon      brown sugar**
2    slices        ginger -- minced
2    teaspoon      cornstarch**
1/2  teaspoon      salt
1    pound          broccoli -- chopped
1/4  cup            water
2    teaspoon      rice wine***
2    teaspoon      sesame oil

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*(Flank steak, top sirloin, or tenderloin), sliced across grain into thin slices ***(combine all marinade ingredients in a bowl) ****(combine all seasoning sauce ingredients in a cup) Thoroughly mix beef with marinade and marinate for 30 minutes. Heat wok over highest heat, when hot, swirl in 2 Tblsp peanut oil. Add ginger and salt and toss a few seconds. Add broccoli and stir-fry one minute, then add water, turn heat to med-high, cover, and steam until crisp tender. Uncover and turn heat to high, stir frying until water is evaporated. Remove broccoli and reserve. Reheat same wok (without rinsing) and, when hot, add remaining peanut oil. Add beef slices and stir-fry until lightly browned but not cooked through. Do not stir-fry too vigorously or meat will not brown, it is better to press slices against sides of wok to sear. Add broccoli to wok and toss. When hot, stir in seasoning sauce and stir until sauce thickens (it's a good idea to whisk the sauce in the cup just before you hurl it into the wok). Turn onto a 02/24/92 4:15 PM platter and drizzle sesame oil over the top. The sugar in the marinade and seasoning sauce acts as a flavor enhancer rather than a sweetener. I hope you enjoy this recipe. Dave Sawyer - Auburn, NH FROM: DAVID SAWYER (RJHV41A) Converted by MMCONV vers. 1.00

Source:
"dave sawyer"

* Exported from MasterCook *

Beef Stir Fry with Tri-Color Peppers

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories :

Amount	Measure	Ingredient -- Preparation Method
1	pound	beef -- tenderloin
1	teaspoon	sesame oil
1	tablespoon	soy sauce
1/4	teaspoon	garlic powder
1/4	teaspoon	ginger
1/4	teaspoon	cumin
1	cup	onion -- slivered
3/4	cup	green bell pepper-(2 1/2" x

chinese recipes.txt

3/4	cup	yellow "	" (2 1/2 in. x
1	cup	red bell pepper	
1	cup	red bell pepper	
2	tablespoon	white wine vinegar	direction

DIRECTIONS: Trim fat from (*I used beef) pork, and cut crosswise into 1/4 inch slices. Heat oil in a large non-stick skillet over high heat until hot. Add pork, soy sauce, and next 3 ingredients; stir fry 3 minutes or until pork is done. Remove pork mixture from skillet; set aside and keep warm. Place skillet over medium-high heat; add onion and bell peppers, and stir fry 5 minutes. Return pork mixture to skillet; add vinegar, and cook 1 minute. Yield: 4 servings. About 166 calories per 1 cup serving. My family absolutely loves this. *I changed this from pork to beef in recipe and ingredient list. FROM: CATHERINE LESLIE (RSFH58B)

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Beef with Asparagus

Recipe By	:	
Serving Size	:	6 Preparation Time :0:00
Categories	:	

Amount	Measure	Ingredient -- Preparation Method
2	teaspoon	ginger -- minced
1/2	pound	beef, lean -- strips
2	tablespoon	wine -- Shaoxing or dry sherry
1 1/2	teaspoon	cornstarch
3	tablespoon	soy sauce -- dark
3	tablespoon	oil
1/2	teaspoon	oil -- sesame
1	pound	asparagus -- cut into 2" piece

In medium bowl, combine ginger, wine, soy sauce and sesame oil. Toss beef strips in mixture and marinate 30 minutes to several hours. Drain beef and reserve marinade. Combine marinade with enough water to make 1/3 cup. Dissolve cornstarch in this mixture. Heat wok on high heat and add 1 tbls. oil. Add beef to pan; stir-fry until meat loses raw color, about 1 minute. Remove meat from pan. Add rest of oil to wok. Add asparagus and stir-fry on medium heat until heated through. Return beef to pan; add reserved marinade. Increase heat to high and cook until sauce thickens. Serve immediately.

VARIATIONS: When asparagus is not in season, sliced Chinese or Western-style broccoli can be used in its place. For a richer sauce, reduce soy sauce in marinade to 1 tbls. dark soy; add 2 tbls oyster sauce to pan during last step.

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Beef with Chinese Pea Pods

Recipe By : Mike Price
 Serving Size : 1 Preparation Time :0:00
 Categories :

Amount	Measure	Ingredient -- Preparation Method
1	pound	flank steaks -- cut in 3" thin strip
3	tablespoons	corn oil
3	tablespoons	soy sauce
2	teaspoons	cornstarch
1 1/2	teaspoons	sugar
1	clove	garlic
4	slices	fresh ginger

Marinate sliced steak in 1 teaspoon cornstarch, 1 tablespoon oil, 1 tablespoon soy sauce, 1/2 teaspoon sugar and 4 slices fresh ginger for 30 minutes.

Make a paste with 1 teaspoon corn starch, 2 tablespoons soy sauce, 1 teaspoon sugar and 1/2 cup water.

Over high flame brown garlic in 2 tablespoons oil, discard garlic. Add beef and fry for a few minutes. add green pepper, celery, green onion, water chestnuts and sliced bamboo and fry a few more minutes, than add pea pods and cook 1 minute, then add paste mixture, drain and serve.

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Serving Ideas : Serve with rice.

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Cashew Chicken

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories :

Amount	Measure	Ingredient -- Preparation Method
1	pound	chicken ; breasts -- cubed
1	teaspoon	salt
1	teaspoon	cornstarch
3		green peppers -- cut into 1/ set above ingredients aside
2	tablespoon	sauce
2	tablespoon	soy sauce
1	tablespoon	soybean paste
1	tablespoon	sugar
2	tablespoon	rice wine vinegar
1/2	teaspoon	salt

Mix the above ingredients well and set aside. Cook chicken in a little

chinese recipes.txt

oil and minced garlic. when the chicken is no longer pink, add the bamboo shoots and the green pepper to the wok (or fry pan if you don't have a wok). Cook for a minute or two. Sprinkle a little of the rice wine vinegar over the chicken/veggie mixture and cook another minute. Add nuts and cook another minute. Pour sauce over the contents of wok and cook until heated through. Serve over hot cooked rice with a nice side dish liked my Szechuan Green Beans (see Green Beans R? under this same BB) Hope you enjoy! DAN GRUBER (PXSM21A)

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Chiang Mai Steaks

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories :

Amount	Measure	Ingredient -- Preparation Method
		-----coconut milk-----
1 1/2	cup	water
1	cup	packed -- flaked coconut
		-----steaks-----
4		beef tenderloins -- cut 1"
2	tablespoon	creamy peanut butter
1	thick	(approx. 4 oz. each)
2	teaspoon	curry powder
1		coconut milk
		kiwi fruit -- peeled and
2	tablespoon	all-purpose flour
		sliced -- if desired
1/4	teaspoon	salt
		flaked coconut
1/2	teaspoon	butter
		parsley sprigs
1/2	teaspoon	vegetable oil

Prepare coconut milk. Combine flour and salt; dust beef tenderloin steaks. Shake off excess flour and reserve. Heat butter and oil in large heavy frying pan over medium heat until hot. Add steaks; pan fry 6 to 8 minutes or to desired degree of doneness, turning once. Remove steaks, keep warm. Reduce heat to medium low. Add reserved flour to pan and cook just until brown, stirring constantly. Stir in peanut butter and curry powder until smooth. Gradually, add coconut milk and cook until sauce comes to a boil and thickens, stirring constantly. Return steaks to pan and turn to coat with sauce. Place steaks on heated platter. Garnish with kiwi and parsley sprigs. Sprinkle with coconut. Serve steaks with sauce. Makes 4 servings. COCONUT MILK: Bring 1 1/2 cups water to a boil in small saucepan. Add 1 cup packed, flaked coconut and simmer, uncovered, 5 minutes. Process in blender at high speed for 1 to 2 minutes or until thoroughly blended. Strain coconut milk, discarding coconut. Makes about 1 1/4 cups.

* Exported from MasterCook *

Chicken 'n' Vegetable Stir Fry

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories :

Amount	Measure	Ingredient	Preparation Method
3	tablespoon	oil	
1	teaspoon	cornstarch	
1	pound	boneless chicken breasts *	
1/2	teaspoon	ground ginger	
1/2	cup	broccoli forets	
1 1/2	cup	water	
2	ounce	snow peas (about 1/2 c)	
2	teaspoon	imported soy sauce	
1	med	carrot thinly sliced	
1	teaspoon	white or rice vinegar	
1/2	med	red or green pepper **	
		hot cooked rice	
1	env	golden onion soup mix	

* Chicken breasts should be cut into thin strips. ** Sweet pepper should be cut into thin strips.

 ~~~~~ In large skillet, heat oil and cook chicken with vegetables over medium- high heat, stirring constantly. 10 minutes or until chicken is golden and vegetables are crisp-tender. Thoroughly blend golden onion recipe soup mix, cornstarch, ginger, water, soy sauce and vinegar; stir into chicken mixture. Bring to a boil, then simmer uncovered t minutes or until sauce is thickened. Serve over hot rice and garnish, if desired, with sliced green onion and toasted sesame seeds.  
 MICROWAVE DIRECTIONS: Omit oil and degrease ginger to 1/4 t. In 2-quart casserole, heat chicken, uncovered, at HIGH (Full Power) 4 minutes or until almost done; remove chicken and drain. Add vegetables to casserole and heat uncovered 5 minutes at HIGH (Full Power). Thoroughly blend golden onion soup mix, cornstarch, ginger, water, soy sauce and vinegar; stir into vegetables. Heat uncovered 5 minutes on HIGH (Full Power) or until sauce is thickened, stirring once. Return chicken to casserole and heat 1 minute or until heated through. Let stand covered 5 minutes. Serve and garnish as above. Converted by MMCONV vers. 1.00

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Chicken Almond Chinese

Recipe By :  
 Serving Size : 4 Preparation Time :0:00



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| Categories | Amount | Measure     | Ingredient -- Preparation Method |
|------------|--------|-------------|----------------------------------|
|            | 1      | teaspoon    | cornstarch                       |
|            | 1      | teaspoon    | soy sauce                        |
|            | 2      | teaspoons   | sherry                           |
|            | 1/2    | teaspoon    | sugar                            |
|            | 1/2    | teaspoon    | oil                              |
|            | 2      | cups        | chicken -- cubed                 |
|            | 1/2    | cup         | slivered almonds                 |
|            | 3      | tablespoons | oil                              |
|            | 1      | cup         | celery -- sliced diagonally      |
|            | 1      | cup         | pea pods -- frozen               |
|            | 1      | cup         | fresh mushrooms -- sliced        |
|            | 1/2    | cup         | waterchestnuts -- sliced         |
|            | 1      | cup         | chicken stock                    |
|            | 2      | tablespoons | cornstarch                       |
|            | 2      | tablespoons | water                            |
|            | 1      | tablespoon  | soy sauce                        |

In medium mixing bowl combine cornstarch, soy sauce, sherry, sugar and 1/2 teaspoon oil. Add cubed chicken and toss to coat. Set aside. Preheat electric wok at 350 degrees. Toast almonds, stirring constantly until lightly browned, about 3 minutes, remove.

heat 3 tablespoons oil in wok, uncovered, to 375 degrees, add chicken mixture. Stir fry 3 to 4 minutes, push up side of wok, add celery and pea pods, stir fry 2 to 3 minutes, push up sides of wok, add mushrooms, scallions and waterchestnuts, stir fry 2 minutes. Add stock and combine all ingredients. Cover and simmer 5 minutes. Meanwhile combine cornstarch, water and soy sauce, pour into chicken mixture, stirring until thickened. Garnish with toasted almonds. Reduce heat setting to warm for serving. Serve over cooked rice.

\* Exported from MasterCook \*

Chicken Chow Mein

Recipe By : Sue Klapper - KCXJ08A  
 Serving Size : 4 Preparation Time :0:00  
 Categories :

| Amount | Measure     | Ingredient -- Preparation Method      |
|--------|-------------|---------------------------------------|
| 3      | tablespoons | oil                                   |
| 2      | cloves      | garlic -- minced                      |
| 2      | small       | chicken breasts, boneless -- cut<br>s |
| 8      |             | mushrooms -- sliced                   |
| 2      | stalks      | celery -- cut into strips             |
| 1/4    | cup         | bamboo shoots -- sliced               |
|        |             | seasoning sauce:                      |
| 1      |             | chicken bouillon cube -- dissolve 1   |
| 1      | tablespoon  | soy sauce                             |
| 2      | tablespoons | dry sherry                            |
| 1      | tablespoon  | cornstarch                            |
| 5      | ounces      | chow mein noodles                     |

Note: Warm chow mein noodles in 325 degree oven for 5 minutes.

Combine sauce ingredients and set aside. Add oil to hot wok. Swirl, add garlic and stir fry for 30 seconds. Add chicken. Stir fry for 3 minutes or until chicken turns opaque. Remove and set side. Add vegetables and stir fry over medium heat for 2 minutes. Push vegetables to sides of wok. Restir sauce mixture and add to center of wok, stirring until thick and bubbly. Add chicken and heat. Serve with chow mein noodles.

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\* Exported from MasterCook \*

Chicken Oriental #2

Recipe By :  
Serving Size : 8  
Categories :

Preparation Time :0:00

| Amount | Measure     | Ingredient -- Preparation Method          |
|--------|-------------|-------------------------------------------|
| 2      | whole       | chickens -- quartered                     |
| 1/4    | cup         | salad oil                                 |
| 1      | teaspoon    | salt                                      |
| 1/4    | teaspoon    | pepper                                    |
| 15     | 1/2 ounces  | pineapple chunks in syrup -- unsweetened  |
| 1/2    | cup         | sugar                                     |
| 2      | tablespoons | cornstarch                                |
| 3/4    | cup         | cider vinegar                             |
| 1      | tablespoon  | soy sauce                                 |
| 1/4    | teaspoon    | ginger                                    |
| 1      |             | chicken bouillon cube                     |
| 1      | large       | green or red pepper -- cut in 1/2" slices |

Wash chicken, pat dry. heat oil in large skillet, add chicken, a few pieces at a time and brown on all sides. Remove as browned to shallow roasting pan. Arrange pieces skin side up. Sprinkle with salt and pepper.

Meanwhile, preheat oven to 350 degrees.

Make sauce, drain the pineapple chunks pouring syrup into 2 cup measure, add water to make 1 1/4 cups. In medium saucepan, combine sugar, cornstarch, pineapple syrup, vinegar, soy sauce, ginger and bouillon cube. Bring to a boil stirring constantly. Boil 2 minutes. Pour over chicken. Bake uncovered 30 minutes. Add pineapple chunks and green or red peppers. Bake 30 minutes longer or until chicken is tender.

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Serving Ideas : rice

NOTES : Have a soup first.

\* Exported from MasterCook \*

Chinese Almond Chicken

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 3      | pound      | chicken*                         |
| 1/3    | cup        | fresh mushrooms**                |
| 3      | tablespoon | soy sauce                        |
| 1/2    | cup        | bamboo shoots -- cut diag        |
| 3/4    | teaspoon   | salt                             |
| 1/2    | cup        | celery -- cur diag cut           |
| 1      | tablespoon | cornstarch                       |
| 1/4    | cup        | onion -- cut in thin strips      |
| 2      | tablespoon | sherry                           |
| 10     |            | water chestnuts -- thin sliced   |
| 1      | cup        | blanched almonds or walnuts      |
| 1/3    | cup        | chicken stock                    |
| 2      | cup        | peanut oil                       |

\*cleaned and skinned (or; for less work; \*\*sliced lengthwise or 1 4 oz. can, drained. You can use deboned and skinned chicken breasts) >> Remove both light and dark meat from bones; cut in shreds. Smear with a mixture of soy sauce, salt, cornstarch and Sherry; set aside. Fry almonds or walnuts until golden in 1 1/2 cups hot oil. Pour off oil; drain almonds on a paper towel. Reheat pan; add 3 tablespoons oil. Saute vegetables for 1 minute; drain off oil and set aside. Heat 4 tablespoons oil; saute chicken for 1 minute. Mix in vegetables and stock; simmer 1 minute. Add almonds or >> walnuts. Serve with rice. Serves 4 to 6 people. FROM: DORIS HILL (GBGH75A) Converted by MMCONV vers. 1.00

\* Exported from MasterCook \*

Chinese Beef And Tomatoes

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 4      | md         | tomatoes                         |
| 2      | tablespoon | oil                              |
| 2      | pound      | flank steak                      |
| 1      | md         | green pepper -- sliced           |
| 3      | tablespoon | soy sauce                        |
| 1      | md         | onion -- sliced                  |
| 2      | tablespoon | dry sherry                       |
| 1      |            | beef bouillon cube               |
| 10     | milliliter | garlic -- minced                 |
| 3/4    | cup        | boiling water                    |
| 1/2    | teaspoon   | ground ginger                    |
| 2      | tablespoon | cornstarch                       |
| 1/8    | teaspoon   | ground black pepper              |
| 2      | tablespoon | cold water                       |

Thinly slice beef on the diagonal (for easy slicing, place meat in the freezer until slightly frozen); place in a snug-fitting bowl. Combine soy sauce, sherry, garlic, and black pepper; pour over meat, tossing to coat completely. Cover and refrigerate 8 to 10 hours. In a large skillet or wok, heat oil. Add green pepper and onion saute for 2 minutes. Dissolve bouillon cube in boiling water. Add beef and marinate. Bring to boiling point. Reduce heat and simmer, covered for 8 minutes. Blend cornstarch with cold water. Stir into mixture in skillet. Cook and stir until thickened. Cut tomatoes into wedges; add to skillet; stir gently. Cover and simmer, just until tomatoes are hot, about 3 minutes. Serve hot over rice with scallions, if desired. Serves 6 to 8.

\* Exported from MasterCook \*

### Chinese Chicken Stuffed Peppers

Recipe By :  
 Serving Size : 4      Preparation Time : 0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1      | lg         | sweet red pepper                 |
| 1      | cup        | finely chopped chicken *         |
| 1      | tablespoon | sesame oil                       |
| 1      | cup        | cooked regular rice              |
| 1      | clove      | garlic -- minced                 |
| 1/2    | cup        | frzn english peas -- thawed      |
| 1      | teaspoon   | minced fresh gingerroot          |
|        |            | egg -- beaten                    |
| 1/2    | cup        | finely chopped carrots           |
| 1      | tablespoon | plus 1 1/2 t soy sauce           |
| 1/4    | cup        | thinly sliced green onions       |
| 1/8    | teaspoon   | salt                             |

\* 1 cup finely chopped, cooked Chicken Breast (skinned before cooking) Cut a 1/2" thick slice from the side of each pepper, reserving slices; remove seeds. Place peppers in boiling water, boil 5 minutes. Drain, set aside. Coat a large skillet or wok with Pam; add sesame oil, and place over med heat until hot. Add garlic and gingerroot; stir fry 30 seconds.

chinese recipes.txt

Add carrots and green onions; stir fry 2 minutes more. Remove from heat. Add chicken and remaining ingredients, stirring well. Spoon 3/4 cup mixture into each reserved pepper. Top with reserved pepper slices. Arrange peppers, cut side up, in a 10x6x2" baking dish. Cover and bake 350 deg F for 30 minutes or until thoroughly heated. PER SERVING: 231 calories, 16.4 g protein, 6.7 g fat, 25.7 carbohydrates 98 g cholesterol, 3.1 mg iron, 366 mg sodium, 37 mg calcium. Converted by MMCONV vers. 1.00

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\* Exported from MasterCook \*

Chinese Dry Marinade

Recipe By :  
 Serving Size : 1 Preparation Time :0:00  
 Categories :  

| Amount | Measure    | Ingredient           | Preparation Method |
|--------|------------|----------------------|--------------------|
| 3      | tablespoon | brown sugar          |                    |
| 1 1/2  | teaspoon   | paprika              |                    |
| 1      | teaspoon   | salt                 |                    |
| 3/4    | teaspoon   | monosodium glutamate |                    |
| 3/4    | teaspoon   | ground tumeric       |                    |
| 1/4    | teaspoon   | celery seed          |                    |
| 1/4    | teaspoon   | dry mustard          |                    |

Combine ingredients and use for marinade for spare ribs and pork.

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\* Exported from MasterCook \*

Chinese Hot And Spicy Chicken

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :  

| Amount | Measure    | Ingredient             | Preparation Method |
|--------|------------|------------------------|--------------------|
| 4      | tablespoon | oil                    |                    |
| 1      |            | scallion               |                    |
| 2      |            | hot peppers -- or more |                    |
| 1      | tablespoon | shredded ginger        |                    |
| 1      | tablespoon | sherry                 |                    |
| 2      | tablespoon | light soy sauce        |                    |
| 2      | pound      | fryer                  |                    |
| 1/2    | cup        | chicken broth          |                    |

chinese recipes.txt

|     |            |                      |
|-----|------------|----------------------|
| 1   | tablespoon | light soy sauce      |
| 2   | tablespoon | wine vinegar         |
| 1   | tablespoon | sugar                |
| 1/2 | teaspoon   | salt                 |
| 1   | teaspoon   | anise pepper -- or 2 |
| 1   | tablespoon | cornstarch           |

Cut chicken into bite-sized pieces, marinate 15-20 minutes in ginger, sherry, soy sauce mixture. Cut scallion and hot peppers diagonally into 1-inch pieces. Grind anise pepper to powder. Mix chicken broth, soy sauce, wine vinegar, sugar, salt and pepper. Heat oil. Add scallion, and stir fry several times. Add ginger, sherry, soy mixture and chicken to scallions and hot pepper, and stir-fry for 1-2 minutes more. Add chicken broth mixture, mix well. Cook over low heat until chicken pieces are tender. Add cornstarch to thicken. Serve.

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\* Exported from MasterCook \*

Chinese Noodle Crunch

Recipe By : United Supermarkets  
 Serving Size : 6 Preparation Time :0:00  
 Categories :

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1 1/2  | Pounds  | Lean Ground Beef                 |
| 1      | Cup     | Celery -- chopped                |
| 1/2    | Cup     | Chopped Onions                   |
| 1      | Can     | Cream Of Mushroom Soup           |
| 1      | Can     | Cream Of Chicken Soup            |
| 1      | Can     | Chow Mein Noodles -- 5 oz.       |

In large skillet, brown beef; drain well. Stir in celery, onions, and soups.

Spoon into greased 9x13" pyrex baking dish. Sprinkle Chow Mein noodles on top.

Bake at 350 degrees for 20 minutes.

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NOTES : Possum Kingdom Lake Cookbook

\* Exported from MasterCook \*

Chinese Nut Cookies

Recipe By : Tommy Peacock  
 Serving Size : 1 Preparation Time :0:00  
 Categories :

| Amount | Measure     | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 1/2    | cup         | butter                           |
| 2      | tablespoons | sugar                            |
| 1      | cup         | all-purpose flour                |
| 1/2    | cup         | chopped nuts                     |
| 1      | teaspoon    | vanilla                          |

Cream butter, add sugar. Add flour and vanilla. Add nuts.  
 Drop on greased cookie sheet.  
 Bake at 350 degrees for 10 minutes or until brown.  
 Roll in powder sugar while hot.

\* Exported from MasterCook \*

Chinese Pepper Steak

Recipe By : Sue Klapper - KCXJ08A  
 Serving Size : 4 Preparation Time :0:00  
 Categories :

| Amount | Measure     | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 1      | pound       | flank steak -- diagonally sliced |
|        |             | marinade:                        |
| 1/4    | cup         | soy sauce                        |
| 2      | tablespoons | dry sherry                       |
| 1      | teaspoon    | sugar                            |
| 2      | teaspoons   | cornstarch                       |
| 1/4    | cup         | water                            |
| 2      | tablespoons | oil                              |
| 4      | cloves      | garlic -- chopped                |
| 2      | teaspoons   | ginger root -- peeled, grated    |
| 2      |             | scallions -- chopped             |
| 2      | tablespoons | oil                              |
| 1      | large       | onion                            |
| 2      |             | green peppers -- sliced          |

Marinate steak for 15 minutes or more. Add oil to hot wok. Swirl and stir fry garlic, ginger and scallions for 30 seconds. With slotted spoon, reserving the marinade, add half the steak and stir fry for 3 minutes.

Remove and set aside. Repeat with remaining steak. Add oil and stir fry onion and green peppers for 2 minutes. Push vegetables to sides of wok. Add marinade to center of wok and stir until thickened and bubbly. Blend in vegetables, add steak and heat thoroughly.

\* Exported from MasterCook \*

Chinese Pepper Steak Coca-Cola

Recipe By :  
 Serving Size : 6      Preparation Time :0:00  
 Categories :  
 -----  

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1 1/2  | pound      | top round or sirloin steak       |
| 1      | thin       | strips                           |
|        |            | boneless                         |
| 1      | cup        | celery -- thinly sliced          |
| 2      | tablespoon | oil                              |
| 1/4    | cup        | onions -- thinly sliced          |
| 1      | clove      | garlic -- minced                 |
| 1/2    | cup        | coca-cola                        |
| 1      | teaspoon   | salt                             |
| 2      | md         | tomatoes -- ripe                 |
| 1      | cup        | beef broth (bouillon)            |
| 2 1/2  | tablespoon | cornstarch                       |
|        |            | canned and undiluted             |
| 1/4    | cup        | coca-cola                        |
| 1      | cup        | green bell pepper, cored         |
| 1      | tablespoon | soy sauce                        |
|        |            | seeded -- and cut into           |
|        |            | rice -- cooked and hot           |

Trim all fat from the meat and cut into pencil-thin strips. In a deep skillet or Dutch oven, heat oil, garlic, and salt. Add the meat and brown over high heat, about 10 minutes, stirring occasionally with a fork. Add the beef broth. Cover and simmer for 15 to 20 minutes, or until the meat is fork-tender.

Stir in the green pepper strips, celery, onions, and 1/2 cup of Coca-Cola. Cover and simmer for 5 minutes. Do not overcooked; the vegetables should be tender-crisp. Peel the tomatoes, cut into wedges, gently stir into meat.

Blend cornstarch with the 1/4 cup of Coca-Cola and the soy sauce. Stir mixture into the meat and cook until sauce is thickens, about 1 minute, stirring lightly with a fork. Serve over hot rice. Makes 6 (3/4 cup) servings. Recipe: "International Cooking with Coca-Cola", a give-away pamphlet from The Coca-Cola Company, 1981



\* Exported from MasterCook \*

Chinese Spicy Chicken (Le Tze Gee)

Recipe By :  
 Serving Size : 4      Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1/2    |            | oil                              |
| 2      |            | chicken breasts                  |
| 1      | tablespoon | sherry                           |
| 1      | tablespoon | light soy sauce                  |
| 1      | tablespoon | corn starch                      |
| 1      | can        | bamboo shoots -- dice            |
| 2      | tablespoon | hoison sauce                     |
| 1/2    | teaspoon   | red pepper -- crushed            |
| 1      | tablespoon | scallion -- chop                 |
| 1      | teaspoon   | ginger; fresh -- grate           |

Bone chicken and cube it. Mix sherry, soy sauce and corn starch. Marinate chicken in cornstarch mixture for 15 minutes. Heat oil. Add chicken cornstarch mixture and stir-fry for 2 minutes. Remove chicken. Add bamboo shoots, hoisin sauce, scallion, ginger and crushed red peppers. Stir well, then add chicken and serve.

\* Exported from MasterCook \*

Chinese Stir-fry Peanut Chicken

Recipe By :  
 Serving Size : 4      Preparation Time :0:00  
 Categories :

| Amount | Measure     | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 5      |             | boneless chicken breasts         |
| 6      |             | egg whites                       |
| 6      | tablespoons | cornstarch                       |
| 2 1/4  | cups        | cooking oil                      |
| 1/2    | cup         | fresh roasted peanuts            |
| 1/4    | cup         | sliced water chestnuts           |
| 1/4    | cup         | green peas                       |
| 3/4    | cup         | chicken broth                    |
| 1      | teaspoon    | hot pepper sauce                 |
| 1/2    | teaspoon    | salt                             |
| 1/2    | teaspoon    | monosodium glutamate             |
| 1/2    | teaspoon    | sesame oil                       |
| 1/4    | teaspoon    | dried hot peppers -- crushed     |
| 1/2    | cup         | water                            |

chinese recipes.txt

Cut chicken into 1 inch slices. Combine egg whites. 4 Tablespoons of the cornstarch and 1 tablespoon of the oil, mix well. Pour over chicken and marinate for 1 hour.

In wok or large saucepan, heat 2 cups of the oil till very hot with slotted spoon lift about 1/4 of the chicken from the marinade and fry in hot oil for 2 minutes, drain and set aside. Repeat with remaining chicken in another work, heat remaining 3 tablespoons oil over high heat. Add peanuts and vegetables and broth. bring mixture to a full boil. Add hot pepper sauce, sugar, mon glutamate, sesame oil, hot pepper and salt. blend remaining 2 tablespoons cornstarch with cold water and add to boiling mixture. Cook, stirring constantly till thickened and bubbly.

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Serving Ideas : Serve over rice.

\* Exported from MasterCook \*

Chinese Vegetable Soup

Recipe By :  
Serving Size : 4 Preparation Time :1:00  
Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 10     | cups       | water                            |
| 1 1/2  | cups       | mushroom liquid                  |
| 1/4    | cup        | tamari soy sauce, low sodium     |
| 1/4    | cup        | sherry -- optional               |
| 3      |            | garlic cloves -- crushed         |
| 1      | tablespoon | fresh ginger root -- grated      |
| 2      | packages   | shiitake mushrooms -- dried      |
| 1      |            | onion -- cut in wedges           |
| 1      | bunch      | green onions -- cut in 1" pieces |
| 3      | stalks     | celery -- sliced                 |
| 1/2    | pound      | chinese cabbage -- sliced        |
| 1/2    | pound      | soba noodles -- ** see note      |

Pour 2 cups hot water over the mushrooms in a bowl; soak for 15 minutes. Meanwhile, put 10 cups water in a large soup pot. Add tamari, sherry, ginger, and garlic. Bring to a boil. Add onion wedges. Reduce heat. Squeeze excess water from the mushrooms, reserving the liquid. Add 1 1/2 cups of this liquid to the hot broth. Chop mushrooms discarding tough stems, and add to broth. Add remaining ingredients, except for the noodles. Simmer over low heat 15 minutes, add noodles, and cook an additional 10 minutes. Serve hot.

HELPFUL HINTS: This will make a meal for four people, or a first course, with other Chinese food, for eight people.

-----

NOTES : \*\* Use buckwheat soba noodles in recipe, and add to MasterCook ingredient database.

\* Exported from MasterCook \*

Chow Mein

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :  
 Amount Measure Ingredient -- Preparation Method  
 -----  
 1 pound pork -- cut in thin strips /  
 3 cup celery -- thin sliced  
 1 cup onion -- sliced  
 1 6 ounce can mushrooms -- drained  
 3 tablespoon cornstarch  
 1/4 cup water  
 10 ounce chicken broth  
 1/4 cup soy sauce -- light  
 5 cup water chestnuts -- drained

In hot deep skillet or wok, brown meat in 1 tsp. oil. Remove from pan. Add 1 tsp. oil to pan and cook celery and onion until crisp tender. Add mushrooms. Blend cornstarch into water and when smooth add chicken broth and soy sauce. Put meat back into pan with veggies and add bean sprouts and water chestnuts. Pour sauce over all and heat through. Serve over chow mein noodles with steamed rice on the side. Note: to cut down on sodium I rinse all canned vegetables well. If you like you can add chopped green peppers, fresh mushrooms and thin sliced cabbage when stir frying the vegetables. You can also use chicken or beef if you prefer not to use pork. I like pork because that's the way my mom always made this recipe.FROM: JEANETTE MURCH (PNNN10B)

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\* Exported from MasterCook \*

Chow Mein with Shrimp And Pork

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :  
 Amount Measure Ingredient -- Preparation Method

chinese recipes.txt

```

-----
1/2 pound noodles -- chinese fresh
9 tablespoon oil
4 ounce shrimp; shelled, deveined
1 1/4 teaspoon salt
1/2 teaspoon cornstarch
1/2 pound lean pork -- shredded
1 tablespoon sherry
2 tablespoon soy sauce -- light
1/2 teaspoon sugar
1/2 pound bok choy
1/4 pound mushrooms -- sliced
2 tablespoon chicken stock
1 teaspoon cornstarch -- dissolved in
2 teaspoon water

```

Drop noodles into boiling water and boil for five minutes. Rinse under cold water. Drain. mix with 1 T oil. Set aside. Mix shrimp with 1/4 t salt and cornstarch. Heat 1 T oil to 400 in wok and stir fry shrimp until they turn pink, about 1 minute. Remove. Heat 2 T oil to 400. Stir fry pork until color changes. Add sherry, 1 T soy sauce and sugar. Stir fry 1 minute. Remove. Heat 2 T oil to 400. Stir fry bok choy 1 minute. Add pork, mushrooms, 1 t salt, and 1 T soy sauce. Add stock. Cook 3 minutes. Thicken with dissolved cornstarch. Pour in shrimp and bring to boil. Remove. Heat 3 T oil to 400. Turn down to 350 and stir fry noodles until outside is golden brown but inside is soft. (They will form a cake). cook 5 minutes on each side. Remove to platter. Place cooked mixture on top of noodles. MIKE CROUCH (NNBB09A)

\* Exported from MasterCook \*

Egg Drop Soup

```

Recipe By      :
Serving Size   : 12   Preparation Time :0:00
Categories     :
Amount  Measure  Ingredient -- Preparation Method
-----
3       quart    water
6       eggs -- well beaten
9       chicken bouillon cubes
1 1/2   cup      finely chopped green onions
1/3     cup      soy sauce
                and tops

```

Bring water to a boil in a large saucepan; add bouillon cubes and stir until dissolved. Stir in soy sauce; return to a boil. Remove from heat; add eggs all at once, stirring rapidly in one direction with a spoon. Eggs will separate to form fine threads. Stir in green onions. Serve immediately. Typed by Syd Bigger.

\* Exported from MasterCook \*

Egg Foo Yung

Recipe By :  
 Serving Size : 6      Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method   |
|--------|------------|------------------------------------|
| 6      |            | eggs                               |
| 2      | tablespoon | green onions -- minced             |
| 1/2    | teaspoon   | pepper                             |
| 1      | teaspoon   | salt                               |
| 1      | pound      | bean sprouts                       |
| 1      | cup        | crabmeat or shrimp cooked<br>sauce |
| 1      | tablespoon | cornstarch                         |
| 1      | tablespoon | sugar                              |
| 3      | teaspoon   | soy sauce                          |
| 1/2    | cup        | water                              |

BEAT EGGS WELL. ADD DRAINED BEAN SPROUTS. IF USING FRESH SPROUTS (WHICH ARE THE BEST) BLANCH THEM BY PLACING THEM IN A COVERED SKILLET WITH A FEW TEASPOONS OF WATER FOR JUST A FEW MINUTES. ADD BEAN SPROUTS, ONION, SALT PEPPER AND CRAB MEAT TO EGGS. COOK LIKE PANCAKES IN A SMALL AMOUNT OF OIL. SERVE WITH SAUCE. SAUCE MIX ALL SAUCE INGREDIENTS TOGETHER AND COOK, STIRRING, UNTIL THICKENED. SERVE OVER THE EGG FOO YUNG

\* Exported from MasterCook \*

Eggplant salad

Recipe By :  
 Serving Size : 4      Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method                           |
|--------|------------|------------------------------------------------------------|
| 4      | long       | chinese eggplants<br>cut lengthwise<br>into quarters       |
| 2      | ounce      | agar-agar strips (optional)<br>=or= substitute             |
| 1      | tablespoon | shredded lettuce-<br>toasted sesame seeds<br>(for garnish) |
| 1      | teaspoon   | -----hunan vinaigrette-----<br>grated ginger               |
| 2      |            | garlic cloves -- finely minced                             |
| 2      |            | green onions -- finely minced                              |

chinese recipes.txt

|     |            |                            |
|-----|------------|----------------------------|
| 1   | tablespoon | coriander leaves -- minced |
| 2   | tablespoon | soy sauce                  |
| 1   | tablespoon | white vinegar              |
| 1   | teaspoon   | chinese hot chili oil      |
|     |            | =(or to taste)=-           |
| 1/4 | tablespoon | sesame oil                 |
| 1/3 | teaspoon   | salt                       |

PLACE THE EGGPLANT in a shallow heat-proof dish and steam over high heat for about 20 minutes or until tender. Test with a fork. Remove. when cooled, tear into thin strips or cut into a 1/2-inch cubes. Refrigerate. In a bowl, cover the optional agar-agar with cold water for 10 seconds or until pliable. Drain, cut into 1-inch lengths and refrigerate. In a small bowl, thoroughly mix together the vinaigrette ingredients. Taste for seasoning. Arrange the agar-agar in a shallow platter. Toss the chilled eggplant with the vinaigrette and scatter over the agar-agar. Garnish with a sprig of coriander and the toasted sesame seeds.

JOYCE JUE - PRODIGY GUEST CHEFS COOKBOOK

- - - - -

\* Exported from MasterCook \*

Eggplant Sichuan Style

|              |   |   |                  |       |
|--------------|---|---|------------------|-------|
| Recipe By    | : |   | Preparation Time | :0:00 |
| Serving Size | : | 4 |                  |       |
| Categories   | : |   |                  |       |

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| -----  | -----      | -----                            |
| 6      |            | chinese eggplant -- ==or==       |
| 1      | 1g -       | italian eggplant                 |
| 2      | teaspoon   | salt                             |
| 4      | tablespoon | peanut or corn oil               |
|        |            | =(or more if needed)=-           |
| 1      | tablespoon | soy sauce                        |
| 1      | tablespoon | sugar                            |
| 1/4    | cup        | chicken stock                    |
| 2      | teaspoon   | grated fresh peeled ginger       |
| 1      | tablespoon | minced garlic                    |
| 1/4    | teaspoon   | dried red chile flakes           |
| 1/4    | cup        | chopped water chestnuts          |
|        |            | (peeled) -- preferably fresh     |
| 3      |            | green onions                     |
|        |            | trimmed and chopped              |
| 1      | tablespoon | red wine vinegar                 |
| 1      | tablespoon | sesame oil                       |
| 1      | tablespoon | toasted black sesame seeds       |
|        |            | (for garnish) -                  |

CUT EGGPLANT into 1/2-by-2-inch strips. If using Italian eggplants, peel skin. In a colander, toss eggplant with salt; drain for 30 minutes. Squeeze gently to remove excess water. Pat dry with paper towels. In a small bowl, mix soy sauce, sugar and chicken stock. Preheat wok until hot over high heat. Add 3 tablespoons of the oil, tilt wok to coat sides. When hot, add 1 layer of eggplant, stir-fry until seared and tender (about 3 minutes). Remove to colander. Drain over a bowl to catch juices. Cook

remaining eggplant in same manner adding more oil if needed. Reheat wok over medium-high heat. Add remaining 1 tablespoon of the oil, ginger, garlic and chile; cook gently but do not brown. Add water chestnuts and half of the green onions; stir-fry together for 5 seconds. Increase to high heat, add reserved soy sauce mixture and eggplant juices; bring to a boil. Return cooked eggplant; toss quickly over high heat until most of the sauce is reduced and absorbed into eggplant (about 1-to-2 minutes). Fold in vinegar and sesame oil. Remove to serving dish. Top with remaining green onions and sesame seeds. Serve hot or cold. JOYCE JUE - PRODIGY GUEST CHEFS COOKBOOK

- - - - -

\* Exported from MasterCook \*

Eight Jewel Chicken

|              |            |                                |                        |
|--------------|------------|--------------------------------|------------------------|
| Recipe By    | :          |                                |                        |
| Serving Size | :          | 2                              | Preparation Time :0:00 |
| Categories   | :          |                                |                        |
| Amount       | Measure    | Ingredient                     | Preparation Method     |
| 2            |            | chicken ; breasts              | butter marinade:       |
| 3            | teaspoon   | soy sauce                      |                        |
| 3            | teaspoon   | rice wine -- or dry sherry     |                        |
| 4            | teaspoon   | corn starch                    |                        |
|              |            | marinate for a half an hour.   |                        |
| 2            | med        | green peppers                  | -- cut into            |
| 2            | med        | yellow onions                  | -- diced               |
| 1/2          | cup        | straw mushrooms                |                        |
| 2            |            | bok choy                       | -- diced               |
| 1/3          | cup        | water chestnuts                | -- sliced              |
| 1/3          | cup        | raw peanuts                    |                        |
|              |            | sauce                          |                        |
| 2            | tablespoon | ketchup                        |                        |
| 1            | tablespoon | oyster sauce                   | -- (or light soy       |
| 2            | tablespoon | wine                           |                        |
| 1            | pinch      | hot pepper flakes              |                        |
|              |            | cornstarch solution to thicken |                        |
|              |            | essentials                     |                        |
|              |            | peanut oil -- (appx 3-4 tbs)   |                        |
| 2            | cup        | garlic                         | -- fresh crushed       |
| 1            | tablespoon | ginger                         | -- fresh shredded      |

Method: Heat wok/pan high Add peanuts, stir for 30 seconds, remove Add some oil, garlic and ginger, stir Add chicken, stir momentarily Add the 8 jewels (onions first, bok choy leaves last) Add sauce, let it begin to bubble, thicken Serve, PRONTO! CHRISTOPHER NEILL (CTCH95C)

-----

\* Exported from MasterCook \*

Ella's Vegetable & Meat Egg Rolls

Recipe By : Ella Bailey  
Serving Size : 14 Preparation Time :0:00  
Categories :

| Amount | Measure     | Ingredient -- Preparation Method   |
|--------|-------------|------------------------------------|
| 1      | pound       | ground beef                        |
| 3      | stalks      | celery -- chopped                  |
| 5      |             | green onions -- chopped            |
| 1      | can         | bean sprouts -- washed and drained |
| 1      | can         | waterchestnuts -- chopped          |
| 2      | tablespoons | oil                                |
| 1      | teaspoon    | salt                               |
| 2      | tablespoons | sugar                              |
| 1/4    | cup         | soy sauce                          |
| 2      | teaspoons   | cornstarch                         |
| 1      | tablespoon  | cold water                         |
| 7      |             | egg roll wrappers -- cut in half   |
|        |             | mustard                            |
|        |             | ketchup                            |

Fry ground beef, drain, set aside for now.

Heat wok, add oil, heat until hot, but not smoking, put celery, onions, bean sprouts and waterchestnuts. fry 2 minutes. Add salt, sugar, and soy sauce, cook 1 minute more.

Add ground beef and mix well.

Mix cornstarch and water well. Add to mixture in wok. set aside and cool. When cool add to egg roll wrappers, wrapping diagonally then fry in deep fat for 3 to 5 minutes.

Serve with a mixture of mustard and ketchup. Did egg rolls in this.

Use 7 egg roll wrappers and cut in half and this will make 15 egg rolls.

-----

NOTES : Very good.

\* Exported from MasterCook \*



chinese recipes.txt  
Four Treasure Soup

Recipe By :  
 Serving Size : 9      Preparation Time :0:00  
 Categories :  
 -----  

| Amount | Measure  | Ingredient -- Preparation Method |
|--------|----------|----------------------------------|
| 1      | can      | (8 oz.) sliced water             |
| 1/2    | cup      | julienned carrot strips          |
|        |          | chestnuts drained                |
| 4      | can      | (14 oz.) chicken broth           |
| 1/4    | pound    | boned -- skinned chicken         |
| 1      | teaspoon | garlic powder                    |
|        |          | breast ground                    |
|        | 1/4 cup  | dry sherry                       |
|        | 1/2 cup  | chopped green onions             |
| 1      | pkg.     | frozen chinese                   |
| 2      | teaspoon | soy sauce -- 1 t. flour          |
|        |          | pea pods                         |
| 1      | teaspoon | chinese hot mustard              |

Mince Half Of The Water Chestnuts & Combine With Chicken, 2 t. Onions, Soy Sauce, Mustard & Flour. Reserve Remaining Water Chestnuts & Onions. in A Large Saucepan Mix Broth, Sherry & Garlic Powder; Boil. Drop Chicken Mixture By Teaspoonfuls Into Broth. Add Carrots & Simmer 3 To 4 Min. Until Meatballs Are Cooked. Add Remaining Water Chestnuts, Green Onions & Pea Pods. Heat Through & Serve Immediately.

-----  
 \* Exported from MasterCook \*

Fried Rice #1

Recipe By : Mrs. J. E. Brown, Atlanta, Georgia  
 Serving Size : 6      Preparation Time :0:00  
 Categories :  
 -----  

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 2      | slices  | bacon                            |
| 1      |         | Egg                              |
| 1/2    | cup     | chopped onion                    |
| 1/2    | cup     | chopped green pepper             |
| 1 1/2  | cups    | cooked regular rice -- up to 2   |

Cook bacon; drain and crumble, reserving drippings.

Fry egg to well-done stage in drippings.

Remove egg, and chop; reserve drippings.

Saute<sup>e</sup> onion and green pepper in drippings; add bacon, egg, and rice. Cover; warm over low heat.

Possum Kingdom Lake Cookbook

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\* Exported from MasterCook \*

Fried Rice #2

Recipe By :  
Serving Size : 1      Preparation Time :0:00  
Categories :

| Amount | Measure     | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 1      | Cup         | rice                             |
| 2      |             | Fresh tomatoes                   |
| 3      | cups        | chicken broth                    |
| 2      | tablespoons | cooking oil                      |
|        |             | Garlic salt                      |
|        |             | Salt                             |
|        |             | Pepper                           |
| 1/2    |             | onion -- chopped                 |
|        |             | Water                            |

Brown rice in skillet.

Add tomatoes and onion.

When rice is slightly brown, add water and stand back (rice will pop and become fluffy).

Turn down heat.

Add chicken broth and simmer covered until done.

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\* Exported from MasterCook \*

Fried Rice with Bacon or Pork

Recipe By :  
Serving Size : 1      Preparation Time :0:00  
Categories :

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
|--------|---------|----------------------------------|

chinese recipes.txt

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-----
4 cups cold cooked rice
3 tablespoons vegetable oil
1 1/2 teaspoon sugar
1 teaspoon salt
1 tablespoon soy sauce
3 eggs -- scrambled soft
2 green onions -- chopped
1 1/2 pound bacon -- fried & crumbled

```

Stir fry rice in hot oil for one minute. Add sugar, salt and soy sauce. Stir 1/2 minute, add eggs, green onions and bacon. Stir to mix about 1/2 minute.

\* Exported from MasterCook \*

Garlic Mud Chicken

```

Recipe By      :
Serving Size  : 4      Preparation Time :0:00
Categories    :
Amount  Measure      Ingredient -- Preparation Method
-----
3      pound          roaster chicken
3      garlic*
1      tablespoon    cajun spices
1 3/4   cup           olive oil -- **
1      cup           all purpose flour**

```

Preheat oven to 325 \*large heads of (about 50 cloves) \*\*or as needed As the coating hardens and bakes on the chicken, the flavors and juices are all sealed in.. Best chicken you ever ate. Put peeled garlic cloves in blender with 1/2 cup of olive oil and Cajun spices. Blend until creamy consistency, add more oil if needed. Place the oil and garlic mixture in a large bowl. Add flour slowly, mixing until a very heavy, thick, smooth mud like consistency is achieved. With string, tie the chicken wings and the legs tight against sides of carcass. Using a spatula, completely coat chicken with Garlic Mud, as evenly as possible, using it all. Fill in all crevices between wings and legs. Place on a rack, breast side up, in a pan and put in preheated oven. Roast whole chicken about 1 1/2 to 2 1/2 hours or until coating is browned well. If using cutup chicken, coat each piece very well, place on a rack and roast for a shorter time, until chicken coating is brown. Serve chicken with the crisp pieces of Garlic coating .. I would suggest using a vertical roaster. It is a wire stand that the chicken slips down on and is vertical. Set your bottom rack as low as possible to accommodate in oven. Even a lower heat setting with a longer roast time is even better. >>> This is a modification of an old Chinese recipe called Beggars Chicken. They used mud to encase it...Then put into a hot bed of coals to cook.... FROM: MARTY FEINS

\* Exported from MasterCook \*

General Tso's Chicken

Recipe By :  
 Serving Size : 8 Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1/2    | cup        | cornstarch                       |
| 3      | pound      | chicken*                         |
| 1/4    | cup        | water                            |
| 1/4    | cup        | dark soy sauce                   |
| 1 1/2  | teaspoon   | minced ginger                    |
| 1      | teaspoon   | white pepper                     |
| 1 1/2  | teaspoon   | minced garlic                    |
| 1      |            | egg                              |
| 1/2    | cup        | dark soy sauce                   |
| 1      | cup        | cornstarch                       |
| 1/4    | cup        | white vinegar                    |
| 1      | cup        | salad oil                        |
| 1/4    | cup        | cooking sherry                   |
| 2      | cup        | sliced green onions              |
| 1 1/2  | cup        | hot chicken broth                |
| 16     | small      | hot dried peppers                |
| 1      | tablespoon | msg -- (optional)                |
| 3/4    | cup        | refined sugar                    |

\*Dark deboned in chunks I divided recipe portions (above) to make it easier to pre-prepare. To make sauce, mix cornstarch and water together. Add garlic , ginger, sugar, soy sauce, vinegar and wine. Then add broth and MSG and stir 'til sugar dissolves. Refrigerate 'til needed. In separate bowl mix chicken, soy sauce and pepper. Stir in egg. Add cornstarch until chicken is coated evenly. Add oil to help separate chicken pieces. Divide chicken in small quantities and deep-fry @ 350 until crispy and light brown. (Do not overcook; watch temp, stir fry or meat will toughen). Drain on paper towels. Place a small amount of oil in wok and heat 'til just hot. Add onions and peppers and stir-fry briefly (peppers will give off acrid smoke..be careful). Stir sauce; add to wok. Add chicken and cook just 'til sauce thickens. PRODIGY(R) interactive personal service 03/17/92 11:02 PM Add water or PRODIGY(R) interactive personal service 10/01/93 5:25 PM water/cornstarch if needed. This amount will fill two large platters and serves 6-8. Serve with white steamed rice. This recipe courtesy of Chef Paul Kaewprasart of the Siam Rest in Columbus, OH.  
 \*\*\*\*\* Jim [hapi hari] in Columbus 12/16 09:48 FROM: JAMES HARRISON,JR (TWWR12A)

\* Exported from MasterCook \*

chinese recipes.txt  
Guy's Chinese Chicken

Recipe By :  
Serving Size : 4      Preparation Time :0:00  
Categories :  
-----  
Amount    Measure      Ingredient -- Preparation Method  
-----  
4                    chicken--breasts -- skinned a  
10 1/2    tablespoon    lite soy sauce  
             3/4    cup            chicken broth -- -condensed  
10 1/2    teaspoon      cornstarch  
4                tablespoon    oil -- lite  
1 1/2    cup            snow peas -- -fresh or defrost  
2                cup            mushrooms -- sliced fresh  
1                cup            celery -- -sliced 1/4" wide  
1                med            onion -- -cut into 6-8 wedge  
             1/2    cup            green pepper -- strips  
             1/2    cup            walnuts -- (broken) or peanut

DIRECTIONS This recipe is for 4 but can be cut in half for 2. I usually make the whole thing up so I can enjoy it the next day for lunch or as a side dish when completely mixed into the rice. I holds well in the fridge if covered tightly. Cut chicken into strips. Toss with 1 TBS soy and set aside. Mix together remaining soy, chicken broth and cornstarch. Set aside. Heat 1 1/2 TBS oil in wok or large fry pan and quickly stir fry the drained chicken strips until browned. Be sure wok is hot. Remove from wok and keep warm. Add remaining oil to wok and stir fry all veggies over medium heat for 4-5 minutes. Add the broth mix, bring to a boil--stirring constantly. Return chicken to the wok, add the nuts and heat about one minute. Serve immediately over white rice. Please try the sticky rice, folks. Once you d you will probably never go back to the minute again. The oil can be cut back if you desire without affecting the final results. BTW, is anyone out there reading the posts of those who are taking their time? How about joining in for some variety. I know would like some new ones such as from Kathleen and Rita and Frank and Bev etc., etc., etc..  
GUY FROM:            GUY ATTWOOD (NFWF89A)

\*    Exported from MasterCook    \*

Hong Kong Stir Fry

Recipe By :  
Serving Size : 4      Preparation Time :0:00  
Categories :  
-----  
Amount    Measure      Ingredient -- Preparation Method  
-----  
             1/2    pound        flank steak -- lean  
2                teaspoons    finely chopped ginger root -- OR  
             1/2    teaspoon      ground ginger  
2                teaspoons    cornstarch  
             1/2    teaspoon      salt  
             1/4    teaspoon      chinese 5 spice -- OR  
             1/4    teaspoon      allspice  
1                tablespoon    oil  
1                medium        onion -- thinly sliced  
             1/2    pound        broccoli flowerets

chinese recipes.txt

2 1/2 pound fresh mushrooms -- sliced  
 2 large tomatoes -- cut in wedges

Slice steak into thin strips.

In mixing bowl combine steak, ginger, cornstarch, salt and Chinese 5 spice. Heat oil in electric wok or pan uncovered at 375 degrees. Add meat mixture and stir fry 2 to 3 minutes. Push up side of wok. Add onions and stir fry 1 minute. Push up side of wok. Add broccoli flowerets and stir fry 3 minutes. Push up wok side, add mushrooms and stir fry 1 minute. Add tomato wedges and gently stir all ingredients to combine. Reduce heat to warm for serving.

- - - - -

Serving Ideas : Serve over cooked rice.

\* Exported from MasterCook \*

Hot & Sour Soup

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :

| Amount | Measure     | Ingredient -- Preparation Method     |
|--------|-------------|--------------------------------------|
| 4      | small       | oriental dried black mushrooms       |
| 1/2    | cup         | bamboo shoots -- slivered            |
| 1/4    | pound       | boneless pork center rib -- slivered |
| 1      | tablespoon  | soy sauce                            |
| 1      | teaspoon    | salt                                 |
| 1      | quart       | chicken broth                        |
| 1      | cup         | bean curds -- slivered               |
| 1      | teaspoon    | white pepper                         |
| 3      | tablespoons | red wine vinegar                     |
| 2      | tablespoons | cornstarch -- blended with           |
| 3      | tablespoons | cold water                           |
| 1      |             | egg -- beaten                        |
| 1      | tablespoon  | sesame oil                           |
| 1      |             | green onion, whole -- chopped        |

Soak mushrooms in warm water until softened. Drain, remove stems and shred caps. Combine mushrooms, bamboo shoots, pork, soy sauce, salt and chicken broth in large sauce pan. Bring to a boil over high heat.

Reduce heat and simmer 3 minutes. Add bean curd, pepper and vinegar. Bring to a boil again. Stir until soup thickens.

slowly pour in beaten egg, stirring gently. remove from heat and ladle into serving bowl. Stir in sesame oil. garnish with green onion.

\* Exported from MasterCook \*

Hot Cashew Chicken Salad

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 3      | tablespoon | lettuce -- bite size pcs=2c      |
| 1/2    | pound      | oil                              |
| 1 1/4  | pound      | spinach -- bite size pcs         |
| 11     | ounce      | chick br,bonls,skinls -- 1"cube  |
| 3      | tablespoon | mandarin oranges -- drained      |
| 3      | tablespoon | scallions -- chpd                |
|        |            | soy sauce                        |
| 1      | tablespoon | garlic clove -- minced           |
| 1/4    | cup        | honey                            |
| 1/4    | teaspoon   | cashews                          |
|        |            | ground ginger                    |

Prep: 25 mins Cook: 5 mins In salad bowl, combine lettuce, spinach, and oranges. In small bowl, combine soy sauce, honey, ginger, and 3T water. Set aside. In wok, heat oil over med high heat. Add chicken, stir-fry until cooked, 5 mins. Add scallions and garlic, cook 1 min. Add sauce and cook, tossing, 30 sec. Pour chicken and sauce over greens and oranges, toss. Sprinkle with cashews. Converted by MMCONV vers. 1.00

\* Exported from MasterCook \*

Hot Shoestring Potato Salad

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1      | pound      | medium russet potatoes           |
|        |            | onions                           |
|        |            | cut into julienne strips         |
| 1      | tablespoon | rice wine vinegar                |
| 1/2    | cup        | chopped red bell pepper          |
| 2      | teaspoon   | hoisin sauce                     |
| 1/4    | cup        | finely chopped green             |
| 1      | teaspoon   | sesame seeds -- toasted          |

Soak Potatoes in Cold water 15 Min; Drain & Pat Dry with Paper Towels. Arrange Potatoes in A Single Layer in A Large Shallow Pan Coated with Cooking Spray. Bake At 450 F. For 30 Min. Stirring Every 10 Min. Combine Potatoes, Bell Pepper & Green Onions in A Medium Bowl. Combine Vinegar &

Hoisin Sauce in A Small Bowl. Pour Over potato mixture, Tossing Gently. Sprinkle With Sesame Seeds & Serve Immediately. (Fat 1.4. Chol. 0.)

\* Exported from MasterCook \*

Lemon Ginger Beef

|              |            |                                  |
|--------------|------------|----------------------------------|
| Recipe By    | :          |                                  |
| Serving Size | :          | 4 Preparation Time :0:00         |
| Categories   | :          |                                  |
| Amount       | Measure    | Ingredient -- Preparation Method |
| -----        | -----      | -----                            |
| 3/4          | pound      | flank steak                      |
|              |            | * (recipes follows) *            |
| 1            | tablespoon | cornstarch                       |
| 1            | cup        | thin,diagonally sliced           |
| 1            | tablespoon | dry sherry                       |
|              |            | carrots                          |
| 2            | tablespoon | peanut oil                       |
| 1            | md         | onion -- cut into chunks         |
| 10           | milliliter | garlic -- minced                 |
| 1            | can        | (16 oz) cut green beans          |
| 1            |            | lemon ginger sauce               |
| 1            | cup        | sliced fresh mushrooms           |
|              |            | -----lemon ginger sauce-----     |
| 1            | tablespoon | fresh lemon juice                |
| 1            | tablespoon | slivered ginger root             |
| 2            | tablespoon | honey                            |
| 10           | milliliter | garlic -- minced                 |
| 1            | tablespoon | dry sherry                       |
| 1            | teaspoon   | cornstarch                       |

Slice meat into thin bite-size pieces, cutting across the grain. Combine with cornstarch,sherry, 1 tablespoon oil and the garlic. Marinate for 30 minutes. Prepare Lemon Ginger Sauce; set aside. Heat wok or skillet. Add remaining 1 tablespoon of oil. Stir fry the meat 2 to 3 minutes or just until cooked. Remove from pan; set aside. Add carrot and onion. Stir fry for 2 minutes. Add 1 tablespoon of bean liquid. Cover and steam for 2 minutes or until tender crisp. Add drained beans,mushrooms and Lemon Ginger Sauce. Bring to a boil; cook, stirring constantly, until thickened and translucent. Add meat; heat through. Serve over cooked rice,if desired.Makes 4 servings. LEMON GINGER SAUCE: Combine all ingredients; mix well.



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\* Exported from MasterCook \*

Lime And Hot Pepper Salad

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories :

| Amount | Measure     | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 3      | tablespoons | soy sauce                        |
| 1/2    | tablespoon  | lime peel -- grated              |
| 1      | tablespoon  | lime juice                       |
| 1/2    | tablespoon  | hot pepper sauce                 |
| 4      |             | chicken breasts without skin --  |
| 1/3    | cup         | vegetable oil                    |
| 4      | cups        | lettuce -- shredded              |

Combine soy sauce lime peel, juice, pepper sauce. Pour 2 Tbl over chicken in a large plastic bag. Press air out of bag; close top securely; turn bag over to coat. Refrigerate 30 minutes; turn bag over occasionally. Meanwhile, blend remaining sauce mixture with oil in small bowl with fork. Line platter with lettuce. Remove chicken from marinade and broil 7 minutes or each side; Arrange over lettuce. Serve with remaining dressing.

\* Exported from MasterCook \*

Lo Mein Shrimp-Chicken-Pork-Beef

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 4      | tablespoon | peanut oil                       |
| 1/2    | pound      | flank steak ;or shrimp -- por    |
| 2      |            | celery -- shredded               |
| 2      |            | sl ginger -- minced              |
| 1      | cup        | cabbage                          |
| 1      |            | green onion;scallion -- mince    |
| 2      | teaspoon   | cornstarch                       |
| 1/2    | pound      | spaghetti -- or chinese noodle   |
| 1/2    | teaspoon   | sugar                            |
| 1      | tablespoon | soy sauce -- light soy           |
| 1/2    | teaspoon   | salt -- optional                 |

Cook spaghetti as directed on package, AL DENTE, drain, rinse in cold water, add a few drops oil and mix to keep from sticking. Set aside. Slice steak VERY THIN, across the grain, 2" pieces. Mix together, steak, ginger, scallion, cornstarch, sugar, light soy, set aside to marinate. Heat wok to smoking, add 2 tbs oil. Stir fry meat mixture two minutes, do not overcook, Reserve. Add 2 tbs oil, heat, stir fry carrots and cabbage two minutes, add spaghetti, stir well and cook a few minutes, add meat mixture, 1 tbs soy and salt. stir a minute to heat and serve. Nice thing about stir fry cooking, just about anything goes. So, substitute, add other veggies, you just can't go wrong.. MARTY FEINS (BGNJ11A)

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\* Exported from MasterCook \*

Madame Wu's Chinese Chicken Salad

Recipe By :  
 Serving Size : 8 Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 2      | whole      | chicken breasts                  |
| 1      | teaspoon   | sesame oil                       |
|        |            | oil for deep frying in wok       |
| 1      | teaspoon   | five spice powder*               |
| 12     | squares    | won ton skins -- slice           |
| 1/2    | cup        | sliced green onion (1 bunch)     |
| 2      | ounce      | rice noodles                     |
| 1/4    | cup        | chopped toasted almonds          |
| 1/4    | cup        | soy sauce                        |
| 1      | head       | lettuce -- shredded              |
| 1      | tablespoon | prepared mustard                 |

Steam chicken breasts or cook in micro until barely done; skin, bone and shred (this is easy if you used 2 forks). In medium sized bowl, mix soy sauce, mustard, oil and Five Spice Powder (available in Asian food sections of most super markets - at least in California) and green onions; marinade chicken in this sauce, covered. Heat oil VERY hot (drop a piece of won ton skin in - if it floats right back up, oil is hot enough). Fry won ton skins until just beginning to turn golden; remove with slotted spoon to drain on paper towels (they will continue to brown when removed from heat). Fry noodles, a very few at a time, in hot oil - they will puff up almost immediately. Remove and drain immediately (they will be white). When ready to eat, slice lettuce (reserve some whole leaves to garnish bowl) thinly, add chicken and marinade, fried won ton skins and fried noodles (crumble a little as you add them), and almonds. Serve from large bowl ringed with whole lettuce leaves. Converted by MMCONV vers. 1.00

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\* Exported from MasterCook \*

Mango Pudding

Recipe By :  
 Serving Size : 8 Preparation Time :0:00  
 Categories :

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1/4    | ounce   | agar agar                        |
| 2/3    | cup     | sugar                            |
| 2      | cup     | warm water                       |
| 1/4    | cup     | evaporated milk                  |
| 4      | cup     | water                            |
|        |         | marachino cherries               |
| 1      | lg.     | mango                            |

Soak agar stick in a med. bowl with 2 c. warm water 30 minutes. Transfer agar agar and water to a lg. saucepan. Add 4 c. water. Bring to a boil over med. heat and cook until agar agar is completely dissolved. Peel mango and chop into sm. pieces. Remove saucepan from heat and add sugar, milk and chopped mango. Stir until sugar is totally dissolved. Pour into a 12x8 cake pan. Let stand until cool. Refrig. until pudding is firm, about 15 min. Cut into diamond shapes. Garnish with maraschino cherries. Serve chilled. Makes 6-8 servings. VARIATION: Mandarin Orange Pudding: Substitute 1 segmented peeled mandarin orange for the mango pieces. LISA CRAWLEY TSPN00B

\* Exported from MasterCook \*

Mongolian B.Q

Recipe By : Mike Price  
 Serving Size : 1 Preparation Time :0:00  
 Categories :

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1      | slice   | onions                           |
|        |         | carrots -- grated                |
|        |         | waterchestnuts -- sliced         |
|        |         | green onions -- chopped          |
|        |         | Bean sprouts -- fresh            |
|        |         | mushrooms -- fresh               |
|        |         | bamboo shoots -- sliced          |
|        |         | celery -- sliced                 |
|        |         | soy sauce -- lots                |
|        |         | sesame oil                       |
|        |         | garlic salt water -- see notes   |
|        |         | beef -- sliced thin              |
|        |         | pork -- sliced thin              |
|        |         | chicken -- sliced thin           |
|        |         | white water -- see notes         |

Cook bean sprouts and mushrooms in oil and butter.

For each person, each person takes what they want and fry in oil and soy sauce.

Get won tongs. fry along or fold over & stuff with meat and veggies.

Put 2 won tongs on top one after other filling then seal. fry or drop in soup

-----

NOTES : Wine water: 4 parts red wine and 1 part water.

\* Exported from MasterCook \*

Mongolian Beef

Recipe By :  
 Serving Size : 6      Preparation Time :0:00  
 Categories :  
 -----  

| Amount | Measure    | Ingredient -- Preparation Method  |
|--------|------------|-----------------------------------|
| 2/3    | pound      | flank steak                       |
|        |            | -----marinade-----                |
| 1      | teaspoon   | rice wine or dry sherry           |
| 1      | tablespoon | soy sauce                         |
| 1      | tablespoon | vege. oil                         |
| 1      | teaspoon   | sesame oil                        |
| 1/4    | teaspoon   | baking soda                       |
| 1      | teaspoon   | cornstarch                        |
| 1/2    | teaspoon   | sugar                             |
|        |            | -----frying and sauce ingred----- |
| 4      | cup        | oil -- for deep frying            |
| 1      | ounce      | rice noodles                      |
| 1      | tablespoon | hoisin sauce                      |
| 1      | tablespoon | hot bean sauce                    |
| 1      | teaspoon   | cornstarch                        |
| 1/2    | cup        | water                             |
| 10     |            | green onions -- chop 1 1/2"       |

Use a cleaver to slice beef across grain and at an angle into thin strips. Combine marinade ingredients in a med. bowl. Add beef strips; mix well. Let stand at least 1 hr. Heat oil in a wok over high heat to 350. Gently loosen roll of rice noodles with your fingers and break into 2 portions. Carefully lower half the noodles into hot oil with a slotted metal spoon or in a lg. strainer and press under oil 2 seconds. Immediately remove puffed noodles from wok with slotted spoon or strainer; set aside to cool. Repeat with remaining half of rice noodle roll. Break cooled noodles into 2" lengths and arrange on a platter. Remove oil from wok except 5 tb Heat oil remaining in wok over high heat 30 seconds. Stir-fry marinated beef until very lightly browned. Remove with slotted spoon; set aside. Remove all but 2 tb. oil from wok. Add hoisin sauce, hot bean sauce, cornstarch and water to oil remaining in wok. Bring to a boil over med. heat. Add green onions and cooked beef. Stir-fry 30 seconds. Spoon over noodles.

PRODIGY(R) interactive personal service      10/01/93      5:27 PM  
 PRODIGY(R) interactive personal service 03/18/92      2:30 PM      Makes  
 4-6 servings. LISA CRAWLEY TSPN00B

\* Exported from MasterCook \*

Moo Goo Gai Pan

Recipe By :  
 Serving Size : 4      Preparation Time : 0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method                                         |
|--------|------------|--------------------------------------------------------------------------|
| 1      | 1g whole   | chicken breast                                                           |
| 1      | teaspoon   | instant chicken granules                                                 |
| 1      | can        | skinned<br>(8 oz) water chestnuts<br>halved lengthwise -- and<br>drained |
| 1      | cup        | boned<br>fresh pea pods (snow peas)                                      |
| 3/4    | cup        | water                                                                    |
| 1/2    | cup        | fresh mushrooms                                                          |
| 3      | tablespoon | soy sauce                                                                |
| 4      |            | green onions -- (4 to 6)                                                 |
| 2      | tablespoon | dry sherry                                                               |
| 4      | teaspoon   | ginger root                                                              |
| 2      | tablespoon | cornstarch                                                               |
| 1      | tablespoon | cooking oil                                                              |
|        |            | honey                                                                    |

Partially freeze chicken; thinly slice into bite-sized strips. In small mixing bowl stir together the water, soy sauce, dry sherry, cornstarch, honey, and instant chicken bouillon granules; mix well. Slice the drained water chestnuts; set aside. Halve the pea pods crosswise; set aside. Slice the mushrooms and the green onion; set aside. Grate 2 teaspoon gingerroot; set aside.

Heat the oil in wok over high heat. Add the chicken to wok and stir-fry 3 to 4 minutes. Remove chicken. Add more oil, if necessary. Stir-fry water chestnuts, pea pods, mushrooms, green onions, and ginger for 3 to 4 minutes. Return chicken to wok. Stir the bouillon mixture and stir into chicken. Cook and stir until thickened and bubbly. Cover and cook 2 minutes more or until heated through. This ought to serve 4 to 6.

From The Cookie Lady's Files Posted on GENIE's Food & Wine RT by  
 COOKIE-LADY [Cookie] on 9/20/93 MM by QBTOMM and Sue Woodward  
 (S.WOODWARD/GENIE; 72772,2247/CIS; SWOODWARD/NVN)

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\* Exported from MasterCook \*

Oriental Bar-B-Q Pork Tenderloin

Recipe By :  
Serving Size : 8 Preparation Time :0:00  
Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 8      | pound      | pork tenderloin (boneless)       |
| 1      | tablespoon | ground ginger (fresh)            |
| 1 1/3  | cup        | soy sauce                        |
| 1      | tablespoon | msg (if desired)                 |
| 2/3    | cup        | oriental toasted sesame oil      |
| 19     | ounce      | bottled bar-b-q sauce            |
| 4      |            | minced garlic cloves (large)     |

Trim pork tenderloin of all fat (the sesame oil will prevent burning on the grill. Combine 1/3 c soy sauce, 1/3 c sesame oil, 3 minced garlic cloves, ginger, and MSG (if used) in a deep bowl and mix well (make sure the ginger is not clumping. Place pork into marinade and place in refrigerator for 6 to 8 hours (over- night if you prefer). Remove pork from marinade and place on covered grill. Add wet wood to grill firepan to insure adequate supply of smoke. Prepare sauce: Combine bar-b-q sauce, 1/3 c sesame oil, 1/3 c soy sauce and 1 minced garlic clove in a bowl and mix well. Serve over sliced pork tenderloins.

\* Exported from MasterCook \*

Oriental Pea Pods And Carrots

Recipe By :  
Serving Size : 2 Preparation Time :0:00  
Categories :

| Amount | Measure     | Ingredient -- Preparation Method |
|--------|-------------|----------------------------------|
| 1/4    | cup         | water                            |
| 1      | tablespoon  | soy sauce                        |
| 1      | teaspoon    | cornstarch                       |
| 1      | dash        | crushed red pepper               |
| 1      | med.        | carrot                           |
| 2      | teaspoons   | water                            |
| 3      | ounces      | frozen pea pods                  |
| 2      | tablespoons | broken walnuts                   |
| 1      | teaspoon    | butter                           |

Medium Carrot should be thinly sliced on a diagonal cut (bias).

In a custard cup stir together 1/4 c water, soy sauce, cornstarch, and crushed red pepper. Micro-cook, uncovered, on 100% power for 1 to 1 1/2 minutes or till thickened and bubbly, stirring every 30 seconds. Place the carrot in a 20-ounce casserole. Sprinkle with 2 t water. Micro-cook, covered, on 100% power for 2 1/2 minutes. Drain. Toss together carrot, pea pods, and walnuts; add butter or margarine. Micro-cook, covered, on 100% power about 1 1/2 minutes or till the vegetables are crisp-tender.

Toss with the soy sauce mixture.

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\* Exported from MasterCook \*

Oriental Pork Bbs

Recipe By :  
 Serving Size : 4      Preparation Time :0:00  
 Categories :  
 Amount    Measure      Ingredient -- Preparation Method  
 -----  
   1        pound        boneless fresh pork shoulder\*  
   1/2      cup            water  
   1/2      cup            orange juice  
   1/4      teaspoon      salt  
   1/8      teaspoon      pepper  
   3        tablespoon    imported soy sauce  
   8        ounce        (1cn) water chestnuts -- drain  
   16       ounce        (1cn) bean sprouts -- drained  
   2        cup            chinese cabbage -- sliced thin  
   1        tablespoon    cornstarch  
   1        tablespoon    cold water  
   2        tablespoon    chopped green onions  
   3        cup            hot cooked rice

\* Pork Shoulder should be cut into 1/4-inch strips. Mix pork, 1/2 c water, the orange juice, salt, pepper and soy sauce in 2-qt casserole. Cover and microwave on medium (50%) until pork is tender, 16 to 20 minutes, stirring every 3 minutes. Stir in drained water chestnuts, bean sprouts and cabbage. Cover and microwave on high (100%) until cabbage is crisp tender, 3 to 4 minutes. Blend cornstarch and 1 T cold water in 4 c glass measure. Drain juices from meat mixture into cornstarch mixture; stir well. Microwave on high (100%) until mixture boils and thickens, 3 to 4 minutes, stirring every minute or so. Pour over meat and vegetables. Sprinkle with onions and serve over the hot rice.

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\* Exported from MasterCook \*

Oriental Spicy Orange Beef

Recipe By :  
 Serving Size : 4      Preparation Time :0:00  
 Categories :  
 Amount    Measure      Ingredient -- Preparation Method

chinese recipes.txt

|     |            |                           |
|-----|------------|---------------------------|
| 1   | pound      | beef flank or round steak |
| 1   | cup        | cool beef broth           |
| 2   | tablespoon | corn oil                  |
| 1/4 | cup        | soy sauce                 |
| 1/4 | cup        | slivered orange peel      |
| 1/4 | cup        | dry sherry                |
| 10  | milliliter | minced garlic             |
| 1/4 | cup        | orange marmalade          |
| 1/2 | teaspoon   | ground ginger             |
| 1/2 | teaspoon   | crushed dried red pepper  |
| 2   | tablespoon | corn starch               |

In wok medium heat oil: Add meat 1/3 at a time. Stir fry 3 minutes or until browned. Return all beef to wok. Add: peel, garlic and ginger. Stir fry 1 minute. Stir together: corn starch, beef broth, soy sauce, sherry, marmalade and pepper. Stir into beef. Stirring constantly, bring to boil over medium heat. Boil 1 minute. Serve over rice. Serves 4.

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\* Exported from MasterCook \*

Pad Puk Gai (Chicken w/ Bok Choy)

Recipe By :  
 Serving Size : 2      Preparation Time : 0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 4      | cup        | bok choy -- fresh (cut into b    |
| 1      | cup        | chicken; breast -- sliced        |
| 4      | tablespoon | vegetable oil                    |
| 1      | teaspoon   | garlic -- fresh minced           |
| 1/4    | teaspoon   | fish sauce -- (or to taste)      |
| 1      | cup        | mushrooms -- fresh (cut up)      |
| 1      | med        | onion -- (sliced)                |
| 1      |            | red bell pepper                  |
| 2      |            | green onion -- 1"                |
| 1/2    | cup        | celery -- sliced                 |
| 1/4    | teaspoon   | msg                              |

Fat grams per serving:      Approx. Cook Time: :12 Directions:  
 In wok, cook garlic and chicken in hot oil and med. heat for 8-10 minutes.  
 Add onions and fish sauce. Cook for 5 minutes. Add all remaining  
 ingredients. Stirring constantly, cook for 7-8 minutes longer. Serve hot  
 with rice.      SOPIT MERRELL (HKRT62B)

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\* Exported from MasterCook \*

Pan-Fried Noodles

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1      | 1/2 pound  | ken hom -- guest chef            |
| 1      | mm         | barbecued pork strips            |
| 1      | 1/2 cup    | :mk vmxv03a                      |
| 1      | cup        | chicken broth                    |
| 1      | pound      | fresh thin noodles               |
| 1      | tablespoon | thin soy sauce                   |
| 1      | tablespoon | peanut oil                       |
| 1      | tablespoon | chinese rice wine or dry         |
| 2/3    | cup        | chicken broth                    |
|        |            | sherry                           |
|        |            | bbq pork & vegetable topping:    |
| 1      | tablespoon | oyster sauce                     |
| 2      | tablespoon | peanut oil                       |
| 1      | tablespoon | cornstarch in 2 T cold           |
| 1      | pound      | bok choy -- in 2-in sections     |
|        |            | - chicken broth                  |

This is a basic chow mein. You can add meat or vegetables as you like. BLANCH 1 POUND FRESH noodles in boiling water to wash away the starch and to loosen them up (about 2 minutes). Drain them well. Scatter the noodles in a baking pan. Use a pair of chopsticks and your hands to untangle them as much as possible. Put a layer of the noodles 1-inch deep in each of 2 large, heavy skillets. Pour 2 tablespoons of oil and 1/3 cup chicken broth in each. Cook over a low flame until the broth boils away and the bottom becomes brown and crisp. From time to time, add a little oil and broth to keep the noodles moist and allow the crust to develop slowly. This should take about 10-to-12 minutes. To flip, first shake the pan to make sure the cake is not stuck to the bottom (if it is, dribble some oil around the edge to loosen it). Cover the pan with a wide lid. Flip the skillet over, holding the lid firmly. The cake will drop onto the lid. Slide the cake back into the pan to brown it on the other side. Add more oil around the edge if it seems to be sticking. To serve, slide it out onto a plate and use it as a base for any dish with sauce. TO MAKE THE PORK AND VEGETABLE SAUCE: Heat the peanut oil in a wok. When it is hot, add the bok choy and stir-fry to coat with oil. Add the pieces of pork and stir-fry to heat through. Add the broth. Stir in the soy sauce, rice wine or sherry, and oyster sauce. When the sauce is hot, thicken it with the dissolved cornstarch and serve on the bed of pan-fried noodles.

\* Exported from MasterCook \*

Peking Beef (Mongolian Beef)

Recipe By :  
 Serving Size : 4 Preparation Time :0:00

chinese recipes.txt

| Categories : |            | Ingredient -- Preparation Method |
|--------------|------------|----------------------------------|
| Amount       | Measure    |                                  |
| 1            | pound      | flank steak -- shredded          |
| 1            |            | egg white                        |
| 1/2          | teaspoon   | salt                             |
| 1            | teaspoon   | cornstarch                       |
| 2            | cup        | oil -- for deep frying           |
| 1/2          | cup        | bamboo shoots -- shredded        |
| 1            | cup        | green onion -- green part only   |
|              |            | sauce                            |
| 1            | tablespoon | sherry                           |
| 2            | tablespoon | hoisin sauce                     |
| 2            | tablespoon | dark soy sauce                   |
| 2            | tablespoon | chicken stock                    |
| 1/2          | teaspoon   | sugar                            |
| 1            | teaspoon   | cornstarch                       |
| 1/2          | teaspoon   | chili paste -- w/ garlic (opt    |

Combine beef, egg white, salt and 1 T cornstarch. Mix well with hand. Heat oil to 400 and deep fry beef 30 seconds, drain. Reheat 2 T oil to 375 in wok. Stir fry bamboo shoots and scallions 1 minute. Combine sauce ingredients in bowl, add to vegetables. Bring to boil. Add beef. Stir fry quickly until heated through. Also known as Mongolian Beef--Mike FROM: MIKE CROUCH (NNBB09A)

\* Exported from MasterCook \*

Pepper Steak w/Onions

| Recipe By :      |            | Preparation Time :0:00           |
|------------------|------------|----------------------------------|
| Serving Size : 6 |            |                                  |
| Categories :     |            | Ingredient -- Preparation Method |
| Amount           | Measure    |                                  |
| 3                | tablespoon | cornstarch                       |
|                  |            | soy sauce                        |
|                  |            | sugar                            |
|                  |            | pepper                           |
| 1                | pound      | sirloin tip -- sliced 1/8 in.    |
|                  |            | oil (peanut)                     |
| 1                |            | onion -- sliced                  |
| 2                |            | green peppers -- sliced          |
| 2                | stalks     | celery -- sliced                 |
| 1/4              | cup        | cold water                       |
| 1/2              | teaspoon   | msg                              |
| 34               |            | a tomatoes -- wedges             |
| 34               |            | a green onions -- 2-in. strips   |

Mix 2 teaspoons cornstarch, soy sauce, 1 teaspoon sugar, pinch of salt and pepper; add sirloin. Marinate for 10 to 15 minutes. Drain sirloin; fry in small amount of hot oil over high heat until meat loses red color. Push to outer edge of pan. Add small amount of oil; cook onion, green peppers and celery for 5 minutes. Make paste of 2 tablespoons cornstarch and water; stir in 1 teaspoon sugar, msg and salt and pepper to taste. Add to sirloin mixture; cook stirring, until sauce is clear. Add tomatoes and

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\* Exported from MasterCook \*

Perch with Black Bean Sauce

Recipe By :  
 Serving Size : 2 Preparation Time :0:00  
 Categories :

| Amount                    | Measure    | Ingredient -- Preparation Method |
|---------------------------|------------|----------------------------------|
| -----philly.inquirer----- |            |                                  |
| 3                         | tablespoon | oil                              |
| 2                         | tablespoon | minced gingerroot                |
| 1                         | clove      | garlic -- minced                 |
| 1                         | small      | onion -- minced                  |
| 1/2                       | cup        | chicken broth                    |
| 1/4                       | cup        | sake or dry sherry wine          |
| 1                         | tablespoon | soy sauce                        |
| 1/2                       | teaspoon   | toasted sesame oil               |
| 1                         | tablespoon | black bean sauce *****           |
| 2                         | teaspoon   | sugar                            |
| 1                         | teaspoon   | cornstarch                       |
| 2                         | tablespoon | water -- optional                |
| 1                         | tablespoon | butter -- optional               |
| 1                         | tablespoon | flour                            |
|                           |            | fresh ground white pepper        |
| 1/2                       | pound      | perch filets                     |

\*\*\*\*\* Note: Black beans come whole or pureed and mixed with seasonings as a sauce. The sauce is what's called for. If only the beans are available, rinse in cold water and puree with a little chicken broth before using.... Heat 1 tbls. of the oil in pan. Add gingerroot, garlic, and onions, and saute over medium heat 5 minutes. Add chicken broth, sake, soy sauce, sesame oil, black bean sauce and sugar. Cook at low boil 5 minutes. Strain, discard- ing solids. Return sauce to pan. Combine cornstarch in cup with 1 tablespoon black bean sauce mixture. Stir until smooth, then pour into pan. Cook sauce over low heat, stirring constantly until thickened, about 2 minutes. Taste. If too salty and thick (it should pour easily), stir in up to 2 tbls. water. Set aside. Heat remaining 2 tbls. oil (or use 1 tbls. oil with 1 tbls. butter, iff desired) in large skillet. Mix the flour with the pepper to taste. Dust the perch with PRODIGY(R) interactive personal service 10/01/93 5:28 PM seasoned flour, shake off excess and saute over medium high heat until golden on both sides, 3 to 5 minutes per side. Place perch on 2 plates, and top each filet with some black bean sauce. Makes 2 servings...

\* Exported from MasterCook \*

Phoenix-Tailed Shrimp

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :  
 Amount Measure Ingredient -- Preparation Method

| Amount | Measure    | Ingredient             | Preparation Method |
|--------|------------|------------------------|--------------------|
| 1      | pound      | (medium) fresh shrimp  |                    |
| 1      | cup        | water -- cold          |                    |
| 1      | tablespoon | vodka                  |                    |
| 2      | cup        | oil -- for deep-frying |                    |
| 1 1/2  | teaspoon   | salt                   |                    |
| 6      | tablespoon | salt -- coarse         |                    |
| 1/8    | teaspoon   | white pepper           |                    |
| 1/2    | teaspoon   | black peppercorns      |                    |
| 1      | cup        | all-purpose flour      |                    |
| 2      | tablespoon | Szechuan peppercorns   |                    |
| 2      | teaspoon   | baking powder          |                    |

Carefully remove the shells from the shrimp, leaving the tail sections intact. Devein and wash under cold running water; pat dry with paper towels. In a dish or bowl, marinate briefly in a mixture of the vodka, salt, and pepper while you make the batter.

In a mixing, put the flour and baking powder; gradually add the cold water, whisking until smooth.

In a wok, heat the 2 cup of oil until it reaches 350 degrees F. Add 1 tablespoon of the hot oil to the batter and stir to combine. Take a shrimp by the tail and dip it into the batter (do not dip the tail), then slide it into the hot oil. Deep-fry all the shrimp, a few at a time, until golden brown. This should take about 2 minutes for each batch. Drain on paper towels, and serve tails up, in a serving dish, with the salt/pepper mixture for dipping. Makes 8 to 10 appetizer servings.

FOR DIPPING: In a bowl, combine coarse salt and the peppercorns. In a dry frying pan over high heat, brown the salt/pepper mixture. When browned remove and run the mixture through a grinder.

Recipe: "Chinese Appetizers" by Verdi Published by Irene Chalmers Cookbooks, 1981

\* Exported from MasterCook \*

Plum Chicken

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :  
 Amount Measure Ingredient -- Preparation Method

chinese recipes.txt

|     |            |                             |
|-----|------------|-----------------------------|
| 1/4 | teaspoon   | lemon extract               |
| 2   | whole      | chicken breasts             |
| 1/2 | teaspoon   | dry mustard                 |
|     |            | skinned -- boned and split  |
| 1/2 | teaspoon   | ground ginger               |
|     |            | (about 1lb)                 |
| 1/4 | teaspoon   | tabasco sauce               |
| 1   | cup        | oriental plum sauce         |
| 1/4 | teaspoon   | pepper                      |
| 1/4 | cup        | onion -- minced             |
| 1/4 | teaspoon   | fennel seeds; crushed -- or |
| 2   | tablespoon | lemon juice                 |
|     |            | anise seeds -- crushed      |
| 1   | tablespoon | soy sauce                   |

Here's a recipe that is Heart-Smart (something we should all think about more often) Rinse chicken; pat dry and place in a 9X13 baking dish. In a small bowl, mix together all of the other ingredients. Pour over chicken. Bake chicken, uncovered, in a 400 degree oven until meat is no longer pink in it's thickest part, about 25 minutes. Serve chicken with sauce on top. Hope you enjoy! Formatted by Elaine Radis Converted by MMCONV vers. 1.00

Source:  
"dan gruber"

\* Exported from MasterCook \*

### Pork Stuffed Egg Rolls

Recipe By :  
Serving Size : 12 Preparation Time :0:00  
Categories :

| Amount | Measure    | Ingredient -- Preparation Method   |
|--------|------------|------------------------------------|
|        |            | oil                                |
| 1/4    | pound      | pork shoulder -- finely chopped    |
| 2      | cups       | bean sprouts -- washed and drained |
| 1      | medium     | onion -- finely chopped            |
| 2      | stalks     | celery -- finely chopped           |
| 5      |            | waterchestnuts -- finely chopped   |
| 1/4    | head       | cabbage -- finely chopped          |
| 4      | ounces     | shrimp, canned -- optional         |
| 1/4    | cup        | soy sauce                          |
| 2      | teaspoons  | sugar                              |
| 1      | teaspoon   | salt                               |
| 2      | teaspoons  | cornstarch                         |
| 1      | tablespoon | cold water                         |
| 12     |            | egg roll wrappers                  |
| 1      |            | egg white -- beaten                |
|        |            | Chinese mustard -- hot             |
|        |            | Ketchup                            |
|        |            | sweet and sour sauce               |

Heat wok. Add 2 tablespoons oil and heat until hot but not smoking. Add pork and cook and stir until light brown, about 3 minutes. Add bean sprouts, onion, celery, waterchestnuts, cabbage, shrimp, soy sauce, sugar and salt. Cook and stir 1 minute. Stir in cornstarch mixture (cornstarch

and cold water), cook and stir 1 minute. Cool mixture.

Brush edge of each egg roll wrapper with egg whipe. Spoon 1/4 cup filling diagonally across center of wrapper. Bring lower point over filling. Bring to corners to center and overlap. Roll up and press edge to seal. Heat oil for deep frying in wok or skillet. Fry egg rolls a few at a time until lightly browned 3 to 5 minutes. Serve at once or keep warm for up to 30 minutes. provide hot mustard, ketchup and sweet and sour sauce for dipping.

Makes 12 egg rolls.

\* Exported from MasterCook \*

Scallops

Recipe By :  
 Serving Size : 4      Preparation Time :0:00  
 Categories :

| Amount | Measure      | Ingredient -- Preparation Method |
|--------|--------------|----------------------------------|
| 1      | pound        | scallops -- rinsed/ drained)     |
| 1      | tablespoon   | cornstarch                       |
| 1      | tablespoon   | soy sauce                        |
|        |              | sesame oil -- drops              |
| 6      | tablespoon   | cooking oil                      |
| 1/2    | teaspoon     | garlic -- fresh minced           |
| 5      |              | ginger -- slices                 |
| 1/2    | pound        | snow peas -- fresh               |
| 1      |              | carrot -- thinly sliced          |
|        | 1/4 teaspoon | salt                             |
|        | 1/4 cup      | water                            |
| 2      |              | green onions -- 2" pieces        |

Scallops with snow Peas (from"The Stephen Yam Seafood wokbook) 1. Combine cornstarch, soy and sesame oil, stir well and set aside 2. Heat wok with 1/2 the oil when the smoke begins to rise, add garlic and ginger stir fry 30 sec,add snow peas, car- rots salt and water, stir fry for 3 min remove to a platter 3. Heat remaining oil, stir fry green onion for 30 sec then add scallops stir fry constantly for 4 min 4. Return snow pea mixture and sauce, Bring to a boil Serve at once Enjoy Jane FROM: JANE HARRIS (DXDG05A)

\* Exported from MasterCook \*

chinese recipes.txt

Sesame Beef

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1      | pound      | beef -- julienne                 |
| 1      | tablespoon | soy sauce                        |
| 1      |            | egg white                        |
| 1      | tablespoon | cornstarch                       |
| 2      | cup        | oil -- for deep frying           |
|        |            | sauce:                           |
| 2      | tablespoon | sesame seed paste -- - or        |
| 2      | tablespoon | peanut butter -- diluted in      |
| 2      | tablespoon | water                            |
| 1/2    | teaspoon   | salt                             |
| 2      | teaspoon   | sugar                            |
| 2      | tablespoon | soy sauce                        |
| 1      | tablespoon | red wine vinegar                 |
| 2      | tablespoon | sesame seed oil                  |
| 1      | teaspoon   | pepper oil -- -*check recipe     |

Combine beef, salt, soy sauce, and cornstarch. Mix well with hand. Bring oil in wok to 400. Deep fry beef 1 minute. Drain. Remove beef. Bring oil to temperature again and deep fry 1 minute more. Drain and remove to platter mix ingredients into a smooth, thin sauce. Heat in saucepan and pour over beef. I like to add chopped carrot, or peanuts or whatever when I'm feeling creative. FROM: MIKE CROUCH (NNBB09A)

\* Exported from MasterCook \*

Sesame Chicken

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 10     |            | chicken thighs                   |
| 3      | tablespoon | light soy sauce                  |
| 2      | tablespoon | dry sherry                       |
| 1/2    | teaspoon   | fresh ginger -- grated           |
| 3      | tablespoon | cornstarch                       |
| 4      | tablespoon | raw sesame seeds                 |
|        |            | peanut oil -- deep frying        |

Cut the chicken thighs in half across the bone. Marinate them in the soy sauce, sherry, ginger & enough cornstarch to make a thick sauce for 1 Hr. Add the sesame seeds. Deep fry pieces in peanut oil at 375 until lightly browned. You can try substituting beef for the chicken. FROM: DIMAS LIZARDO (FHND96B)

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\* Exported from MasterCook \*

Sesame Vinegary

Recipe By :  
 Serving Size : 4      Preparation Time :0:00  
 Categories :  
 -----  

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 3      | tablespoon | sesame seeds -- roasted          |
| 1      |            | sesame oil                       |
| 3      | tablespoon | rice vinegar                     |
| 1      | pinch      | ginger -- fresh                  |
| 1      | pinch      | sugar                            |

Here's my fave: Top with Bonito flakes OR Shredded roasted seaweed OR Sesame vinaigrette.

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\* Exported from MasterCook \*

Shrimp In Lobster Sauce

Recipe By :  
 Serving Size : 6      Preparation Time :0:00  
 Categories :  
 -----  

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 48     |            | shrimp; large size -- unshell    |
| 1/4    | cup        | oil -- for stir fry              |
|        |            | lobster sauce:                   |
| 2      | tablespoon | black beans -- fermented         |
| 3      | cup        | garlic -- minced                 |
| 6      |            | green onions -- chopped          |
| 3      | lg         | egg -- beaten                    |
| 3      | tablespoon | water                            |
| 1 1/2  | pound      | pork -- ground or beef           |
| 1 1/2  | cup        | chicken stock                    |
| 1 1/2  | tablespoon | soy sauce -- thin                |
| 1      | tablespoon | sugar                            |
|        |            | cornstarch paste -- do not use   |

Peel, devein and butterfly shrimp. To butterfly, with a sharp knife, cut through the back about 3/4 of the way. Do not cut all the way through, remove black vein. set aside. Heat wok till smoking, add oil, put all shrimp in at once, stir fry, keeping them in motion continuously so they cook evenly. When they begin to curl, remove and set aside. Soak black



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beans, rinse and mash. Heat wok, add 2 tbs oil, add beans and garlic, stir till aroma is strong, add meat in small pieces, stir fry until cooked, about 4 minutes. Add broth, soy and sugar, stirring until it comes to a boil. Thicken mixture with cornstarch paste, a little at a time, do not let it get too thick, should be like a cream sauce. Slowly stir in beaten eggs. Cook one minute, then add shrimp. Mix well and serve. \*note\* Fermented black beans have a flavor that is very unique. Do not substitute with any other black bean mixture as it will change the taste quite a bit. If you do, lotsa luck.... FBB are small, black, dry and very salty. Oriental groceries, and sometimes supermarkets.. KEEP ON STIR FRYIN, MARTY FROM: MARTY FEINS (BGNJ11A)

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\* Exported from MasterCook \*

Shrimp with Lobster Sauce

Recipe By :  
Serving Size : 1 Preparation Time :0:00  
Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1/4    | pound      | ground pork                      |
| 2      | tablespoon | oyster sauce                     |
| 8      | ounce      | shrimp                           |
| 1      | teaspoon   | chopped ginger                   |
| 2      | tablespoon | fermented black beans            |
| 1      | cup        | chicken stock                    |
| 1      | whole      | egg beaten                       |
| 3      | drops      | sesame oil                       |

IN THE WOK, BROWN THE PORK. ( THE PORK SHOULD SEPARATE INTO SMALL PIECES.) ADD THE FERMENTED BLACK BEANS. ( WHICH HAVE BEEN SOAKED IN WATER FOR 10 MINUTES AND THEN CRUSHED) ALONG WITH 1 CLOVE OF CHOPPED GARLIC AND 1 TEASPOON CHOPPED GINGER. STIR FRY FOR ABOUT 1 MINUTE. ADD THE SHRIMP AND COOK UNTIL PINK. ADD THE OYSTER SAUCE AND MIX. THEN ADD THE CHICKEN STOCK. AFTER THE SAUCE COMES TO A BOIL, ADD SOME TAPIOCA STARCH OR CORNSTARCH MIXED WITH A LITTLE WATER TO THICKEN. THEN ADD THE BEATEN EGG TO THE SAUCE AND MIX QUICKLY. GARNISH WITH THE SCALLION AND ALSO A FEW DROPS OF SESAME OIL

Source:  
"elaine radis"

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\* Exported from MasterCook \*

Shrimp with Snow Peas & Water Chestnuts

chinese recipes.txt

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories :  
 -----  
 Amount Measure Ingredient -- Preparation Method  
 -----  
 1/2 pound shrimp -- peeled and split  
 removed  
 salt  
 1/2 cup water chestnuts -- sliced  
 2 tablespoon wine -- shaoxing or dry  
 sherry  
 1 tablespoon soy sauce  
 oil for stir frying  
 1/2 teaspoon cornstarch dissolved in  
 1 tablespoon ginger -- minced  
 1/2 cup water or stock  
 1/2 pound peas, snow -- stems and string

Toss shrimp with salt, add wine and marinate 20 minute to several hours. Drain shrimp and reserve marinade. Heat wok on high heat, add oil. Add ginger, stir-fry until fragrant and add shrimp. Stir-fry until shrimp are opaque, 2 to 4 minutes depending on size. Add snow peas and water chestnuts; stir-fry until just heated through. Add reserved marinade, soy sauce and cornstarch mixture. Bring to boil and cook until sauce thickens. Serve immediately.

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\* Exported from MasterCook \*

Sichuan Street Noodles with Spicy Peanut Sauce

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :  
 -----  
 Amount Measure Ingredient -- Preparation Method  
 -----  
 1 tablespoon minced garlic  
 2 tablespoon sugar  
 3/4 cup sesame-seed paste -- (tahini)  
 2 tablespoon red wine vinegar  
 1 cup steeped black chinese tea  
 1 pound chinese egg noodles -- thin 1/  
 5 tablespoon dark soy sauce  
 1/2 cup chopped scallions  
 5 teaspoon chili oil  
 1/2 cup shredded cucumber  
 3 tablespoon sesame oil

Mix together garlic, tahini, tea, soy sauce, chili oil, 2 Tbs. sesame oil, sugar and vinegar. Process until smooth. Prepare the noodles and cool under running water. Mix in 1 Tbs. sesame oil. Add the sauce and the scallions to the noodles, tossing until well combined. Add the shredded cucumber and toss again. Serve at room temperature.

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\* Exported from MasterCook \*

Snow Pea & Pear Salad

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1/4    | cup        | plain yogurt                     |
| 8      |            | radicchio leaves                 |
| 2      | tablespoon | pineapple juice                  |
| 3      |            | green onions -- thinly sliced    |
| 1/2    | teaspoon   | sugar                            |
| 2      | tablespoon | chopped walnuts toasted          |
| 1      | lg         | firm -- ripe pear                |
| 20     |            | snow peas divided                |
| 1      | teaspoon   | lime juice                       |

Combine Yogurt, Pineapple Juice & Sugar in A Bowl. Stir Well & Set Aside. Cook Snow Peas in A Small Amount Of Boiling Water 15 Seconds. Drain Well. Cut The Pear in Half Lengthwise, Core & Cut Lengthwise Into Thin Slices. Brush With Lime Juice. Arrange Snow Peas & Pears On Each Of 4 Radicchio Lined Salad Plates. Drizzle Each with 1 1/2 T. Yogurt Mixture. Sprinkle With Green Onions & walnuts.

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\* Exported from MasterCook \*

Spinach Salad Orientale

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 3      | heads      | salad                            |
| 1      | cup        | spinach -- washed                |
| 3      |            | waterchestnuts -- sliced         |
| 1      | cup        | eggs -- hard boiled, chopped     |
| 4      |            | bean sprouts -- fresh            |
|        |            | sl bacon -- crumbled             |
|        |            | dressing                         |
| 1      | cup        | sunflower oil                    |
| 3/4    | cup        | onion -- chopped                 |
| 1      | tablespoon | worcestershire sauce             |
| 1/4    | cup        | red wine vinegar                 |

1 1/2 cup sugar  
 1 teaspoon salt  
 1/3 cup catsup

Mix all dressing ingredients together first, and refrigerate. Mix salad together. Just before serving, toss salad with dressing. Serve.

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\* Exported from MasterCook \*

Steak Lo Mein (Ngo Yoke Lo Mein: Canton)

Recipe By :  
 Serving Size : 2 Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient                     | Preparation Method |
|--------|------------|--------------------------------|--------------------|
| 4      | tablespoon | peanut oil                     |                    |
| 1/2    | pound      | flank steak                    |                    |
|        |            | ginger -- minced               |                    |
|        |            | scallion -- minced             |                    |
| 2      | teaspoon   | cornstarch                     |                    |
| 1/2    | teaspoon   | sugar                          |                    |
| 1      | tablespoon | light soy sauce                |                    |
| 1      |            | carrot -- shredded             |                    |
| 2      |            | celery -- shredded             |                    |
| 1 1/2  | cup        | bean sprouts -- (or shredded c |                    |
| 1/2    | pound      | thin spaghetti                 |                    |
| 1      | tablespoon | light soy sauce                |                    |
| 1/2    | teaspoon   | salt                           |                    |

Cook spaghetti as directed on package. Drain. Slice steak against the grain in thin pieces (more) 2 inches long. Shred carrot and celery. Mix steak, ginger, scallion, cornstarch, sugar, and 1 tablespoon light soy sauce. Set aside. Mix salt and 1 tablespoon light soy sauce. Set aside. Heat oil in a frying pan. Stir in steak mixture, stir-fry 2 minutes. Remove from pan. Put carrots and celery in same pan. Stir and add 1/4 cup water, lower heat and cover. Cook 2 minutes. Add bean sprouts, stir a few seconds. (If cabbage is used add with celery). (move) Add cooked spaghetti. Stir well and cook 2 minutes. Add soy and salt mixture and steak. Mix well and serve. from An Encyclopedia of Chinese food and cooking by wonona w. and Irving B. Chang, Helene W. and Austin H. Hutscher. A book that I highly recommend. FROM: ALFRED RILLO (RXDN87A)

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\* Exported from MasterCook \*

### Stir Fry

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 2      | cup        | garlic -- finely chopped         |
| 1      | tablespoon | hot oil                          |
| 2      | cup        | vegetable -- such as bok cho     |
| 1      | pinch      | sugar                            |
| 2      | tablespoon | water                            |

Here is a generic version of stir fried vegetables 1. Heat pan until it is very hot, add oil, then stir fry the garlic until you can smell it 2. Add the vegetables that have all been cut to a uniform size, stir fry 1 min, 3. Sprinkle with a pinch of sugar then 2 T water, cover and steam 1 min. Spinach and bok chow will probably be tender crisp at this point, broccoli and pea pods will take another 30 to 60 sec. Variations 1. Use ginger or green onion instead of garlic 2. Decrease water to 1 T and add 1/2 T each cooking wine and soy sauce 3. Mix vegetables (as long as they have about the same cooking time) Experiment and enjoy Jane FROM: JANE HARRIS (DXDG05A)

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\* Exported from MasterCook \*

### Stir Fry Of Broccoli & Chicken

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories :

| Amount | Measure    | Ingredient -- Preparation Method                                                      |
|--------|------------|---------------------------------------------------------------------------------------|
| 1      | pound      | skinned & boned chicken<br>and cut into 1/4 in. thick<br>breasts -- trimmed<br>slices |
| 6      | cup        | broccoli florets (from about                                                          |
| 2      | lg cloves  | garlic minced                                                                         |
| 2      | pound      | broccoli                                                                              |
| 1/2    | teaspoon   | dried thyme (crumbled)                                                                |
| 2      | lg         | red or green peppers                                                                  |
| 1      | teaspoon   | dried basil crumbled                                                                  |
| 1/2    | teaspoon   | quartered lengthwise & cut<br>freshly ground pepper<br>cross-wise into 1/8 inch       |
| 1/2    | teaspoon   | salt                                                                                  |
| 1      | wide       | strips                                                                                |
| 4      | tablespoon | freshly grated Parmesan                                                               |
| 1      | lg         | onion halved lengthwise                                                               |

Pound Breasts Between Waxed Paper To Thickness Of 1/4 Inch. Wrap Each Chicken Breast Separately in Plastic & Freeze Until Firm But Not Solid. Cut Chicken Crosswise Into 1/8 Inch wide Strips. Cover Broccoli with Cold

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Water in Medium Bowl. Coat Heavy Skillet with Vegetable Spray. Add Olive Oil & Heat Over High Heat 1 Min. Add Red Peppers (OR Green), Onion, Garlic, Basil, Thyme, Pepper & Rosemary To Pan. Stir Fry 2 Min. Drain Broccoli, But Do Not Shake Off Excess Water And Add To Skillet. Stir Fry 3 Min.Reduce Heat To Medium-Low, Cover & Steam 2 Min. Stir in Chicken. Cover & Steam Until Chicken Is Almost Cooked Thru, About 1 Min. Uncover & Increase Heat & Stir Fry Until Liquid Reduces Slightly, About 1 Min. Divide Among Heated Plates. Top Each Portion with 1 T. Parmesan.

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\* Exported from MasterCook \*

Stir-Fried Bok Choy In Garlic Oil

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories :

| Amount | Measure    | Ingredient -- Preparation Method       |
|--------|------------|----------------------------------------|
| 3      | tablespoon | peanut oil<br>lightly crushed & peeled |
| 1      | teaspoon   | salt                                   |
| 1 1/2  | pound      | bok choy                               |
| 4      |            | garlic cloves<br>cut into 1-in pieces  |

HEAT THE WOK over a high flame for 1 minute. Add the oil, and when the oil is very hot (this will take just a few seconds; pass your hand over it to feel the heat, or look for a wisp of smoke), add the salt, garlic and bok choy. A common mistake is to skimp on oil in stir-frying vegetables, which makes them dry out and burn. Use enough oil to coat the vegetables thinly but thoroughly. This may be prepared in advance and served cold.

KEN HOM - PRODIGY GUEST CHEFS COOKBOOK

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\* Exported from MasterCook \*

Stir-Fried Chicken with walnuts

Recipe By :  
Serving Size : 2 Preparation Time :0:00  
Categories :

| Amount | Measure | Ingredient -- Preparation Method                        |
|--------|---------|---------------------------------------------------------|
| 1      | whole   | skinless boneless chicken breast -- cut into 1/2" cubes |

chinese recipes.txt

2 teaspoons cornstarch  
 1 tablespoon sherry  
 2 tablespoons oil  
 1 cup walnuts -- coarsely chopped  
 1 teaspoon minced ginger root  
 1/2 cup bamboo shoots -- sliced  
 1/4 cup chicken stock

In mixing bowl combine chicken cubes, cornstarch and sherry. Toss to coat. Allow to stand 15 minutes, stirring occasionally.

Preheat oil in electric wok at 350 degrees. Add walnuts and stir fry 2 to 3 minutes. Remove and drain.

Increase temperature setting to 375 degrees. Add ginger, stir fry 30 seconds. Add chicken mixture, stir fry 2 minutes, push up sides of wok, add bamboo shoots, stir fry 1 minute. Add stock and combine all ingredients. Cover wok and cook 2 to 3 minutes. Add walnuts just before serving. Reduce setting to warm for serving.

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\* Exported from MasterCook \*

Stir-Fried Tofu Or Beef With Onions

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :  
 Amount Measure Ingredient -- Preparation Method  
 -----  
 1 pound tofu -- extra firm\*  
 1/4 cup oil  
 1 tablespoon pale dry sherry  
 2 ginger root slices -- shredded  
 1/2 teaspoon salt  
 1 onion;large -- thinly sliced  
 3 black pepper -- fresh ground  
 2 garlic cloves -- minced  
 2 tablespoon soy sauce  
 1 1/2 teaspoon cornstarch\*\*  
 1 teaspoon sugar  
 3 tablespoon stock\*\*

\*This dish originally used 1 lb. of flank steak which was cut against the grain into thin slices and then marinated same as the tofu. Sometimes I make it with steak or tofu or a mixture of both. In addition, I occasionally add a small bok choy which is first blanched and then cooled. If other vegetables are added, increase the cornstarch mixture to three times what is listed. Recipe can be doubled and comes out fine. \*\*Mix the cornstarch with the soup stock and have ready until needed. Get tofu ready according to your favorite methods. I usually slice it lengthwise in half-inch blocks, put paper towels over and under it, and press with telephone book to get out excess water. Mix together the sherry, salt, pepper, soy sauce, sugar and 1 1/2 tsp. of the oil in a shallow dish. Add the tofu or steak shreds and leave to marinate for 15 minutes. 06/02/92 10:07 PM  
 Heat 2 1/2 tablespoons of the remaining oil in a wok or pan over high heat. Add the ginger and onion and stir-fry for 1 1/2 minutes (about).

chinese recipes.txt

Remove onions, place in a colander, and let drain. You can use the oil left in pan if it is enough. Heat wok again. When it is very hot, add the tofu or steak and garlic. Stir-fry the tofu or steak and garlic in the oil for until brown. Mix in the onion and ginger and stir-fry for a minute. Stir in the cornstarch mixture and cook, stirring for about 30 seconds or until thickened. From "The Encyclopaedia of Chinese Cooking". Karen Alder Fngp13B

\* Exported from MasterCook \*

Sweet 'n Sour Chicken

Recipe By :  
Serving Size : 4      Preparation Time :0:00  
Categories :  
Amount    Measure      Ingredient -- Preparation Method  
-----  
1          pound          boneless chicken -- cut in cubes  
2          tablespoons      oil  
1          clove            garlic -- minced  
1          Cup             -- green pepper strips  
1          cup             carrot strips  
1 1/4      cups             chicken bouillon  
1/4      cup             soy sauce -- or teriyaki sauce  
2          tablespoons      sherry  
3          tablespoons      vinegar  
3          tablespoons      brown sugar  
1/2      teaspoon        ginger  
1          can             chuck pineapple in juice -- (8 oz.)  
1 1/2      cups             Minute Rice

Brown chicken in oil.

Add garlic, green pepper and carrots; saute briefly.

Add bouillon, soy sauce, sherry, vinegar, sugar, ginger and pineapple with juice. Bring to a full boil.

Stir in rice. Cover, remove from heat and let stand 5 minutes.]

Stir before serving.

Possum Kingdom Lake Cookbook

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\* Exported from MasterCook \*

Sweet 'n' Sour Sauced Pork Bbs

Recipe By :  
 Serving Size : 2 Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1/2    | pound      | lean boneless pork               |
| 4      | teaspoon   | cooking oil                      |
| 2      | teaspoon   | sesame oil                       |
| 1      | med.       | carrot *                         |
| 1      | small      | green bell pepper **             |
| 2      |            | green onions -- sliced           |
| 1/4    | cup        | packed brown sugar               |
| 2      | teaspoon   | cornstarch                       |
| 2      | tablespoon | water                            |
| 2      | tablespoon | red wine vinegar                 |
| 1      | teaspoon   | soy sauce                        |
| 1      | dash       | ground ginger                    |
| 1      | cup        | pineapple chunks -- drained      |
|        |            | hot cooked rice                  |

\* Carrot should be cut thinly with a slant cut. \*\* Green Bell Pepper should be seeded and cut into strips. Partially freeze pork. Thinly slice into bite-size strips. Preheat a 10-inch microwave browning dish on 100% of power for 5 minutes. Add cooking oil and sesame oil to dish. Swirl to coat dish. Add the pork. Micro-cook, covered, on 100% power for 2 to 3 minutes or till pork is no longer pink, stirring every minute. Stir in sliced carrot, green pepper strips, and sliced green onions. Micro-cook, covered, on 100% power for 2 to 4 minutes more or till the vegetables are crisp-tender. Drain off liquid. In a 2-cup measure stir together the brown sugar and cornstarch. Stir in water, red wine vinegar, soy sauce and ground ginger. Micro-cook, uncovered, on 100% power for 1 1/2 to 2 1/2 minutes or till thickened and bubbly, stirring every 30 seconds. Stir in drained pineapple chunks. Micro-cook, uncovered, on 100% power for about 45 seconds more or till pineapple is heated through. Toss the pineapple mix ture with the pork mixture. Serve with cooked rice.

\* Exported from MasterCook \*

Sweet And Sour Meatballs

Recipe By : Sue Klapper - KCXJ08A  
 Serving Size : 4 Preparation Time :0:00  
 Categories :

| Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1 1/2  | pounds  | ground round                     |
| 1/4    | cup     | parmesan cheese                  |
| 1/4    | cup     | catsup                           |
| 1/2    | cup     | bread crumbs                     |

- 1 1/4 cup milk
- 1 egg
- 3/4 cup sweet & sour sauce:
- 3 tablespoons water
- 3 tablespoons brown sugar
- 4 tablespoons catsup
- 1/4 cup cornstarch
- 1/4 cup vinegar
- 1 cup orange juice
- 1/4 tablespoon lemon juice
- 2 remaining ingredients:
- 1 tablespoons oil
- 1 clove garlic
- 2 tablespoons scallions -- chopped
- 1 teaspoon ginger root -- peeled, grated
- 2 tablespoons oil
- 2 green peppers -- diced
- 1 large onion -- diced
- 1 tomato -- cut in eighths
- 8 ounces pineapple chunks in juice -- drained

Make small meatballs and set aside. Combine sauce ingredients and set aside. Add oil to hot wok. Swirl. Stir fry garlic, scallions and ginger for 30 seconds. Add meat balls and gently stir fry for about 1 minute. Remove ingredients from wok. and set aside. Wipe wok clean. Reheat wok, add oil and stir fry green peppers, onion and tomato in consecutive order, stirring 30 seconds after each addition. Push vegetables to side of wok. Restir sweet and sour sauce and pour into center of wok, stirring until thickened and bubbly. Return meatballs to wok along with pineapple. Heat thoroughly and serve.

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\* Exported from MasterCook \*

Sweet And Sour Pork

Recipe By :  
 Serving Size : 4 Preparation Time :0:00  
 Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 2      | pound      | pork -- lean                     |
| 3/4    | cup        | green pepper -- sliced           |
| 1      | tablespoon | soy sauce                        |
| 1/2    | cup        | water                            |
| 1      | tablespoon | bacon drippings                  |
| 1/2    | cup        | onion -- sliced                  |
| 1      |            | no.2 can pineapple chunks        |
| 1/4    | cup        | brown sugar                      |
| 2      | tablespoon | cornstarch                       |
| 1/3    | cup        | vinegar                          |

1. Cut the pork in 1 1/2-inch strips and brown the pieces in bacon drippings. Drain the pineapple and reserve the juice. 2. Stir the cornstarch into the water and combine it with the sugar, vinegar, soy sauce, and pineapple juice. Cook this until it is clear and slightly thickened, about 2 minutes. 3. Add the sauce to the pork and cook for

about 1 hour, covered, over low heat or until the pork is tender. Chill it overnight. 4. Before serving, heat it over a low flame until it is hot, then add the pepper, onion, and pineapple pieces. Cook for 2 minutes and serve with wild rice or a mixture of white and wild rice. Converted by MMCONV vers. 1.00

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\* Exported from MasterCook \*

Sweet-Sour Pork Chops

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories :

| Amount | Measure     | Ingredient -- Preparation Method              |
|--------|-------------|-----------------------------------------------|
| 4      |             | Boneless pork chops                           |
| 2      | tablespoons | peanut oil                                    |
| 2      | tablespoons | cornstarch                                    |
| 1/2    | teaspoon    | salt                                          |
| 1/4    | cup         | brown sugar                                   |
| 1/4    | cup         | salad vinegar -- or apple cider<br>-- vinegar |
| 1      | cup         | pineapple juice                               |
| 1      | tablespoon  | soy sauce                                     |
| 1      | medium      | onion -- sliced                               |
| 1      | large       | green pepper -- cubed                         |

Preheat oven to 350 degrees.

Brown pork chops in oil.

Place in baking dish.

Combine all other ingredients except onion and green pepper in a saucepan and bring to boil. Cook for 2 minutes.

Pour thickened sauce over pork chops and top with onion and green pepper.

Bake covered for 1 1/2 - 2 hours until chops are tender.

Possum Kingdom Lake Cookbook

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\* Exported from MasterCook \*

Thousand-Year-Old Eggs

Recipe By :  
 Serving Size : 12 Preparation Time :0:00  
 Categories :  
 Amount Measure Ingredient -- Preparation Method  
 -----  
 2 cup very strong black tea  
 from fireplace  
 1/3 cup salt  
 1 cup lime\*  
 2 cup ashes of pine wood  
 12 fresh duck eggs  
 ashes of charcoal and ashes

These are often called thousand-year eggs, even though the preserving process lasts only 100 days. They may be purchased individually in Oriental markets.

Combine tea, salt, ashes and lime. Using about 1/2 cup per egg, thickly coat each egg completely with this clay-like mixture. Line a large crock with garden soil and carefully lay coated eggs on top. Cover with more soil and place crock in a cool dark place. Allow to cure for 100 days. To remove coating, scrape eggs and rinse under running water to clean thoroughly. Crack lightly and remove shells. The white of the egg will appear a grayish, translucent color and have a gelatinous texture. The yolk, when sliced, will be a grayish-green color.

To serve, cut into wedges and serve with:

Sweet pickled scallions or any sweet pickled vegetable Sauce of 2 tablespoons each vinegar, soy sauce and rice wine and 1 tablespoon minced ginger root.

\*Available in garden stores and nurseries.

The description of the whites turning grayish isn't quite accurate from the ones I've seen. They're more a dark blackish amber color-- quite attractive actually.

From "The Regional Cooking of China" by Margret Gin and Alfred E. Castle, 101 Productions, San Francisco, 1975.

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 \* Exported from MasterCook \*

Three Flavored Fried Rice

Recipe By :  
 Serving Size : 6 Preparation Time :0:00  
 Categories :  
 Amount Measure Ingredient -- Preparation Method  
 -----  
 1 cup cooked chicken -- diced

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chinese recipes.txt
3      tablespoon  oil
4      cup         rice; cold -- cooked
2      green onions chopped
2      tablespoon  soy sauce
1      cup         raw shrimp; shelled
1/4    teaspoon   black pepper
deveined and diced
1      sm piece   ginger or dash
1/4    teaspoon   salt (optional)
ground ginger
2      eggs -- slightly beaten
1      cup         lettuce -- shredded
1      cup         cooked pork -- diced

```

Set ingredients prepared and measured by the stove in order listed. Set wok over high heat for 30 seconds, swirl in half the fat, count to 20, add green onions and ginger and brown lightly. Add shrimp. Stir-fry 3 minutes. Salt. Add eggs. Scramble until not quite cooked. Remove to a warm plate. Swirl remaining fat into the wok, count to 20, add pork and chicken, and stir-fry 2 minutes. Add rice, soy sauce, and pepper, stir and toss until heated. Add scrambled eggs and toss a half minute. Add lettuce; stir and toss until mixed. Serve at once before lettuce wilts.

Source:  
"judi m. phelps"

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\* Exported from MasterCook \*  
Tomato And Liver Stir-Fry

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Recipe By      :
Serving Size  : 4      Preparation Time :0:00
Categories    :
Amount  Measure      Ingredient -- Preparation Method
-----
2      md             tomatoes
1      teaspoon      sugar
1      pound          beef liver
1/2    teaspoon      salt
1      tablespoon    soy sauce
1/4    teaspoon      ground ginger
1      tablespoon    sherry
4      tablespoon    water -- divided
2      teaspoon      cornstarch
1      md             onion -- cut in wedges(1 cup)

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Cut tomatoes into wedges(makes about 2 cups);set aside.Cut liver into 1/2" wide strips;set aside.In a medium bowl,combine soy sauce,sherry,cornstarch,sugar,salt and ginger.Add liver; marinade for 15 to 20 minutes.In a medium skillet or wok,heat 2 tablespoons of the water.Add liver and marinade to skillet. Cook and stir until partially cooked,about 2 minutes.Remove from skillet and set aside.To the skillet add remaining 2 tablespoons water.Add onions;cook and stir until onions are crisp and tender, about 3 minutes.Add tomatoes;cook and stir until tomatoes are tender,1 minute.Add reserved liver and marinade;cook and stir until meat is cooked,but still pink in the center,about 2 minutes Serve with cooked rice,if desired.Serves 4.

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\* Exported from MasterCook \*

Vegetable-Stuffed Omelets/Ginger Sauce

Recipe By : Jo Anne Merrill  
 Serving Size : 2 Preparation Time :0:25  
 Categories :

| Amount | Measure     | Ingredient -- Preparation Method   |
|--------|-------------|------------------------------------|
| 12     |             | asparagus spears -- * see note     |
| 2      |             | carrots                            |
| 2      |             | green onions                       |
| 1      | tablespoon  | sweet and sour sauce               |
| 1      | tablespoon  | pineapple juice -- or orange juice |
| 1/2    | teaspoon    | ginger root -- grated              |
| 4      |             | eggs                               |
| 2      | tablespoons | water                              |
| 2      | teaspoons   | cooking oil                        |
| 2      | tablespoons | nuts -- ** see note                |
|        |             | radish -- shredded                 |
|        |             | cucumber -- thinly sliced          |

\* Prepare vegetables by cutting the asparagus into 3-inch lengths, the carrots into 3-inch sticks and green onions into 2-inch lengths. Shred radishes and slice cucumbers thin (optional ingredients) \*\*Use toasted walnuts or almonds, chopped In a large saucepan, cook asparagus, carrots and green onions in a small amount of boiling, lightly salted water for 7-9 minutes until crisp-tender; drain well. Meanwhile for the sauce, stir together sweet-sour sauce, pineapple or orange juice and grated ginger root (or 1/8 teaspoon ground ginger) Set aside. For omelets, combine eggs and water in a small bowl. Use fork to beat until combined but not frothy. In an 8-10 inch skillet with flared sides, heat 1 teaspoon of the oil until a drop of water sizzles. Lift and tilt pan to coat all sides of skillet. Add 1/2 cup of egg mixture and cook over medium heat. As eggs set, run a spatula around the edge of the skillet; lift eggs and let uncooked portion flow underneath. When eggs are set but still shiny, transfer to a warm plate, cover with plastic wrap. Repeat with remaining egg mixture and oil as needed to make 2 omelets. To assemble, spread some of the sauce onto each omelet. Arrange steamed vegetables on one quarter of each omelet, fanning vegetables to edge of omelets. Fold each omelet over vegetables; fold again. Top with additional sauce and sprinkle with nuts. Jo Anne Merrill recipe from my files.

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Year Of The Dragon Beef

Recipe By :  
Serving Size : 4 Preparation Time :0:00  
Categories :

| Amount | Measure    | Ingredient -- Preparation Method |
|--------|------------|----------------------------------|
| 1      | pound      | beef top round steak -- cut      |
| 2      | tablespoon | cornstarch                       |
| 1      | "          | thick                            |
| 4      | teaspoon   | soy sauce                        |
| 1      | tablespoon | vegetable oil                    |
| 1      | teaspoon   | finely minced fresh ginger       |
| 10     | milliliter | garlic -- minced                 |
|        |            | root                             |
| 1      | cup        | single strength beef broth       |
| 1      | lg         | red bell pepper -- cut into      |

-----