

MY FIRST DISHES CHINESE RECIPES

25 Quick and Easy Chinese
Weight Loss and Healthy Living at Home



EDITED BY J. B. ENOANO

My First Dishes Chinese Recipes

: 25 Quick and Easy Chinese Delicious Recipes Weight Loss and Healthy Living at Home

BY

J. B. Enoano

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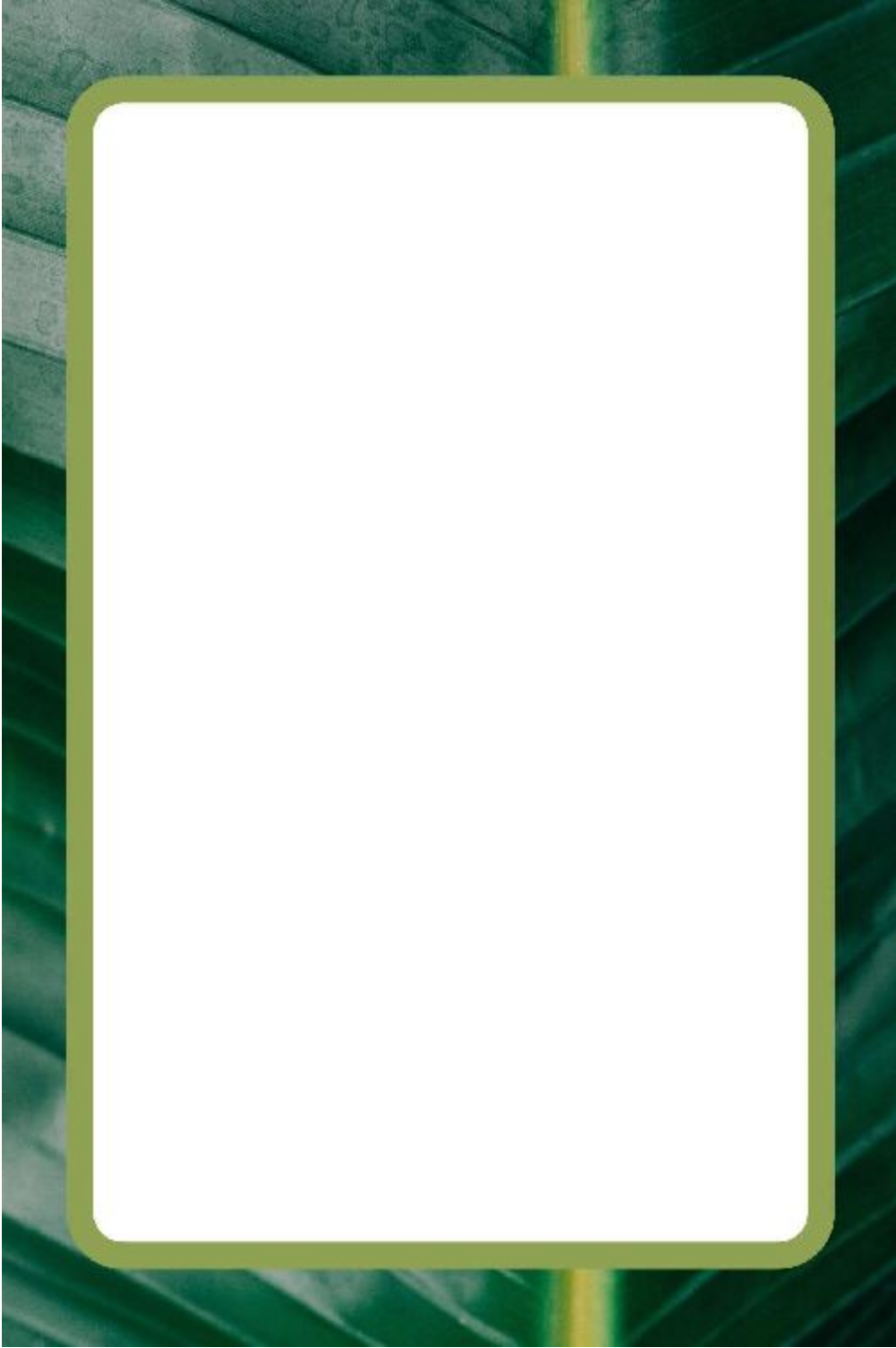
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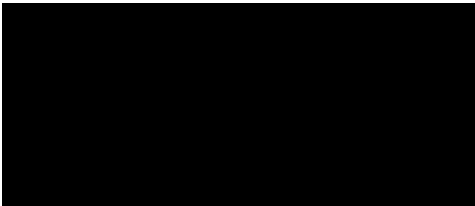
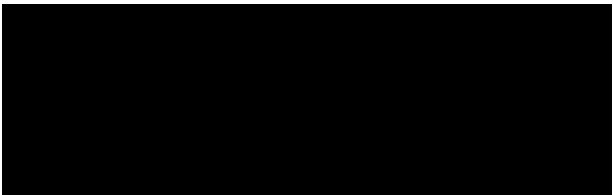
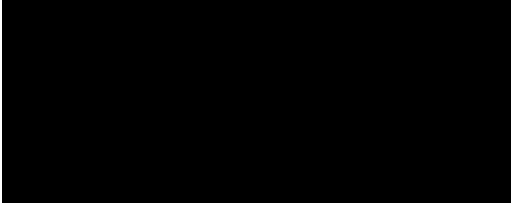
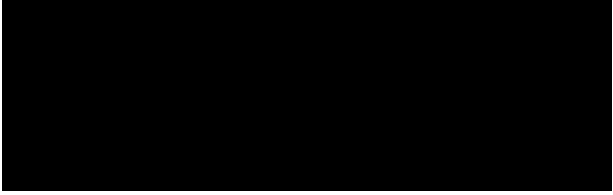








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1. Chinese Steamed Buns

ingredients

1 tablespoon active dry yeast 1 teaspoon white sugar 1 1/2 cups all-purpose flour 1/4 teaspoon salt 1/2 teaspoon baking powder

1/4 cup all-purpose flour 1/4 cup water

1/2 cup warm water

2 tablespoons white sugar 1 tablespoon vegetable oil

Directions

1. Put the first part of ingredients together (1 tbsp yeast, 1 tsp sugar, 1/4 cup flour and 1/4 cup water) and mix it. Let it stand for 30 mins.

2. Then mix in the rest of the ingredients ($\frac{1}{2}$ cup warm water, 1 $\frac{1}{2}$ cup flour, $\frac{1}{4}$ tsp salt, 2 tbsp sugar and 1 tbsp vegetable oil. Knead the dough until the surface is smooth and the dough texture is stretchy. Roll over the dough in a greased bowl to form a ball and let it stand about 2.5 to 3 hours or until it's triple in size.

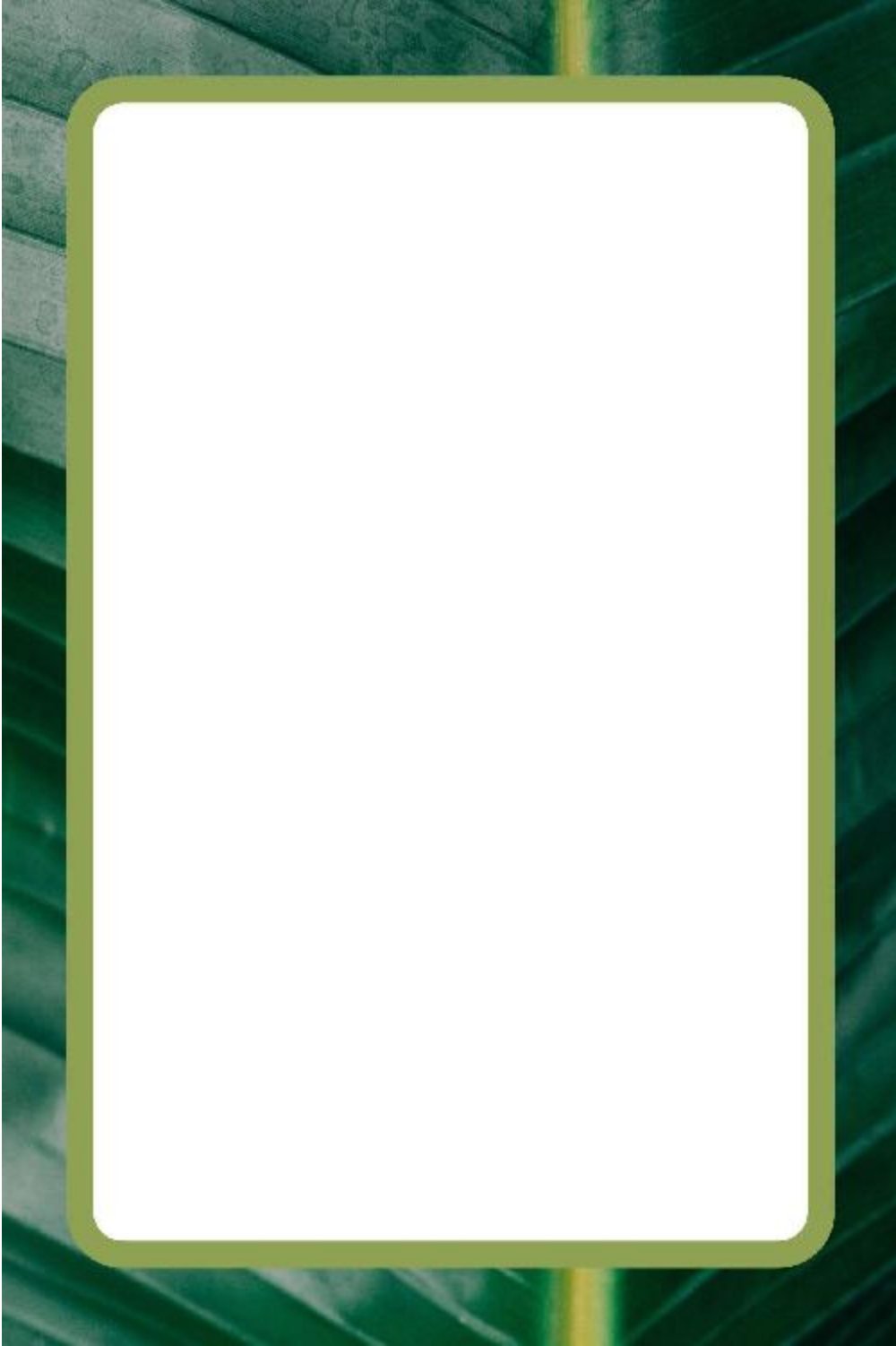
3. Knock down the dough to get the air out then spread it on a floured board.

Sprinkle baking powder evenly all over the surface and knead for 5 minutes. Split the dough into 24 small balls and roll over each ball to form a smooth surface.

Prepare 24 pieces of square wax paper and make sure that they are not too small for each ball. Put a ball on each paper, cover them and let them stand until the size is double, approximately 30 minutes.

4. Fill a wok with water and bring to the boil, reduce to medium heat. Place a wire rack with a steam plate on top in the middle of the wok. Make sure that there's enough space between the plate edge and the wok. Put the buns with a wax paper underneath onto the steam plate and leave 1-2 inches distance between each buns.

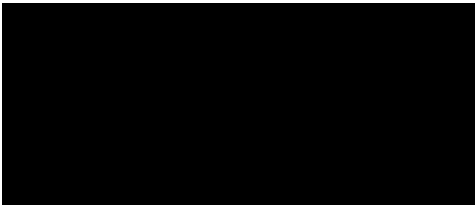
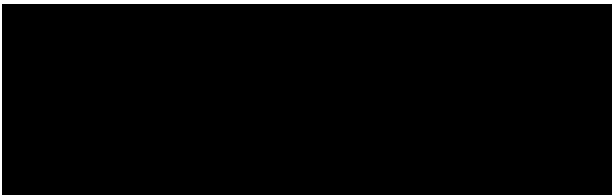
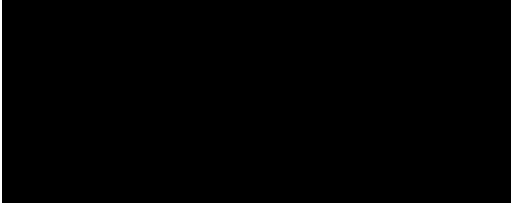
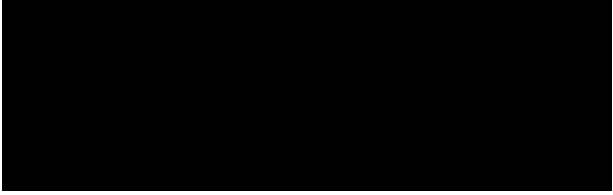
Cover the wok's lid and steam for 15 minutes or until the buns are all cooked. Make sure that the water keeps boiling.







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2. Chinese Steamed Buns with
BBQ Pork Filling

ingredients

- 1 recipe Chinese Steamed Buns
- 3 tablespoons shallots, chopped
- 1/2 pound boneless pork loin roast
- 1/2 cup barbecue sauce
- 1/3 cup chicken broth
- 1 tablespoon dark soy sauce

1 tablespoon vegetable oil

1 tablespoon white sugar

Directions

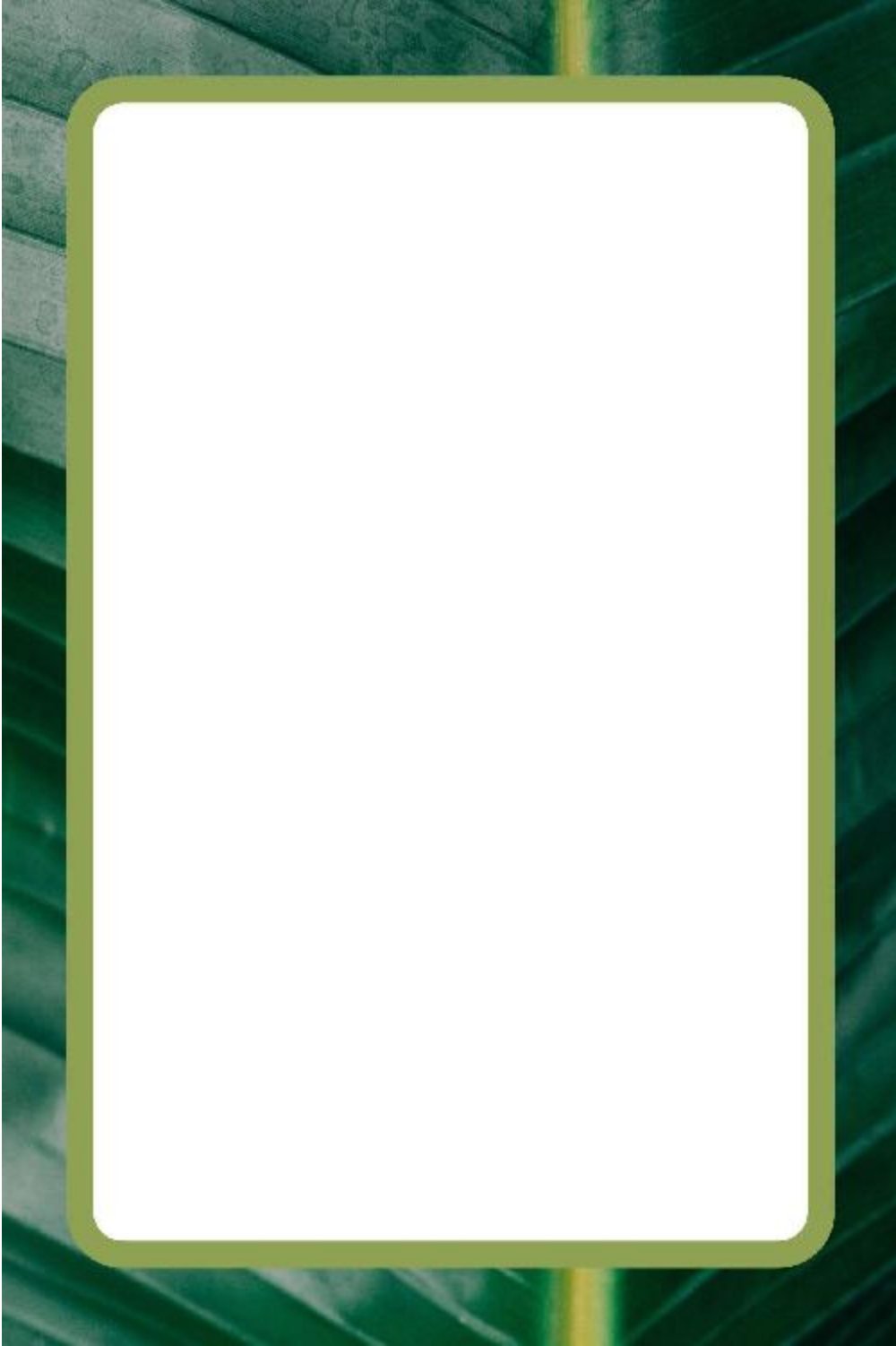
1. Prepare the filling by mixing all ingredients (pork, barbecue sauce, shallots, flour, chicken stock, soy sauce, oil and sugar) together then refrigerate it for at least 6 hours.

2. Prepare Chinese Steamed Buns dough, then split the dough into small balls. Roll each ball out into a flat circle sheet. For each sheet, place about 1 tbsp of BBQ park mixture on the center of the sheet and wrap around the filling. Prepare a square wax paper the same amount as the buns and place each wrapped buns on them, make sure that the seam sides are down. Let the buns stand for about 30 minutes or until the size is doubled.

3. Fill a wok with water and bring to the boil, reduce to medium heat.

Place a wire rack with a steam plate on top in the middle of the wok.

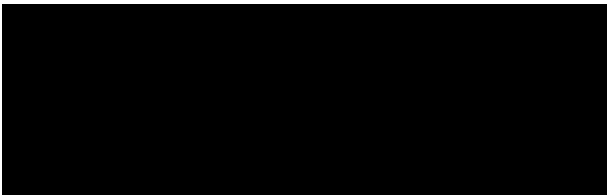
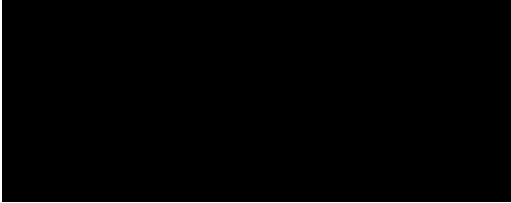
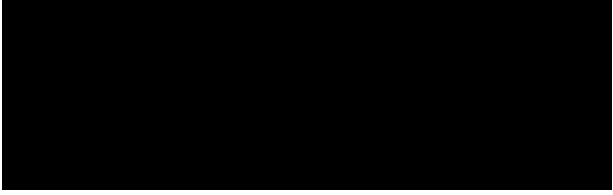
Make sure that there's enough space between the plate edge and the wok. Put the buns with a wax paper underneath onto the steam plate and leave 1-2 inches distance between each buns. Cover the wok's lid and steam for 15 - 20 minutes or until the buns are all cooked. Make sure that the water keeps boiling.







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3. Chinese Clay Pot Rice with Chicken

ingredients

2 cups uncooked white rice

3 large chicken legs -- boned, skinned, and cut into large chunks
1 tablespoon vegetable oil

2 thick slices back bacon or Canadian bacon, cut into bite-size pieces

5 cloves garlic, peeled and smashed

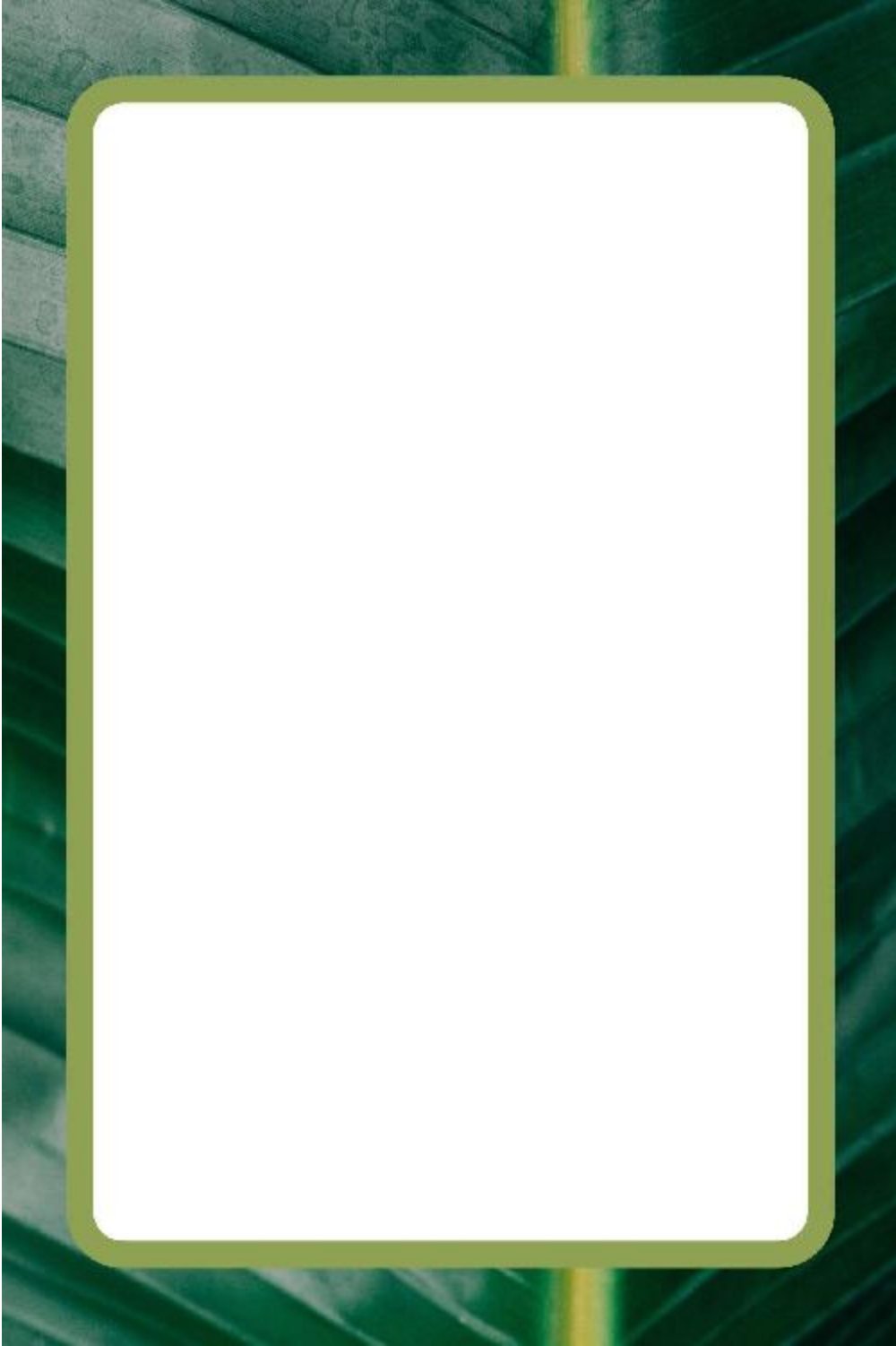
1/2 cup dark soy sauce, or to taste

2 tablespoons oyster sauce

1 1/2 tablespoons light-colored soy sauce
1/2 cup water

Directions

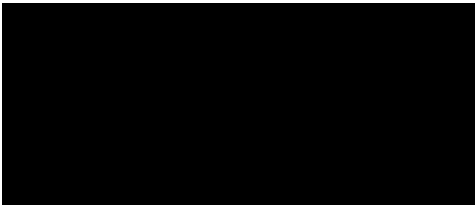
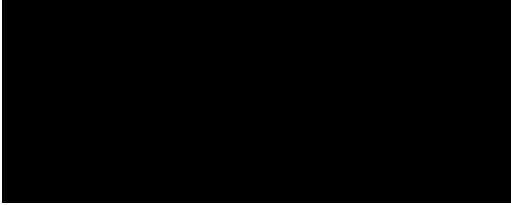
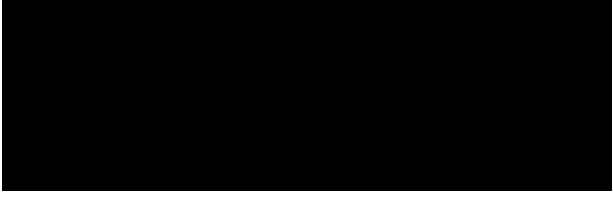
1. Pour the vegetable oil in a large saucepan over medium heat. Put the bacon and stir until the pieces are lightly brown and bacon's flavor in the oil. Remove the bacon, increase to the high heat. Stir in garlic, cook until the cloves are turning golden brown then add the chicken. Stir to seal the meat surface then reduce the heat. Cook for about 3 minutes or until the skin of the chicken pieces has golden brown color outside but pink inside.
2. Return the bacon to the pan, stir in the sauces (dark soy sauce, oyster sauce, light soy sauce) and rice. Well combine everything together then pour in the water, make sure that the water level does not reach the top of the mixture. Cover the pan, reduce to low heat and simmer for about 30 minutes or until the rice is cooked and become the roasted grain rice stuck at the bottom of the pan.
3. Serve by topping the portions with the roasted rice kernels get from the bottom







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4. He Jia Tuan Yuan

(Tofu Ball Soup for Lunar)

ingredients

1 (14 ounce) package soft tofu

6 tablespoons cornstarch

1 egg

1 teaspoon chicken bouillon granules (optional) 1 teaspoon salt

5 cups water

1 tablespoon vegetable oil

1 cup fresh pea vine shoots, trimmed

1 teaspoon chicken bouillon granules

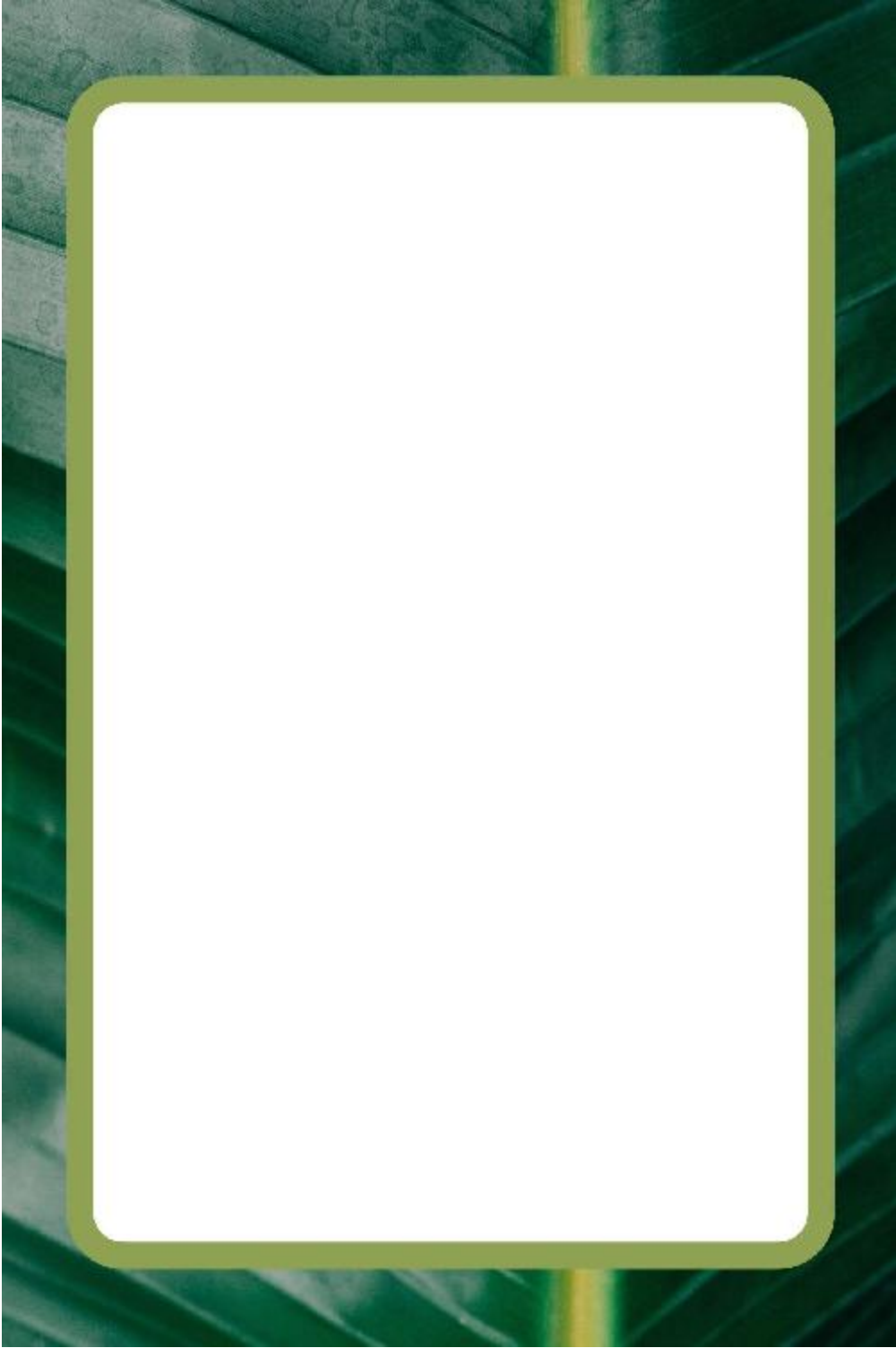
1/4 teaspoon salt

7 ounces ground pork

10 dried shrimp

Directions

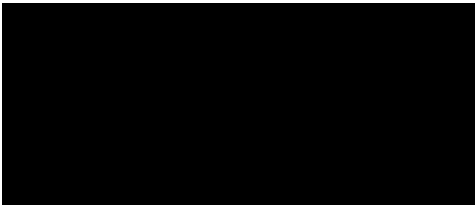
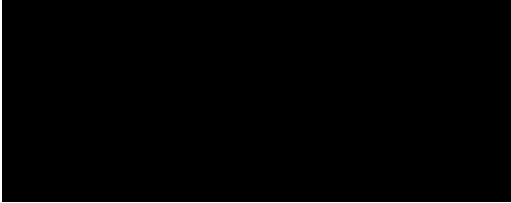
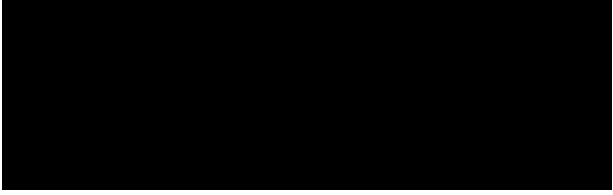
1. Mash tofu in a large bowl, stir in pork, cornstarch, egg, 1 tsp chicken bouillon granules, and 1 tsp salt. Mix until it is well-combined.
2. Put water and vegetable oil in a large saucepan and bring to the boil, then reduce the heat to simmer. Roll about 1 tbsp of the tofu mixture with your palms to create a ball and do the same for all the rest mixture. Carefully glide those balls into the simmering water without stirring the soup, be careful as it easily breaks apart. Let it simmer for about 30 minutes or until the balls float up to the water surface.
3. Turn off the heat, put dried shrimp, pea vine shoots, 1 tsp of chicken bouillon granules, and 1/4 tsp salt, stir in and serve while it is hot.







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5. Chinese Lemon Chicken

ingredients

3 skinless, boneless chicken thighs

3 tablespoons oyster sauce

1 teaspoon white sugar

1/2 cup water

3 tablespoons white sugar

1(3.4 ounce) package instant lemon pudding mix water as needed

2 tablespoons toasted sesame seeds

1 teaspoon sesame oil

1 egg, beaten salt and pepper to taste

1/8 cup corn flour

1/2 lemon, juiced

Directions

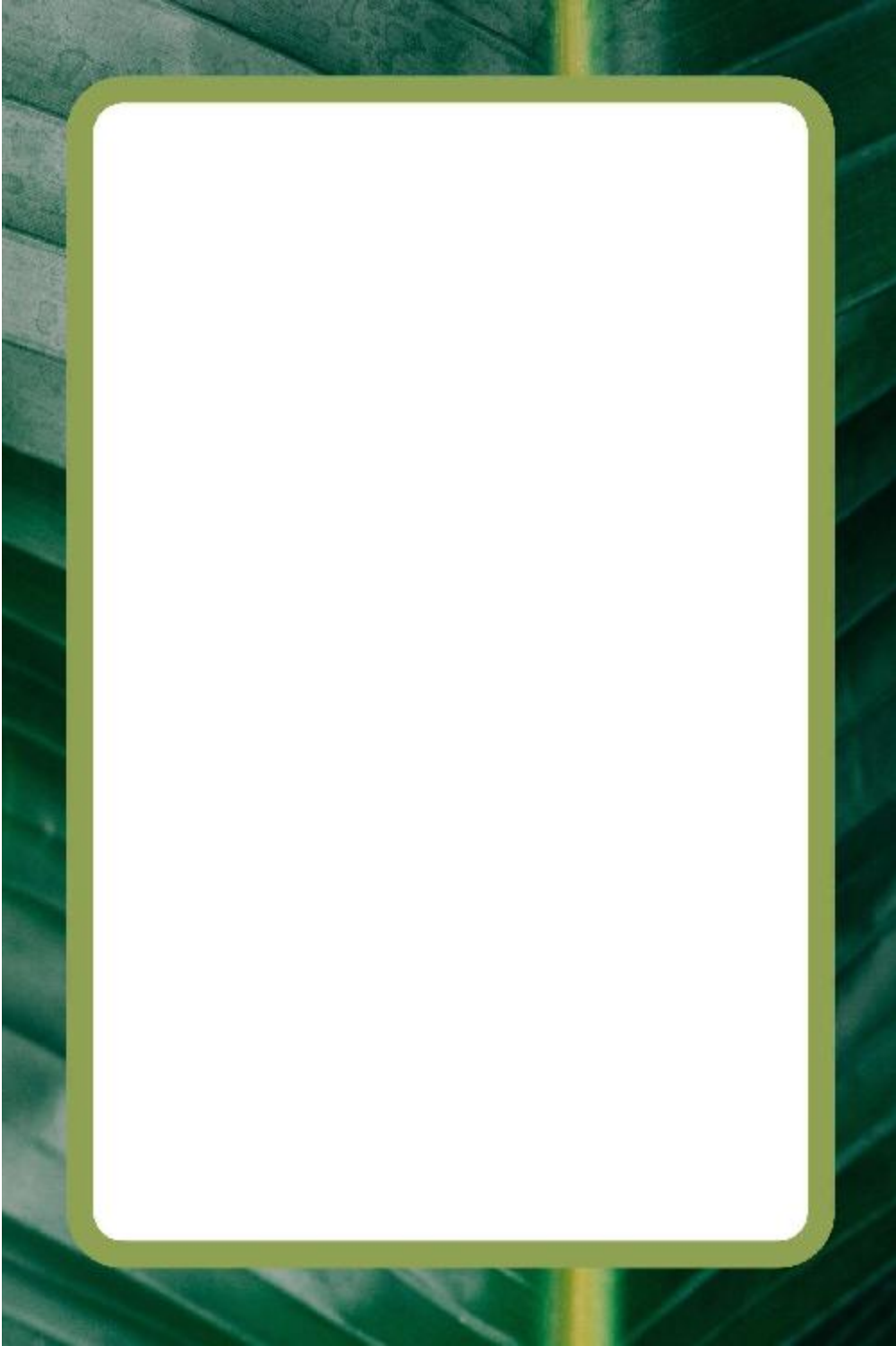
1. Marinate: prepare the marinating mixture by mixing oyster sauce, sesame oil, sugar, egg, salt and pepper. Put the chicken in a bowl then pour the mixture over the chicken. Make sure the sauce covers all over the chicken. Cover the bowl and leave it for at least 1 hour.

2. Sauce: While waiting for the marinated chicken, let's make lemon sauce.

In a saucepan, put ½ cup of water and bring to the boil. Put sugar, let it dissolve then add lemon juice and pudding mix to thicken the sauce.

3. Cook the marinated chicken in a large skillet. By dipping chicken pieces in corn flour and saute until it's cooked through. You can see a nice golden brown color and the juice is clear.

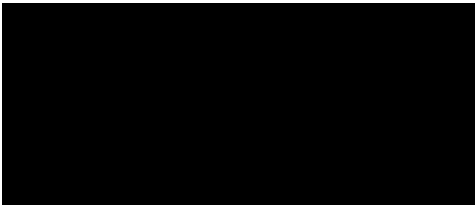
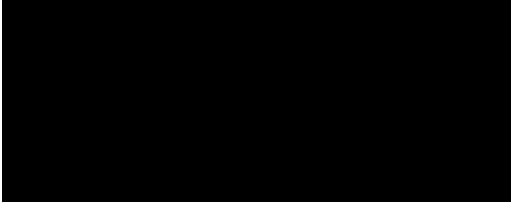
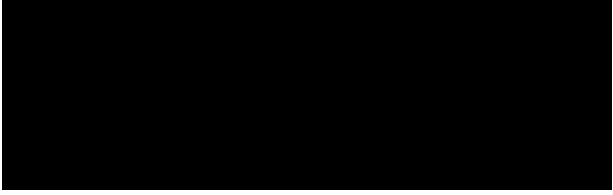
4. Make it a nice piece by cutting into a bite size, pour the lemon sauce all over the chicken. Serve by sprinkle the toasted sesame on it.







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6. Portable Chinese Chicken Salad

ingredients

4 skinless, boneless chicken breast halves 1 packet artificial sweetener

1/2 cup rice garlic vinegar

1 (16 ounce) package coleslaw mix

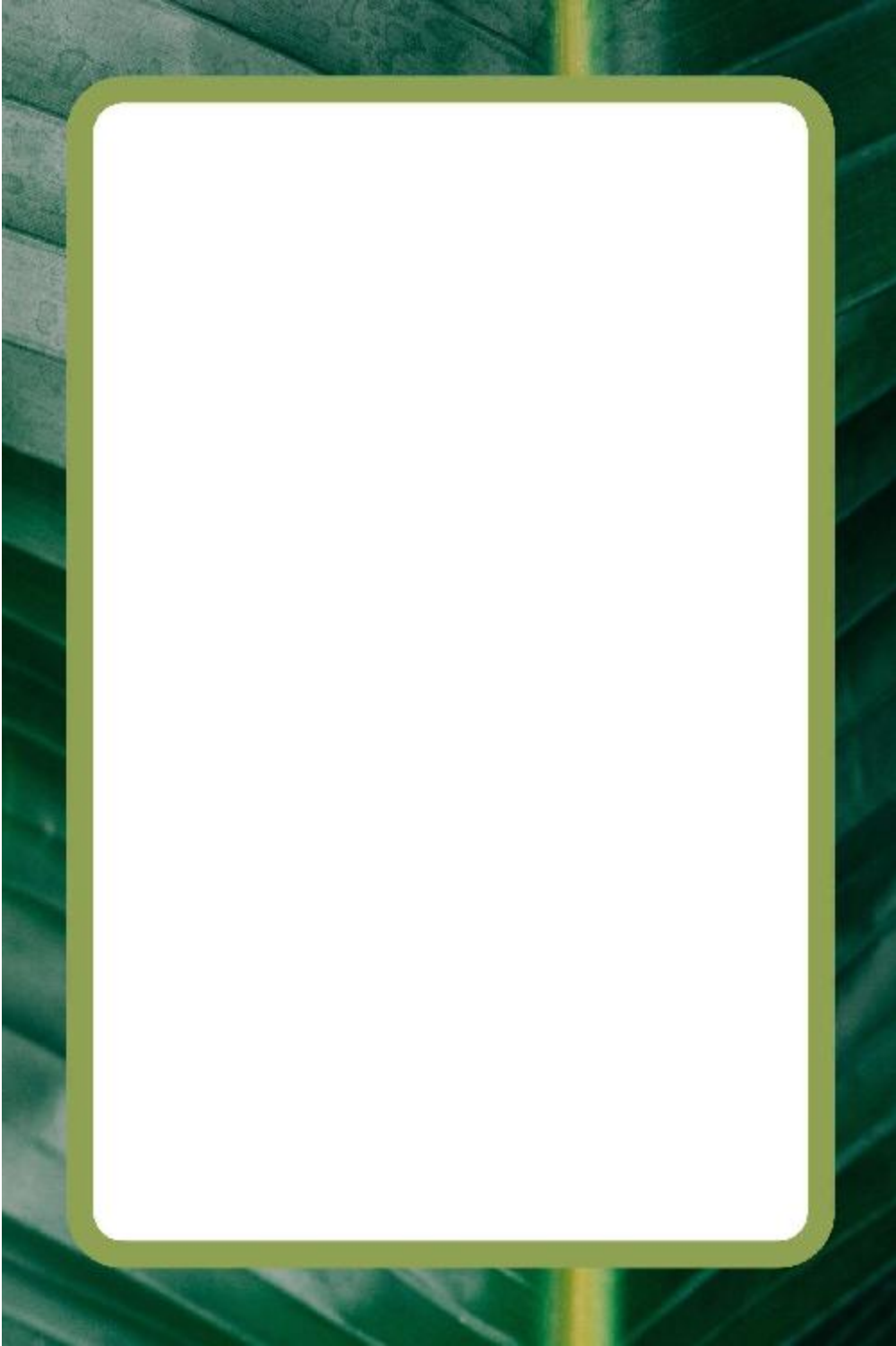
2 (3 ounce) packages chicken flavored ramen noodles, crushed, seasoning packet reserved

1/2 cup blanched slivered almonds

1/2 cup corn oil

Directions

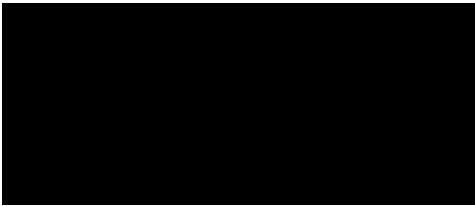
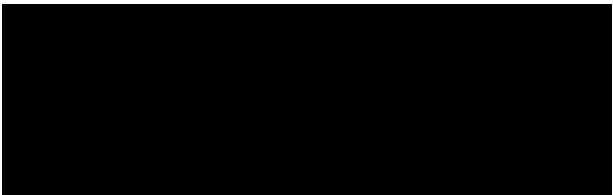
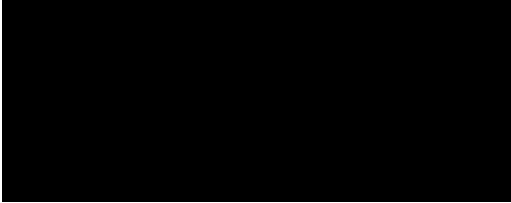
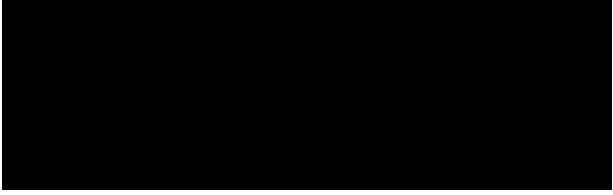
1. In a large skillet, saute chicken until it's golden browned. Add chicken to coleslaw in a large bowl then set aside. If not serving soon, keep in the fridge.
2. Crush up ramen noodles, add almonds and set aside.
3. Combine corn oil, vinegar, ramen seasoning sachets and artificial sweetener until it's mixed well and set aside. Wait for the serving time.
4. When the time has come, mix noodle mixture, dressing mixture and coleslaw with chicken together then ready to serve.







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7. Chinese Microwaved Tofu
with Minced Pork

ingredients

- 3/4 cup ground pork
- 1 teaspoon sesame oil
- 1 dash ground black pepper
- 1 dash crushed red pepper flakes
- 1 (14 ounce) package tofu, drained
- 1 green onion, chopped

1 tablespoon chopped carrots

1 chile pepper, chopped

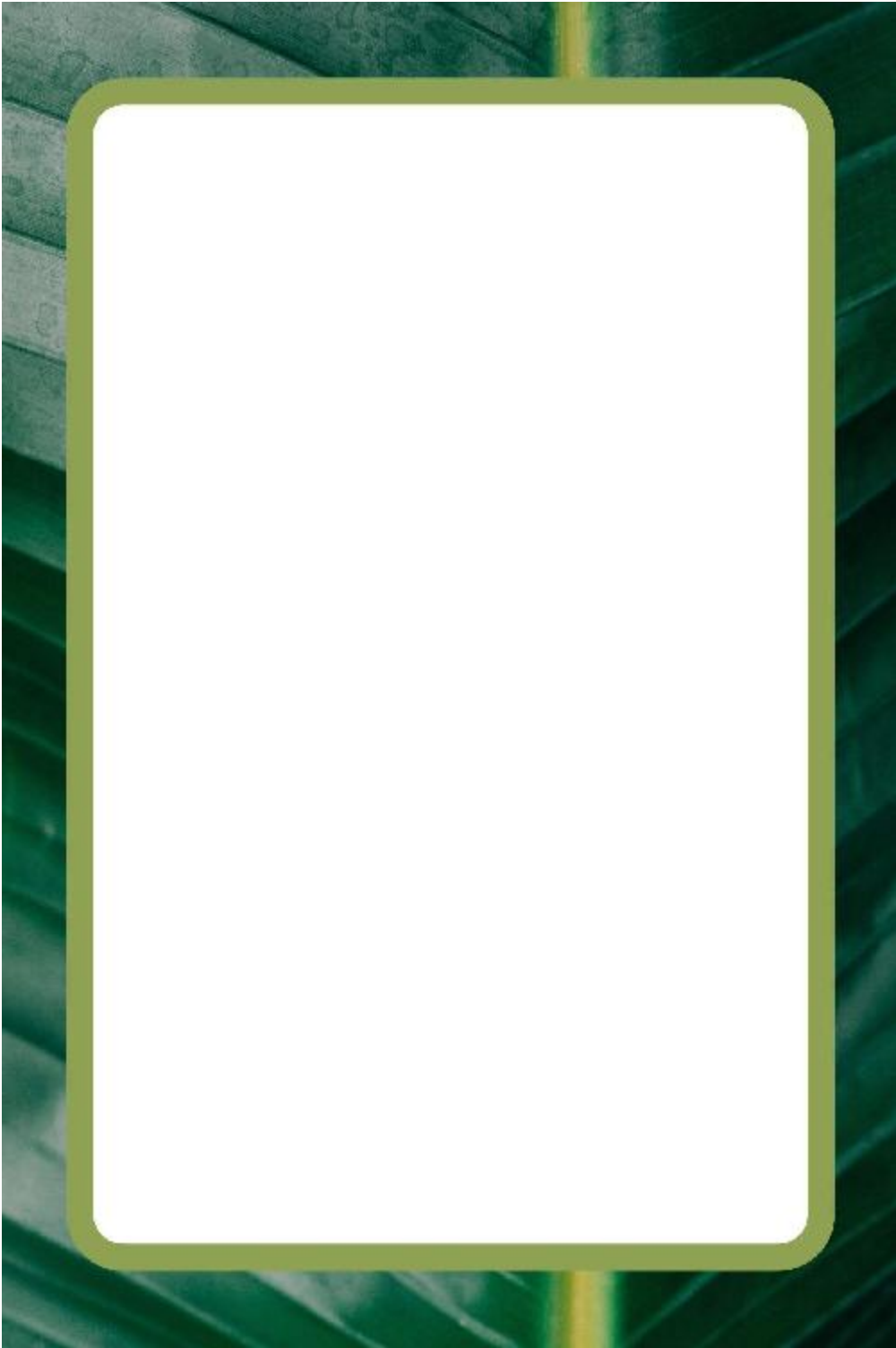
1 teaspoon soy sauce

1/2 teaspoon white sugar

1 teaspoon cornstarch

Directions

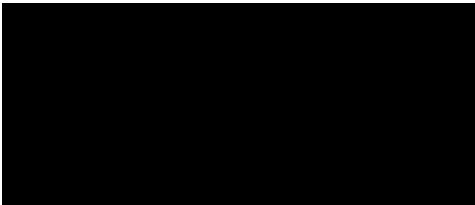
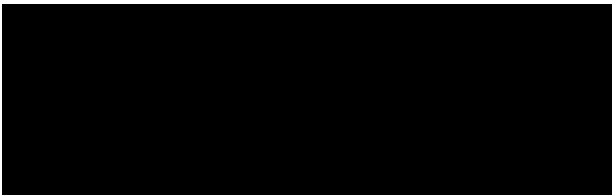
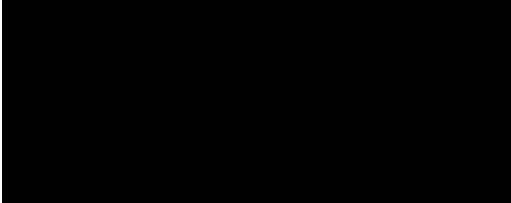
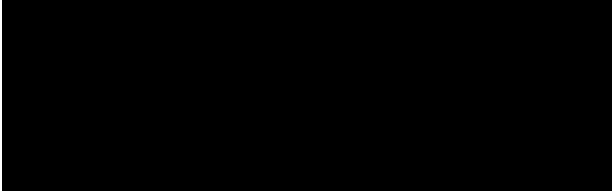
1. Mix ground pork, soy sauce, sesame oil, sugar, cornstarch, black pepper, and red pepper flake until it's well-combined. Leave it for at least 10 minutes to marinate.
2. Use a microwave-safe bowl, place tofu in the bowl and top the pork over the tofu just the right amount. Put green onion, carrots, and chili pepper on top. Wrap the bowl with microwave-safe wrap then pierce all over them to vent steam.
3. Cook on high heat until vegetables are tender and pork is cooked through - 5 minutes or longer as desired.







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8. Chinese Tea Leaf Eggs

ingredients

8 eggs

1 teaspoon salt

1/4 teaspoon salt

3 cups water

1 tablespoon soy sauce

1 tablespoon black soy sauce

2 tablespoons black tea leaves

1 (2 inch) piece cinnamon stick

1 tablespoon tangerine zest

2 pods star anise

Directions

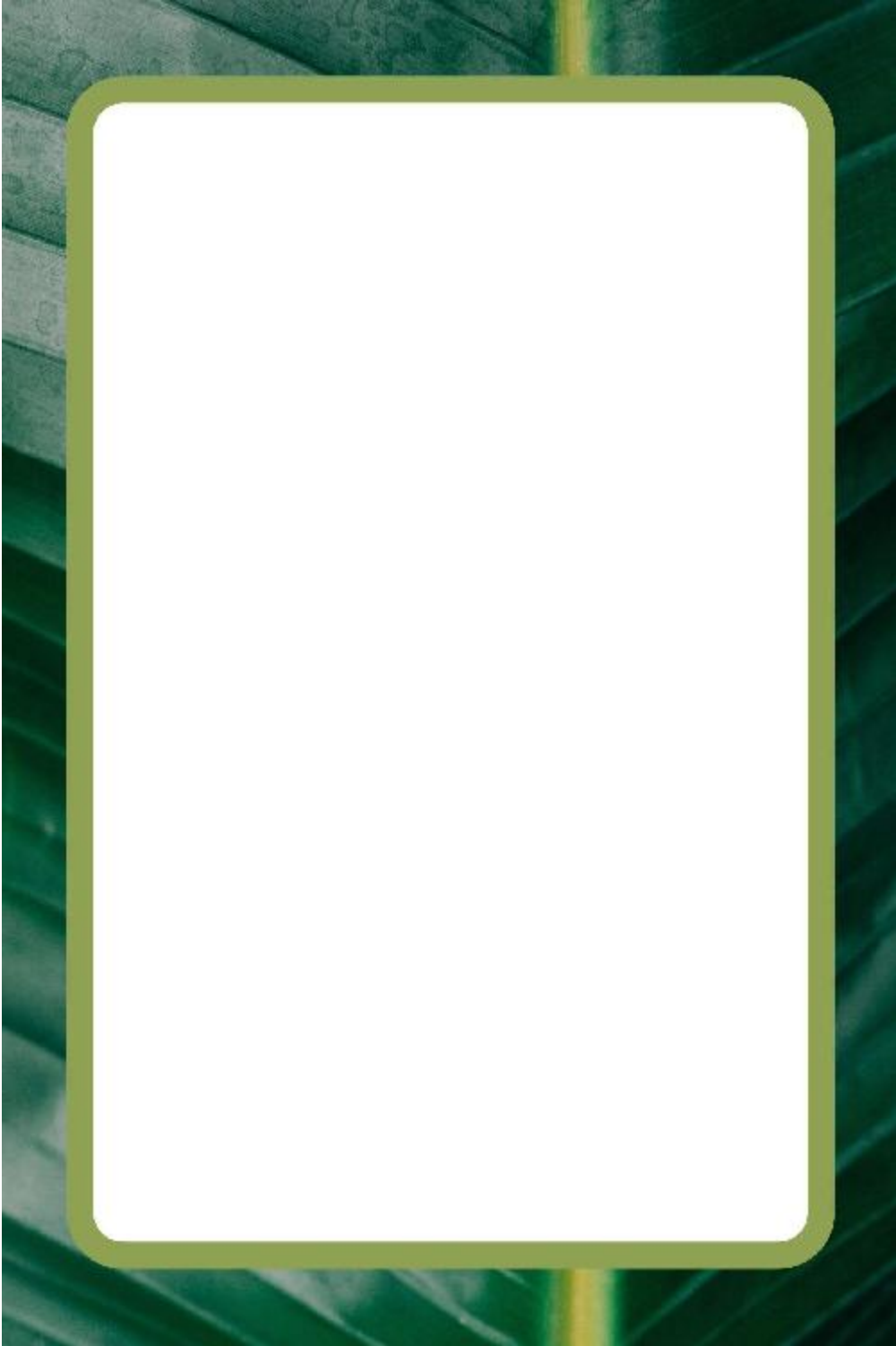
1. Put eggs in a saucepan, add water until cover all eggs and add 1 tsp salt to the water. Bring to the boil then reduce heat and simmer for 20

minutes.

2. Remove the eggs, drain and let it cool. Then crack the egg shell by using the back of a spoon, don't remove the shells. Make sure to crack it all over the eggs.

3. Add soy sauce, black soy sauce, salt, tea leaves, star anise, cinnamon stick, and tangerine zest into 3 cups of water. Bring to the boil, then reduce the heat, cover and let it simmer for about 3 hours.

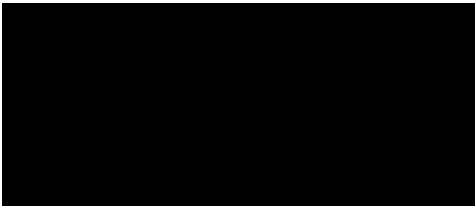
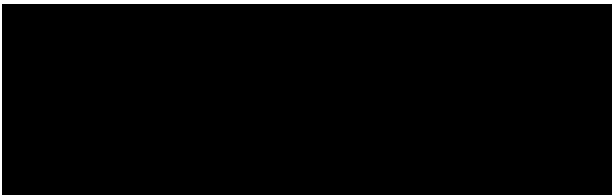
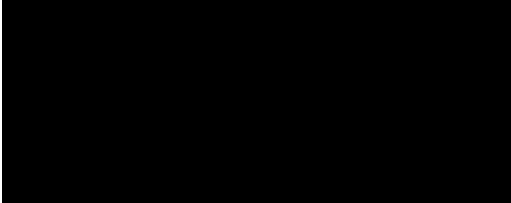
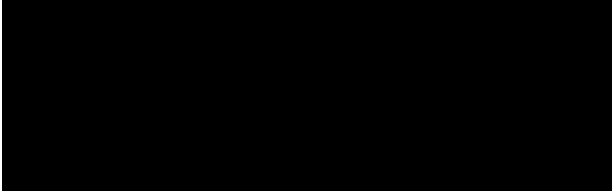
4. Remove from heat then place the eggs into the mixture and leave it for at least 8 hours.







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9. Spicy Chinese Chicken Wings

ingredients

1 pound chicken wings

2 tablespoons white sugar

1/4 cup rice wine

3 tablespoons chili garlic sauce

2 cloves garlic, minced

1/4 cup water

1/2 cup soy sauce

1 tablespoon sesame oil

Directions

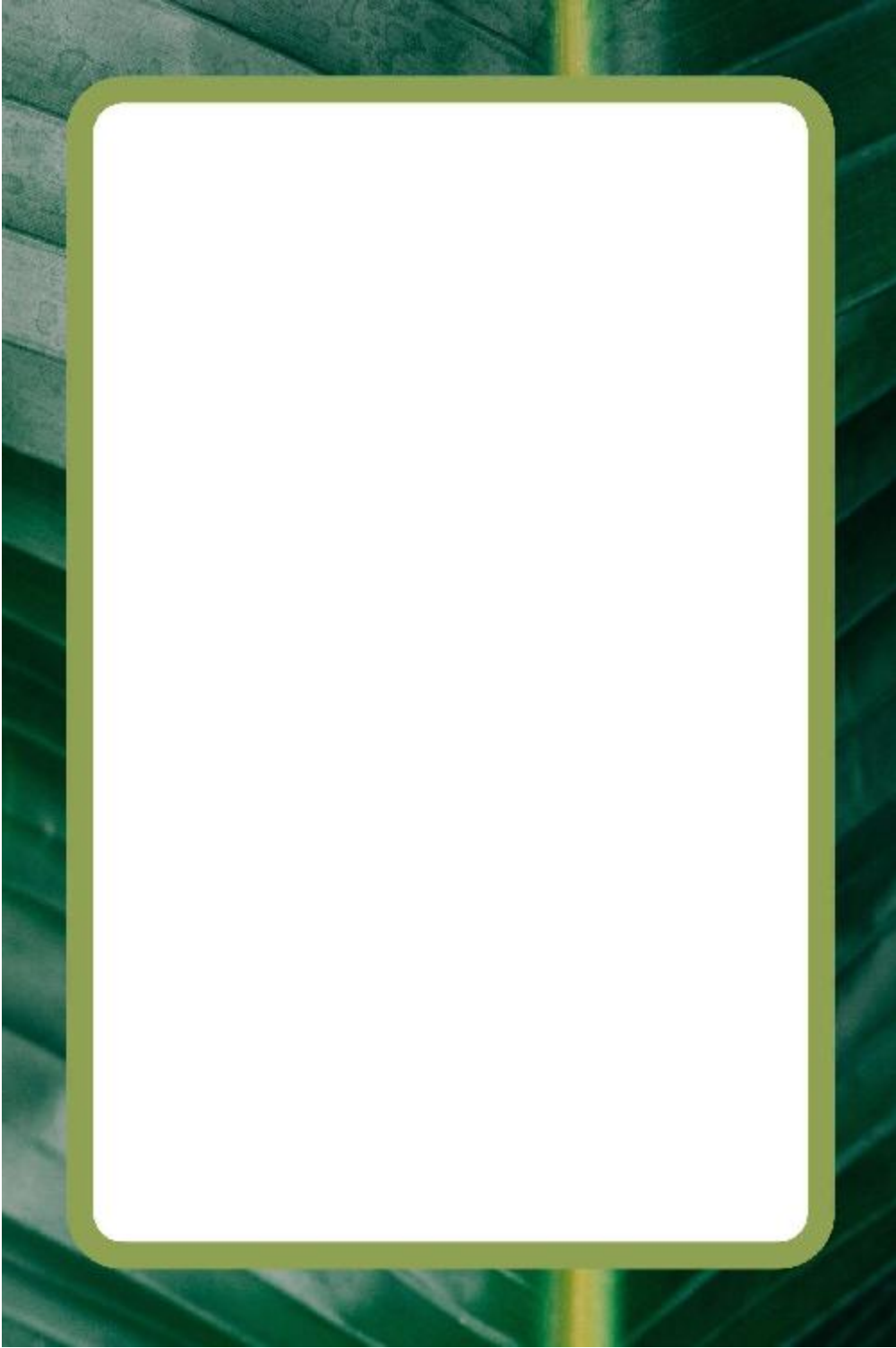
1. Wash and clean the chicken wings then dry it. Using a large bowl, mix sugar, soy sauce, rice wine, chili garlic sauce, sesame oil, and garlic together. Add the chicken wings to the mixture, toss them around to make sure that they're all coated.

2. Apply oil lightly on the skillet and turn the medium heat. Put the chicken wings, sauce and water together in the skillet and stir for a while.

Then cover it and cook until the wings are cooked through. This should take around 15 - 20 minutes, don't forget to turn the wings occasionally.

3. Remove the cover and thicken the sauce by cooking a bit longer.

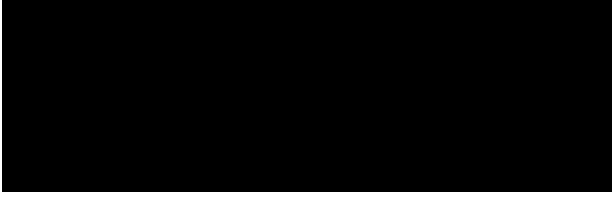
Usually for about 5 - 10 minutes.







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10. Chinese Pot Roast

ingredients

1 (4 pound) boneless beef chuck roast

1 tablespoon garlic salt

1 tablespoon ground black pepper

1 tablespoon vegetable oil

3/4 cup soy sauce

3 tablespoons white vinegar

1 teaspoon ground ginger

1 teaspoon celery seed

2 tablespoons cornstarch

1/4 cup cold water

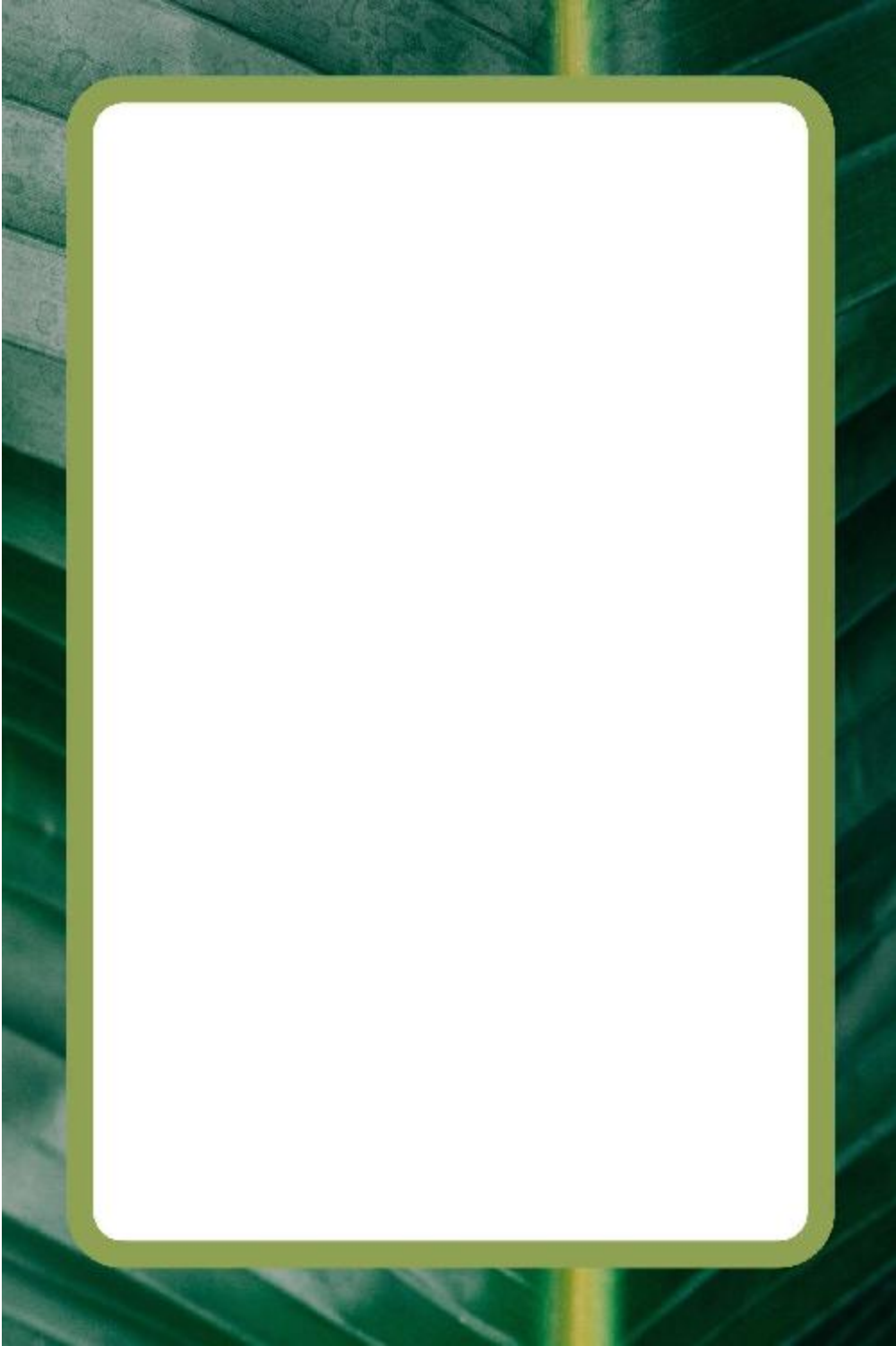
1 teaspoon dry mustard powder

3 cups water

1/4 cup honey

Directions

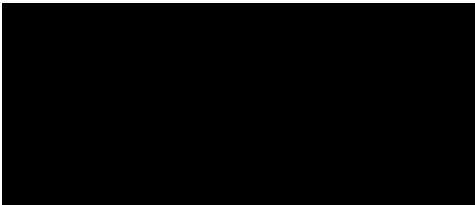
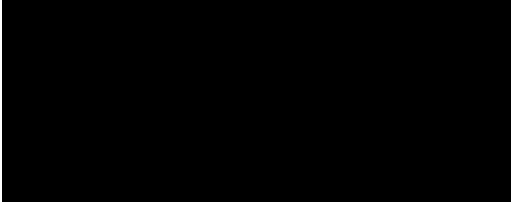
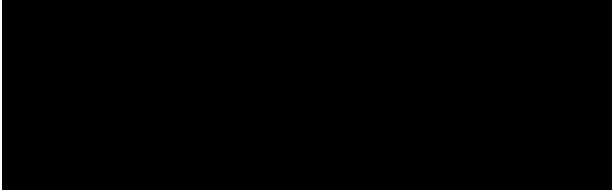
1. Preheat the oven at 165 degree Celsius / 325 degree Fahrenheit.
2. Seasoning the chuck roast by coating it with garlic salt, pepper and mustard powder. Prepare an oven-proof skillet to fit the size of the roast and heat the oil in it over medium-high heat. Add the roast, brown both sides to seal the juice. This should take around 5 minutes for each side.
3. Mix 3 cups of water, soy sauce, vinegar, honey, ginger and celery seed and pour over the roast. Cover the roast and bake for about 2.5 - 3 hours or until the roast is tender.
4. When it's done with the desired tenderness, remove the roast. Then prepare gravy by using the dripping from the roast. Heat the dripping at medium-high and bring to the boil. Mix cornstarch and 1/4 cup of cold water. Stir in the cornstarch mixture into the boiling dripping, keep stirring until it's thickened.
5. Serve by dressing the roast with gravy.







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11. Chinese Spare Ribs

ingredients

3 tablespoons hoisin sauce

1 tablespoon honey

1 tablespoon soy sauce

1 teaspoon rice vinegar

1 teaspoon grated fresh ginger

1/2 teaspoon grated fresh garlic

1/4 teaspoon Chinese five-spice powder

1 pound pork spareribs

1 tablespoon ketchup

1 tablespoon sake

1 teaspoon lemon juice

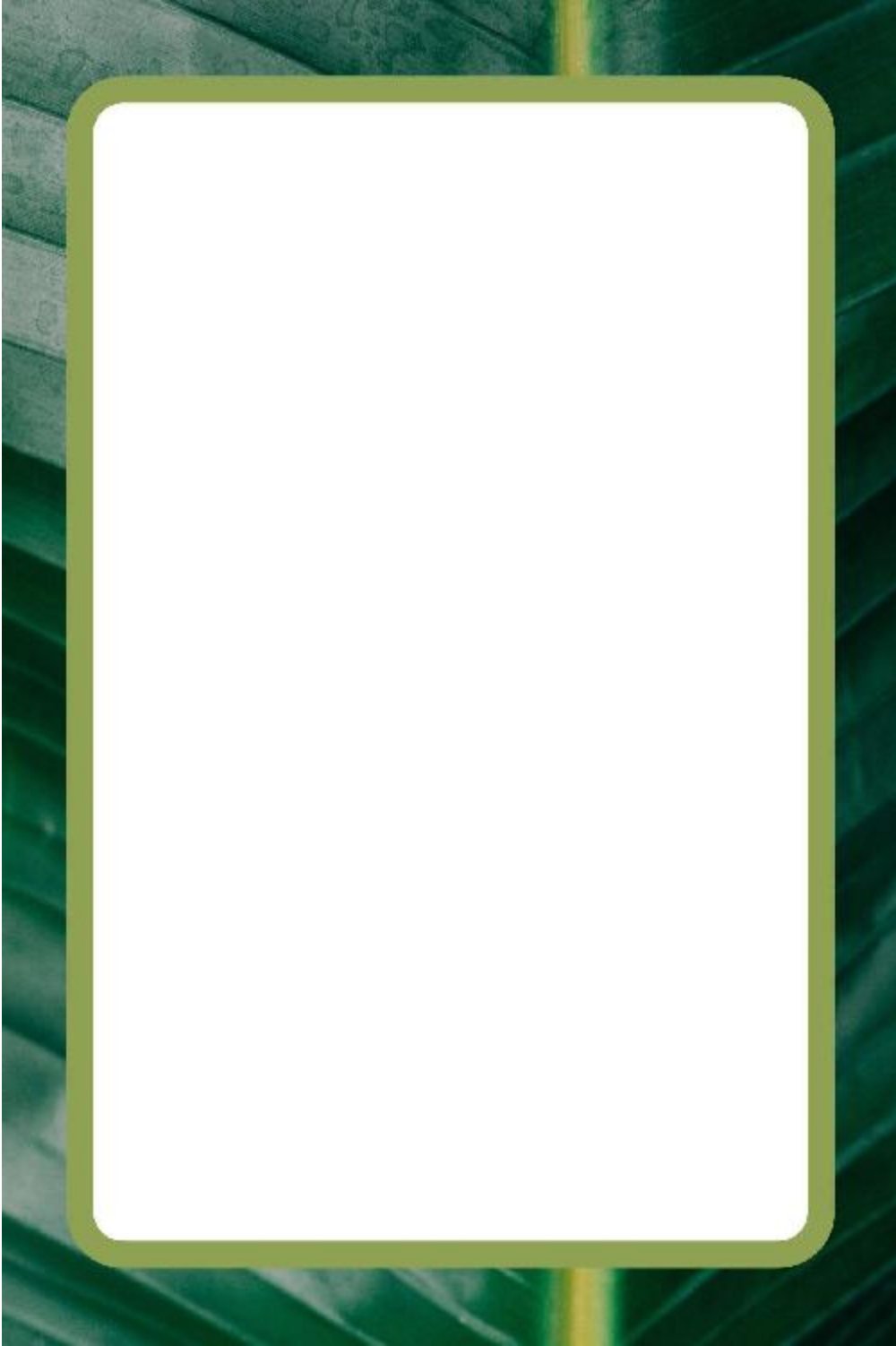
Directions

1. Combine hoisin sauce, ketchup, honey, soy sauce, sake, rice vinegar, lemon juice, ginger, garlic and five-spice powder. Place spare ribs in a shallow dish and coat all over it with the marinade. Then cover it and keep in the fridge for at least 2 hours, leaving it over will make a better result.

2. Preheat the oven at 165 degree Celsius / 325 degrees Fahrenheit.

Cover the bottom of the broiler tray with water. Arrange a rack over the tray then place the ribs on the rack.

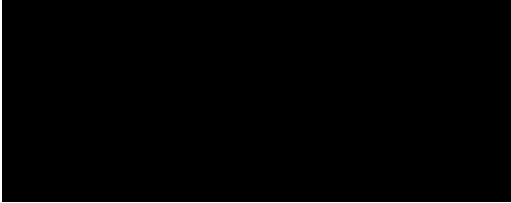
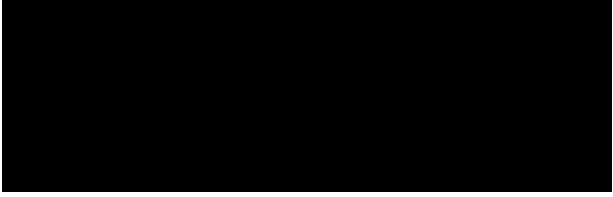
3. Center the tray in the oven and cook for 40 minutes or until it's cooked through. Keep turning and brushing the ribs with the marinade every 10 minutes. Then cook for another 10 minutes to let the marinade cook and make a glaze.







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12. Chinese Noodle Pancakes

with Asparagus

ingredients

1 pound fresh Chinese wheat noodles

1/2 pound fresh asparagus

2 cloves garlic, minced

1 teaspoon minced fresh ginger root

1 cup water

1 tablespoon cornstarch

2 tablespoons Chinese rice wine

1 tablespoon fermented black beans

8 ounces spinach with stems, rinsed

2 teaspoons dark sesame oil salt and pepper to taste 2 tablespoons canola oil

2 tablespoons soy sauce

Directions

1. Boil noodles in a large pot until it's all cooked but not tender. Drain and rinse with cold water, make sure they are all completely cool.

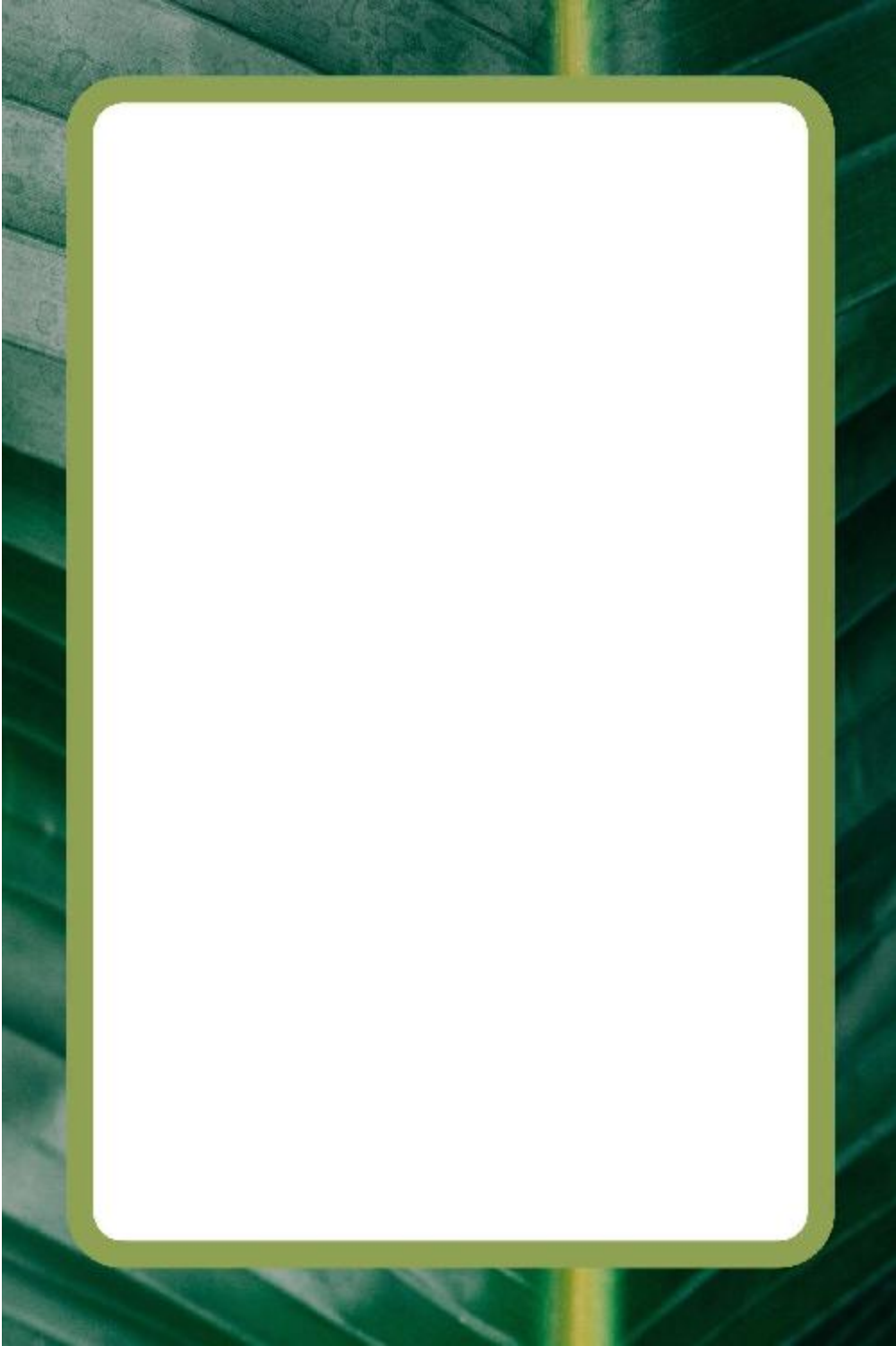
2. Cut off the tough ends of asparagus then cut the rest into 2 inch pieces. Heat 1 tbsp of oil in the skillet over medium heat. Add garlic and ginger then saute for a while.

Careful not to brown the garlic, then add the asparagus and ½ cup of water. Let it simmer for about 2 minutes.

3. Mix cornstarch with the remaining ½ cup of water, rice wine and sherry until it's well-combined. Add the mixture, soy sauce, fermented black bean to the skillet. Let it boil for a few seconds then add spinach and stir until the vegetable wilt. Remove from the heat.

4. Heat the remaining oil over high heat, Separate noodles into four small heaps then place those heaps in the hot skillet. Try to flat each heap to make more brown area at the bottom, then reduce to medium-high heat. Fry the noodle cakes until a golden brown crust is developed at the bottom, turn over and fry 3 minutes longer. While cooking the noodle cakes, reheat the vegetable mixture, add the sesame oil, salt and pepper.

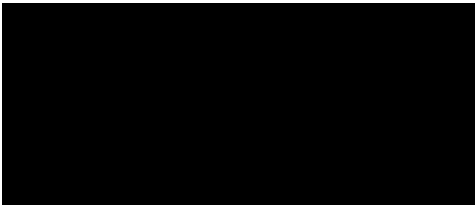
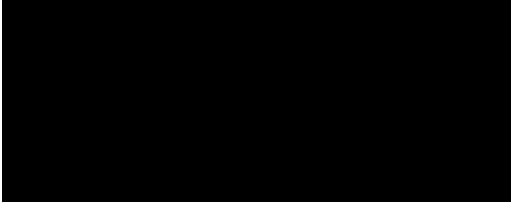
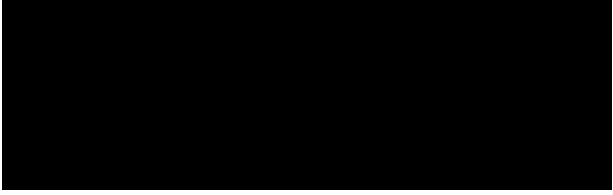
5. Serving the noodle by spooning the vegetable mixture over and putting some around the cake as garnishing.







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13. Chinese Five Spice Spare Ribs

ingredients

2 tablespoons soy sauce

1 tablespoon white wine vinegar

1 tablespoon honey

1 teaspoon Chinese five-spice powder

1/2 teaspoon minced garlic

2 pounds pork short spareribs

1 teaspoon sesame oil

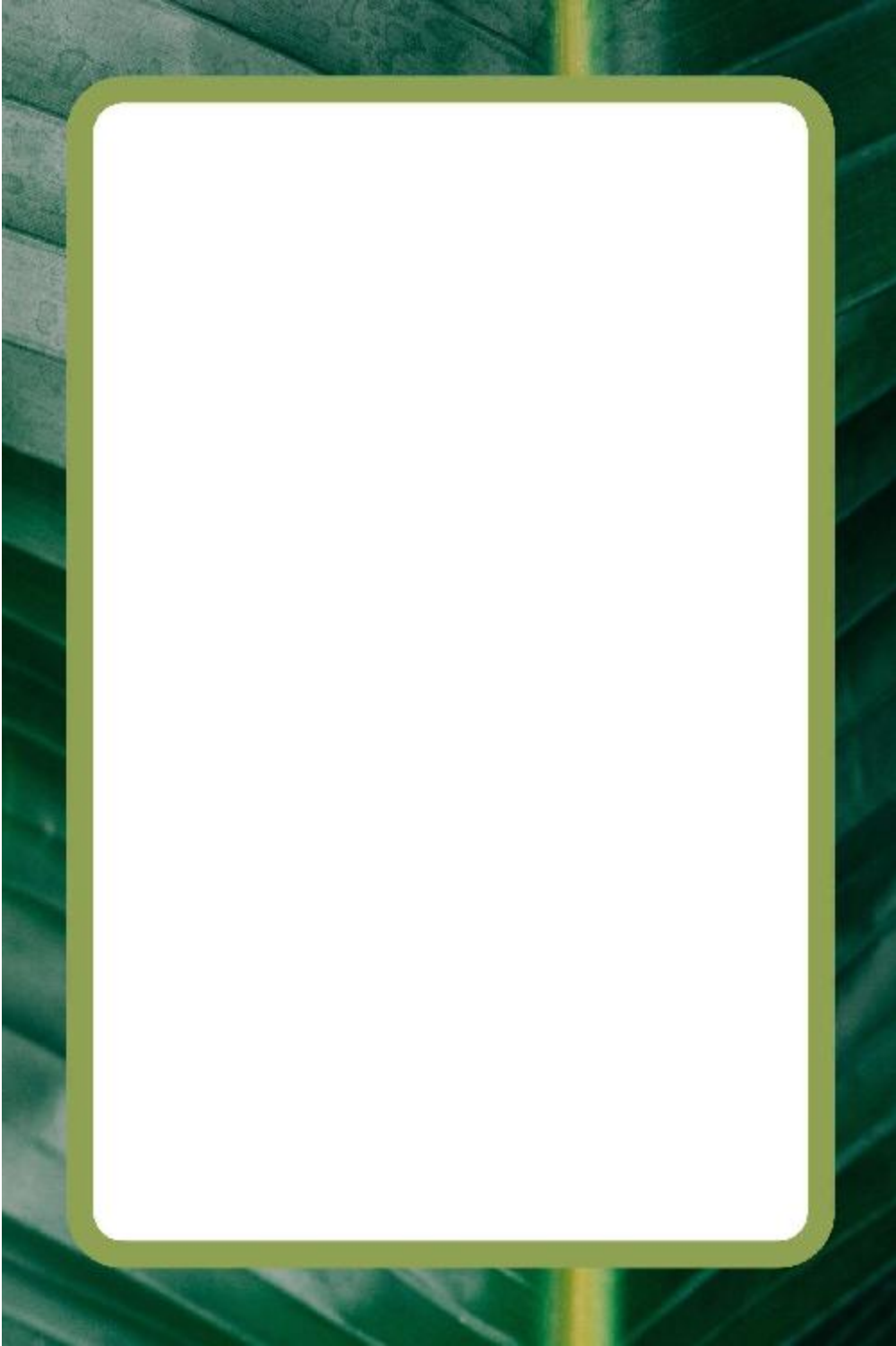
1/2 teaspoon ground ginger

Directions

1. Prepare a large storage bag to fit the ribs, then mix together the seasoning in the bag; soy sauce, white wine vinegar, sesame oil, honey, five spice powder, garlic, and ginger.
2. Add the ribs to the bag and let it marinate by keeping in the fridge for 4 - 8 hours, occasionally turn the back.
3. Preheat the oven at 165 degree Celsius / 325 degrees Fahrenheit.

Place the marinated ribs in a roasting pan, cover it with aluminium foil and make sure it's tight.

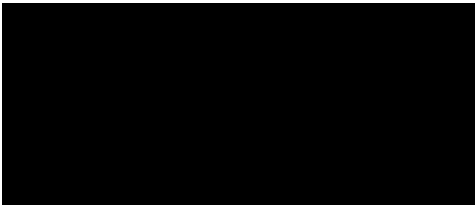
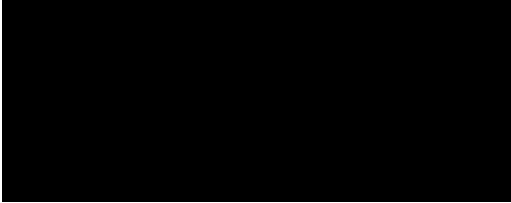
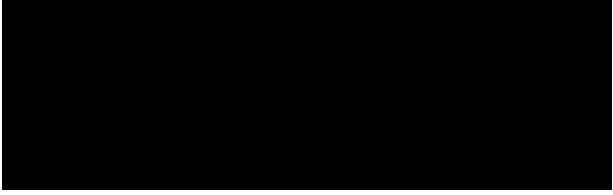
4. Cook for 1 hour, occasionally turn the ribs. Then increase the heat to 205 degree Celsius / 400 degree Fahrenheit. Remove the foil and cook for another 20 minutes, turning it at half way to make sure that the ribs are cooked through and have an evenly nice brown.







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14. Chinese Steamed White Fish Fillet
with Tofu (Cantonese Style)

ingredients

- 1 Thai chile, chopped
- 2 cloves garlic, chopped
- 1 (1/2 inch) piece fresh ginger, minced
- 1 tablespoon black bean sauce
- 2 tablespoons white soy sauce
- 1 tablespoon vegetable oil

2 tablespoons dark soy sauce

1 tablespoon white sugar

1 tablespoon cornstarch

1 tablespoon cold water

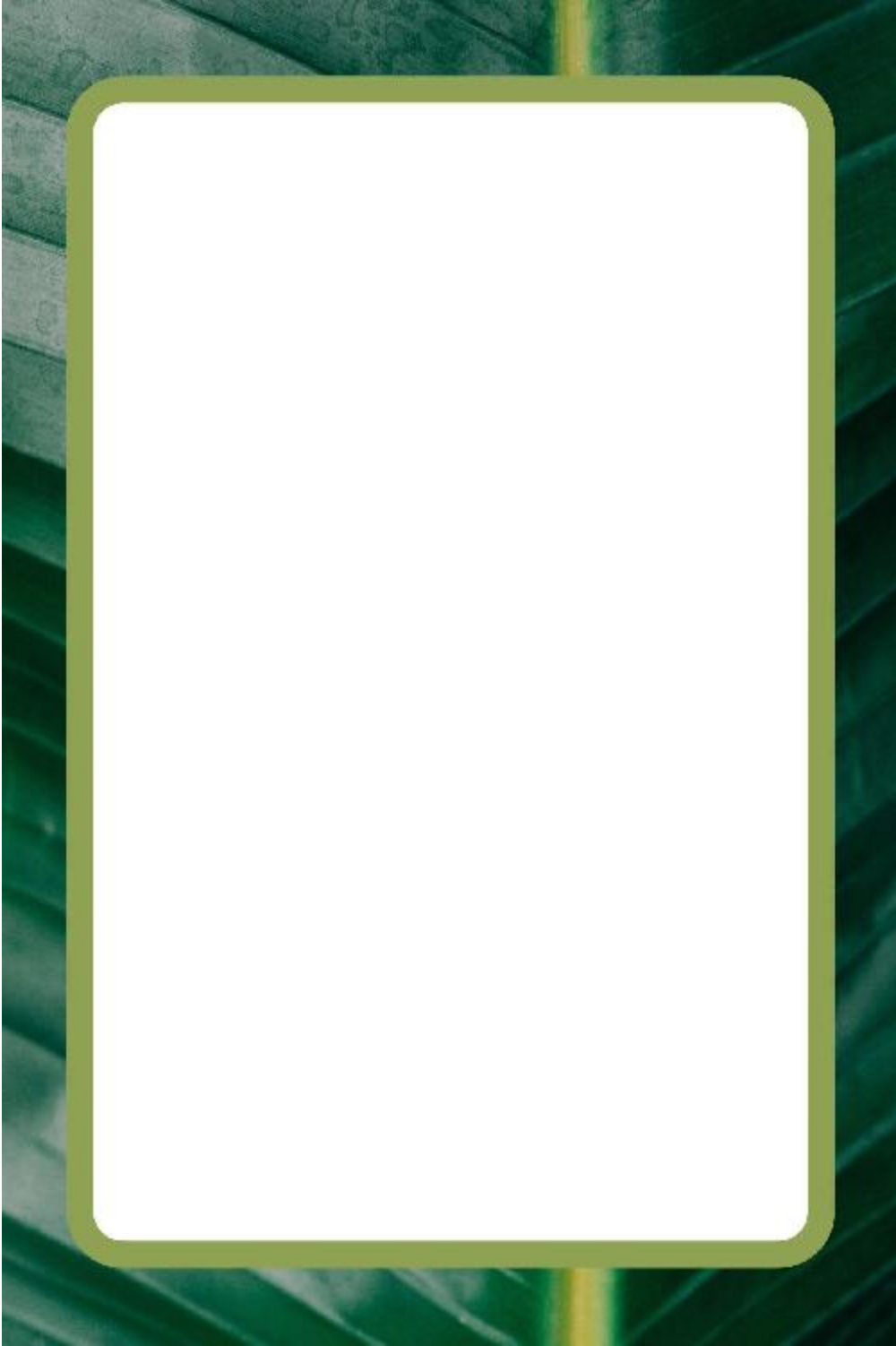
3/4 pound white fish fillets

1 pinch white pepper

1 (16 ounce) package tofu, drained and cubed 1 cup green onion, finely chopped

Directions

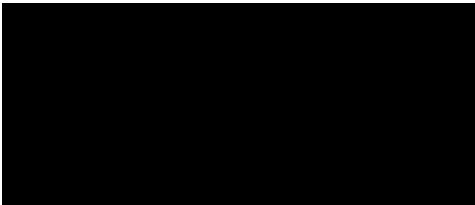
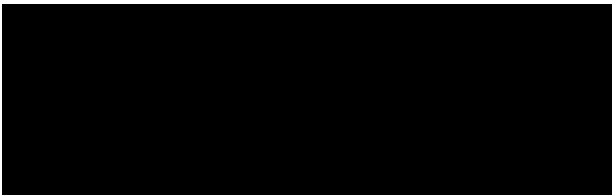
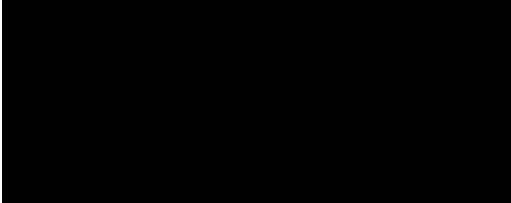
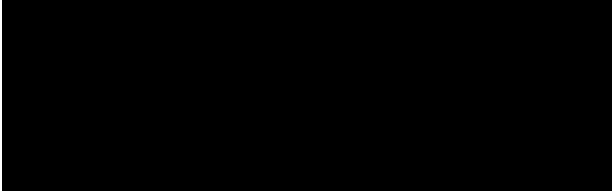
1. Prepare about 1.5 inch water in a pot and fit a steam basket in it.
2. Mix chili, garlic, ginger and black bean sauce, then stir in dark soy sauce, white soy sauce, vegetable oil, sugar, and white pepper. Mix cornstarch and water then stir into the sauce mixture. Cut fish fillet into thin strips and add them to the mixture. Make sure that the fish strips are completely coated in the sauce.
3. When the water is boiling, place a layer of tofu on the basket. Cover it and steam for 2 minutes. Then place the fish strips on top of the tofu, cover and steam for 3 minutes.
4. Garnish with chopped green onion before serving. Usually served with rice and steam Asian vegetables.







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15. Chinese Cookies

ingredients

1 1/2 cups white sugar

1 teaspoon vanilla extract

1 1/4 teaspoons baking soda

1/2 cup ground walnuts

1 cup prepared chocolate fudge frosting

1 1/2 cups shortening

1 egg

3 1/2 cups cake flour

3/4 teaspoon salt

Directions

1. Mix sugar and shortening until the cream is formed. Beat in egg and vanilla until it's light and fluffy. Stir in cake flour, baking soda and salt, combine until the mixture forms as dough. Roll the dough to form a long log then roll in ground nuts. Wrap and chill the dough until it's firm.

Usually it takes at least 1 hour.

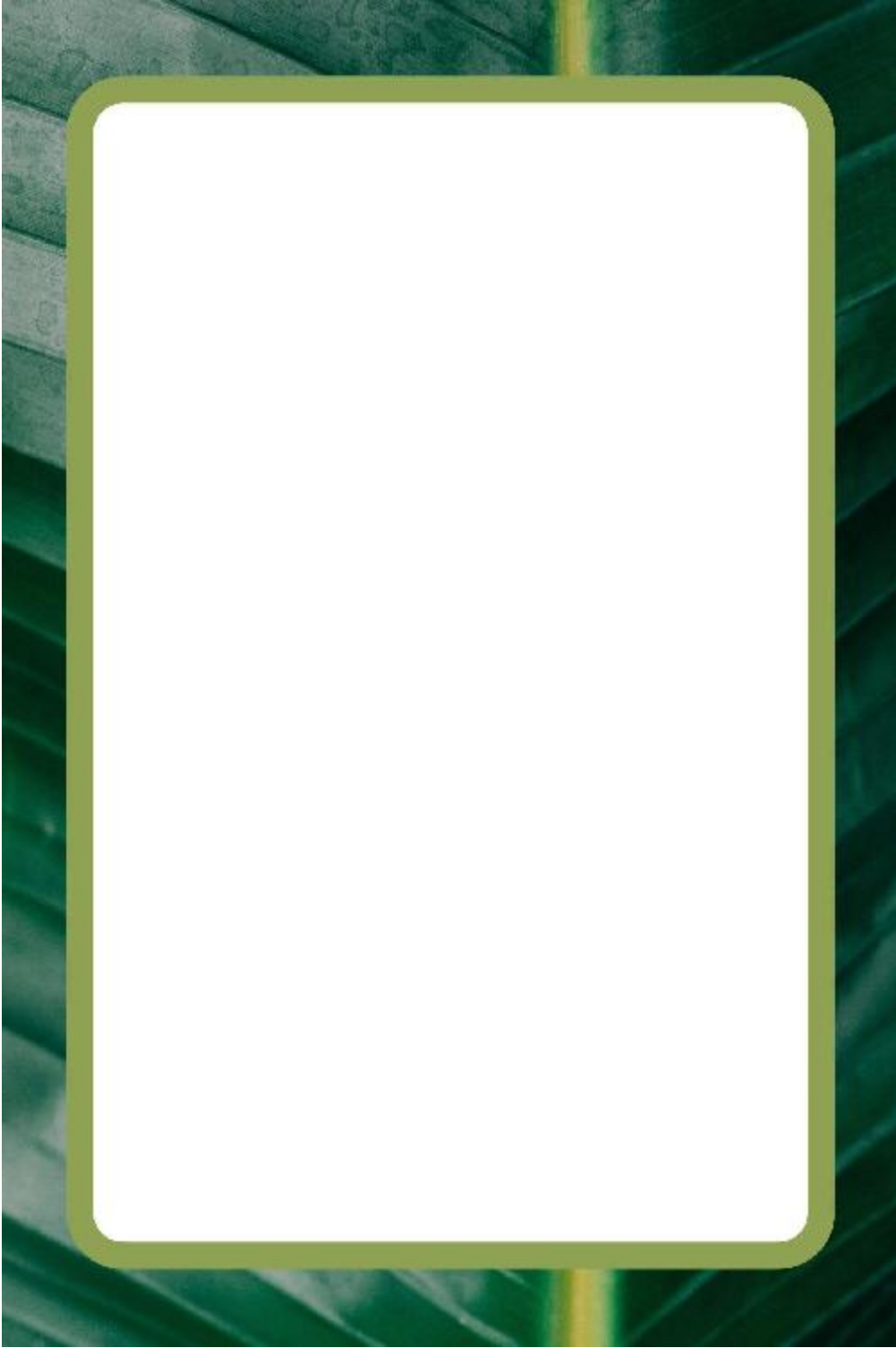
2. Preheat the oven at 175 degree Celsius / 350 degree Fahrenheit.

Prepare the cookie sheet and grease it.

3. Cut the dough into half inch slices and place onto the prepared sheet.

Keep 1.5 inch space between each cookie.

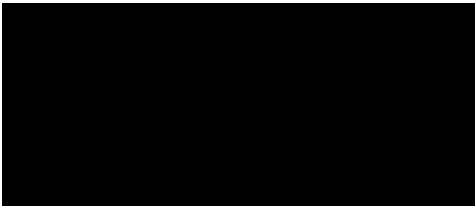
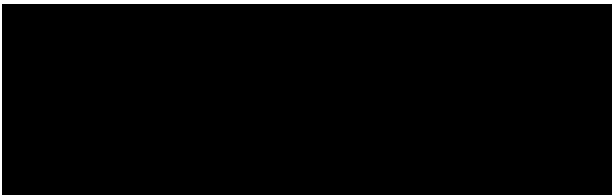
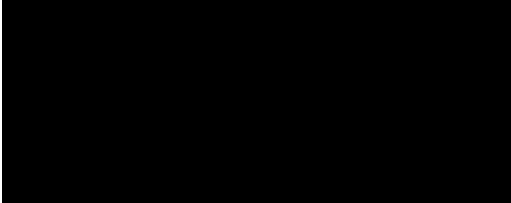
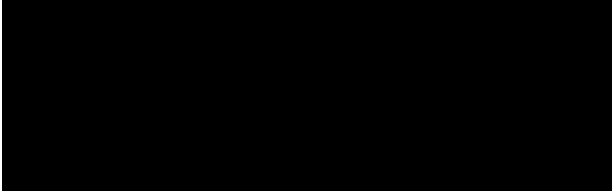
4. Bake for about 10 to 15 mins then leave them on the backing sheet to allow the cookies to cool down for a few minutes before removing to the wire rack. Make sure that the cookies are completely cool before placing a lump of fudge frosting onto the center of each cookie.







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16. Chinese Sticky Rice Cake

ingredients

1 (16 ounce) box sweet rice flour (mochiko) 1 cup canola oil

1 1/2 cups white sugar

1 teaspoon baking powder

1/2 (18.75 ounce) can sweetened red bean paste 2 tablespoons toasted
sesame seeds

2 1/2 cups milk

3 eggs, beaten

Directions

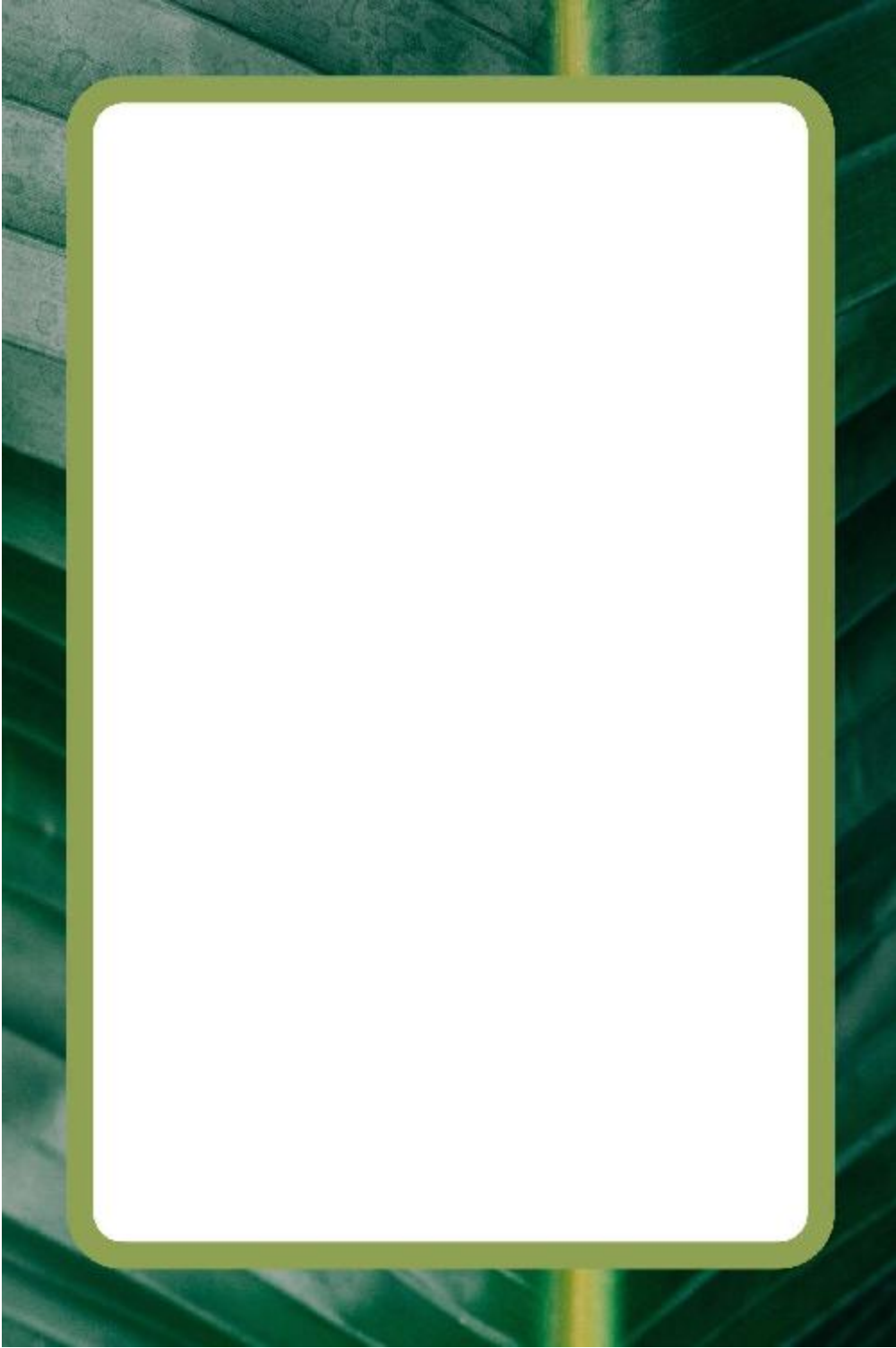
1. Preheat the oven at 165 degree Celsius / 325 degree Fahrenheit.

Grease a 9 x 13 inch baking pan lightly.

2. In a large bowl, mix rice flour, canola oil, milk, sugar, and baking powder. Beat in eggs then pour the mixture to the pan. Drop a spoonful of red bean paste into the mixture make sure that each is completely covered by the mixture and keep about 1 to 2 inch space between them then sprinkle toasted sesame seeds.

3. Bake for about 55 minutes or until they're cooked through. Checking by inserting a toothpick into the center and it comes out clean.

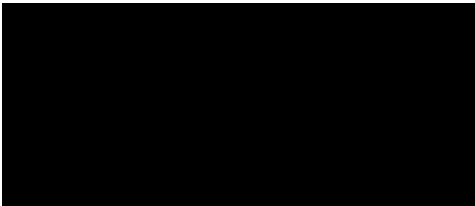
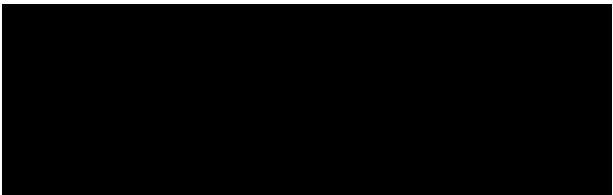
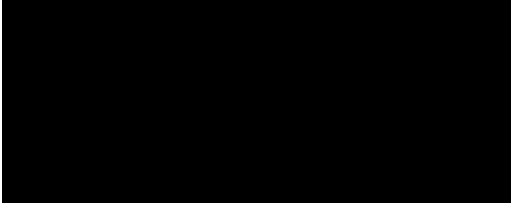
4. Let it cool for 10 minutes in the pan then move it to the wire rack and let it completely cool.







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17. Chinese Pepper Round Steak

ingredients

2 pounds beef round steak, cut into thin strips 2 tablespoons vegetable oil

1 (10.75 ounce) can condensed tomato soup 1 (10.5 ounce) can beef
consomme

4 medium green bell peppers, cut into 1 inch pieces 1/4 cup soy sauce

2 tablespoons cornstarch

1/4 teaspoon ground ginger, or to taste

1/4 teaspoon garlic salt

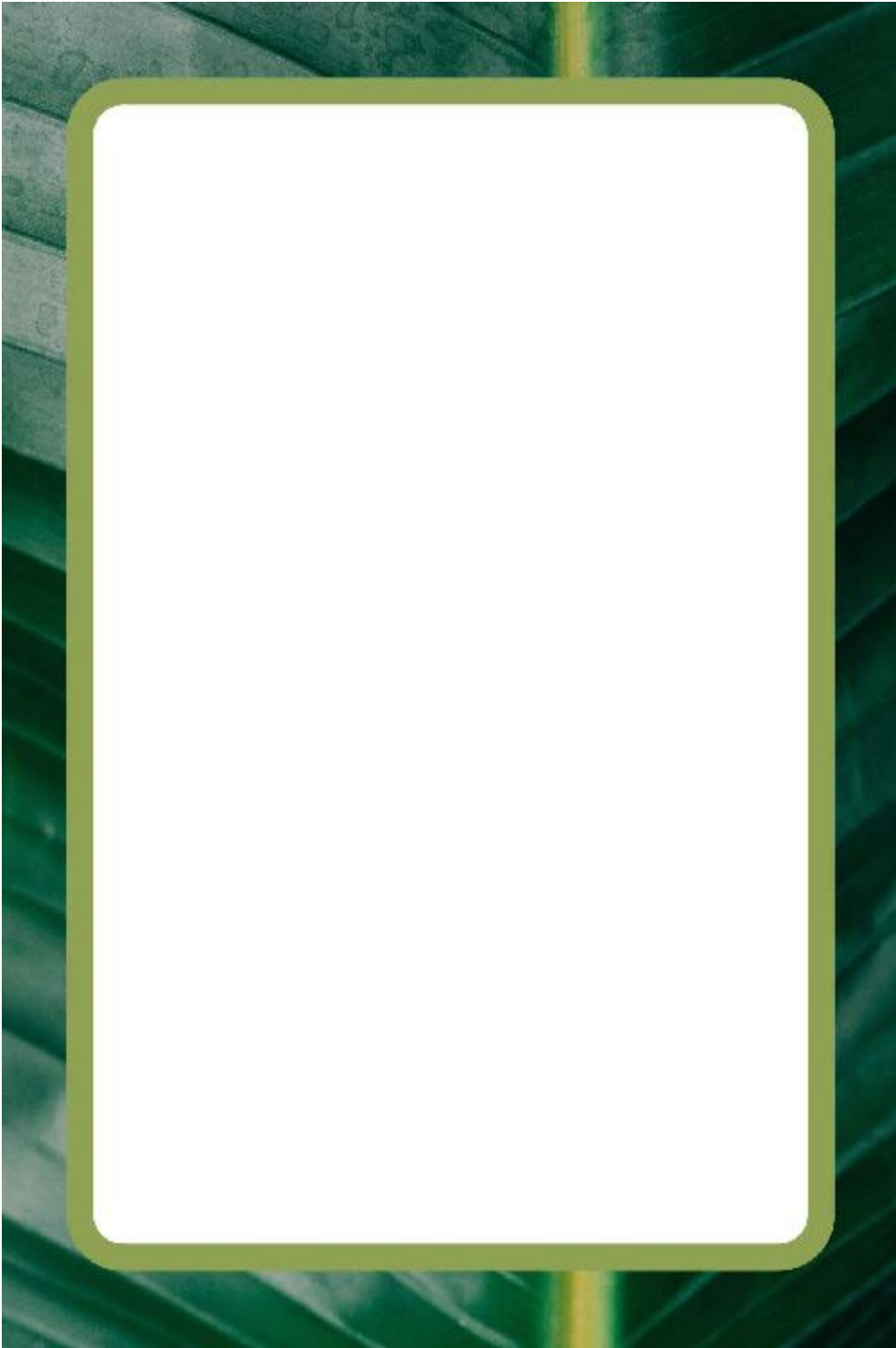
1 1/2 cups hot cooked rice

1 teaspoon white sugar

1/4 teaspoon ground black pepper

Directions

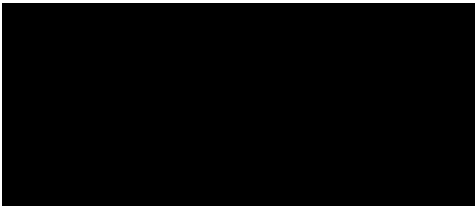
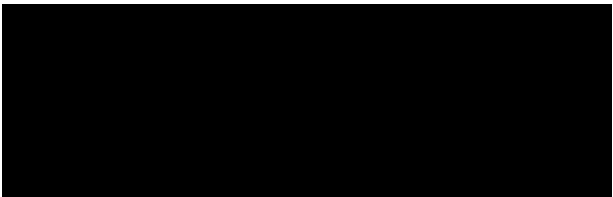
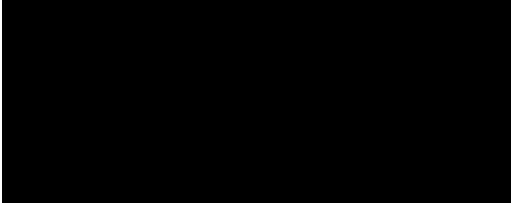
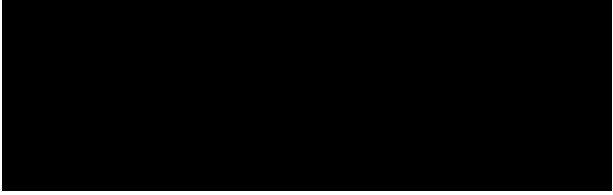
1. Set a medium-high heat skillet with some oil and quickly stir sliced beef until it's no longer pink. Remove from the skillet and set aside.
2. Mix tomato soup, beef consomme, green peppers, soy sauce, cornstarch, sugar, ginger, garlic salt, and pepper. Whisk them over medium heat in a saucepan then bring it to simmer. Keep stirring until it's thickened then occasionally stir and simmer for about 10 minutes or until green peppers start cooked.
3. Add the beef then simmer for another 20 minutes or until the peppers are cooked and the flavor is blended. Serve with hot steamed rice.







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18. Chinese Roast Chicken with Gravy

ingredients

1 (4 pound) whole chicken

1/3 cup sesame oil

3/4 cup soy sauce

1 cup chicken stock

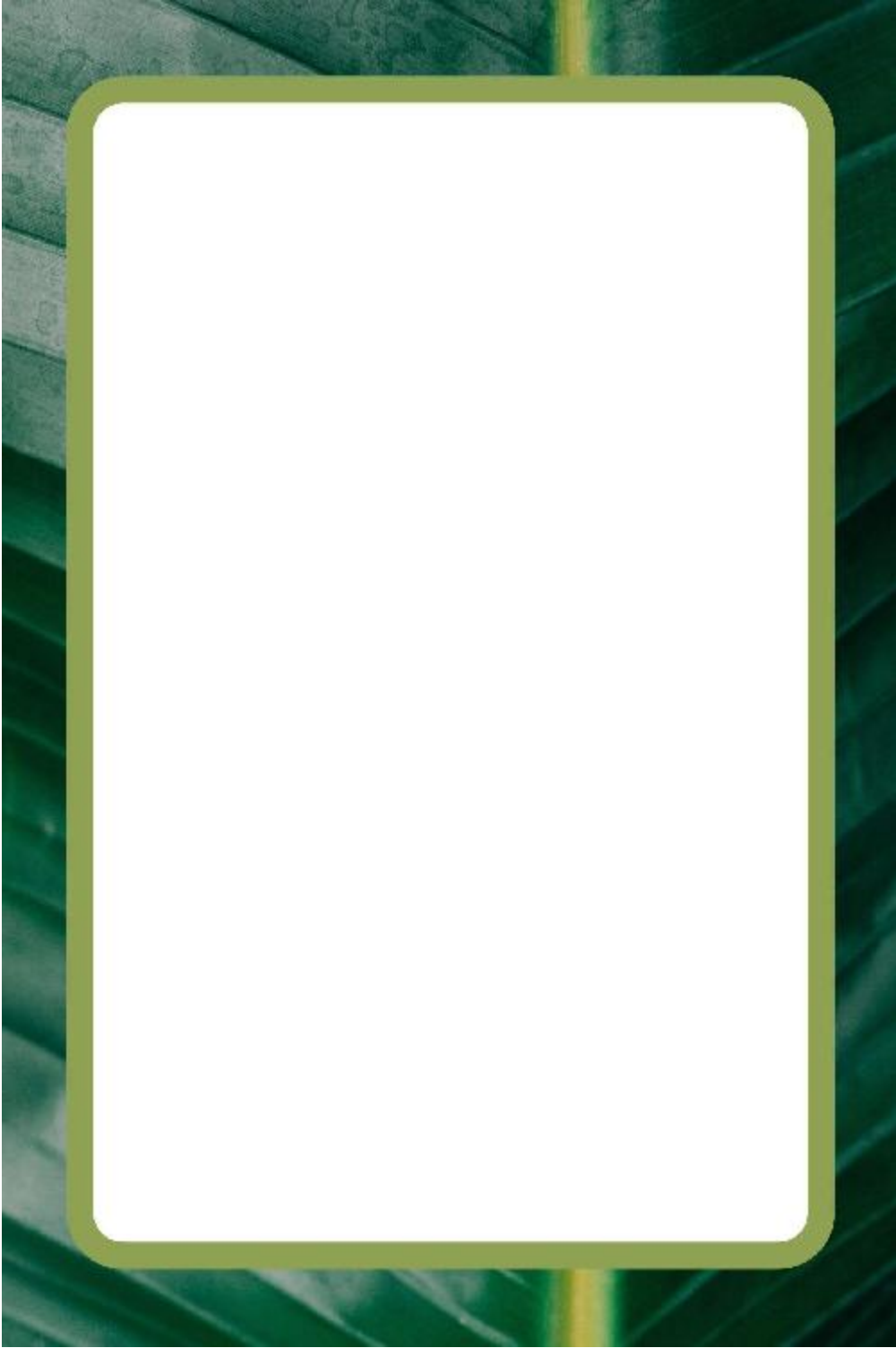
1/8 cup cornstarch

1/4 cup water

Directions

1. Preheat the oven at 200 degree Celsius / 400 degree Fahrenheit.
2. Coat chicken with soy sauce and place in a roasting pan. Bake for 30 minutes then reduce the heat to 175 degree Celsius / 350 degree Fahrenheit and bake for another 1 hour. Then drizzle oil over the chicken and bake for another 10 minutes.
3. Remove the chicken and keep it warm on a platter.
4. Prepare Gravy: Pour chicken stock to the roasting pan and bring to the boil, stirring frequently and scrap up bits of caramelized soy sauce.

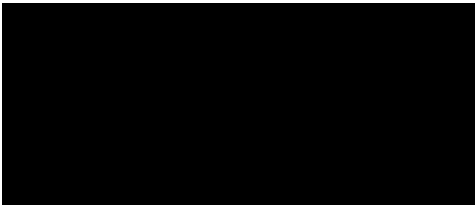
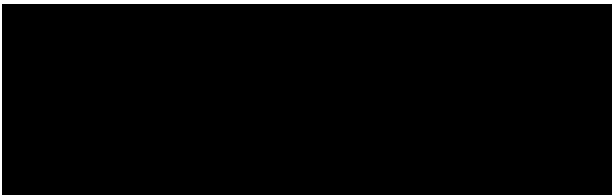
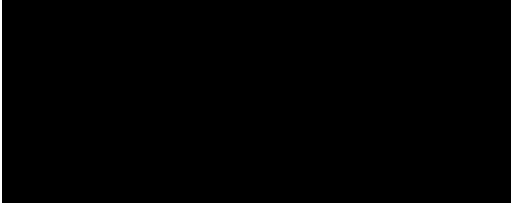
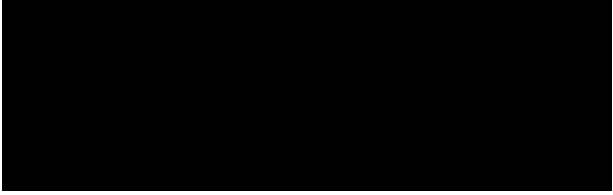
Combine cornstarch and water then stir in the mixture into the roasting pan. Stir until it's well-combined and become a nice thick gravy.
5. serve the roast chicken with the gravy.







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19. Chinese Pepper Steak

ingredients

1 1/2 cups julienned green bell pepper

3/4 cup chopped onion

2 tablespoons vegetable oil, divided

2 cups sliced fresh mushrooms

1/2 teaspoon salt

1 clove garlic, minced

1 tablespoon cornstarch

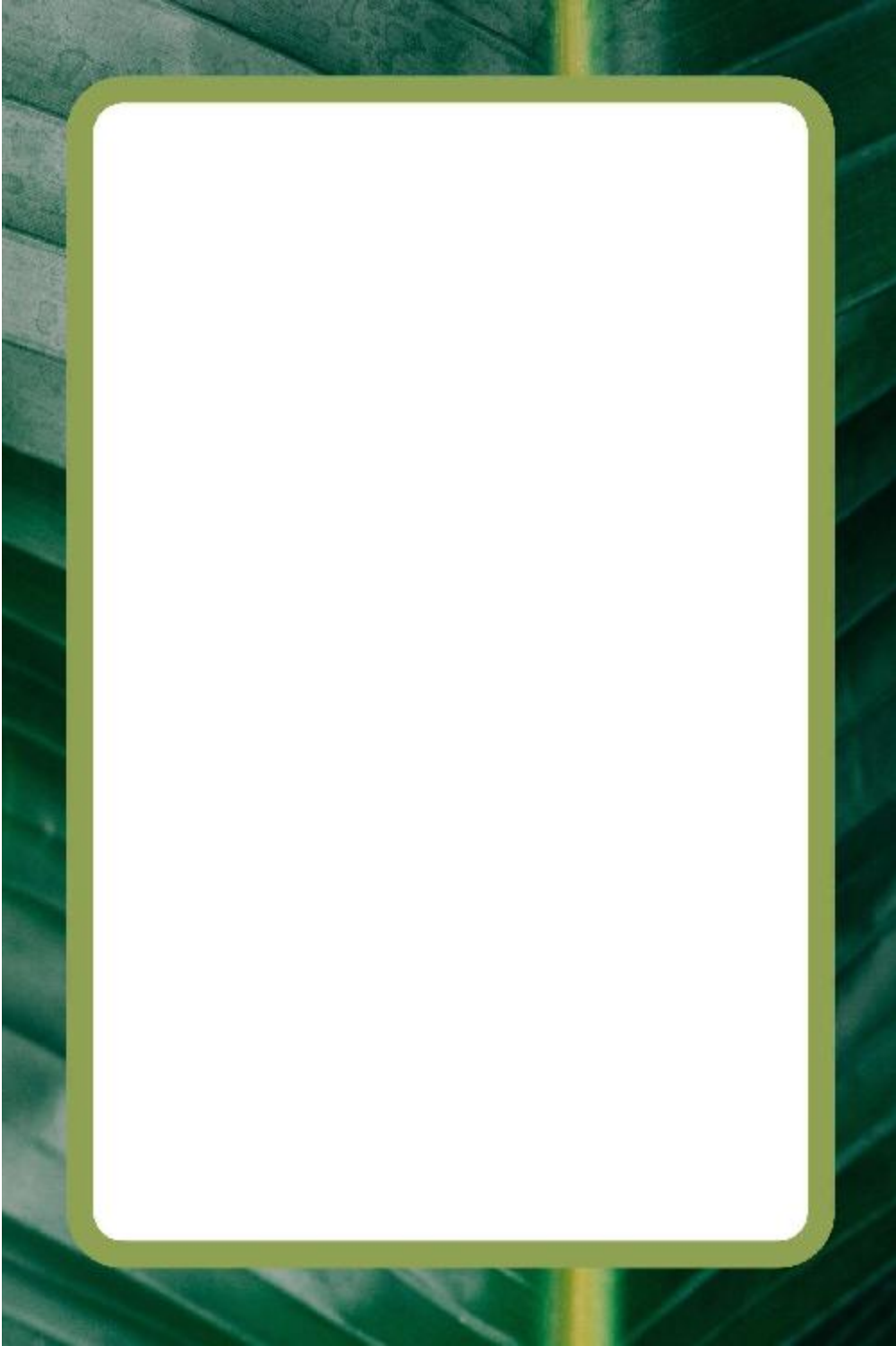
1/4 cup cold water Hot cooked rice

3/4 pound boneless beef sirloin steak, cut into thin strips 1 cup apple juice

1/4 teaspoon pepper

Directions

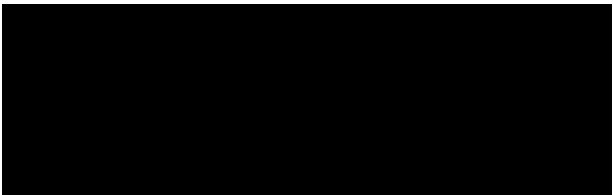
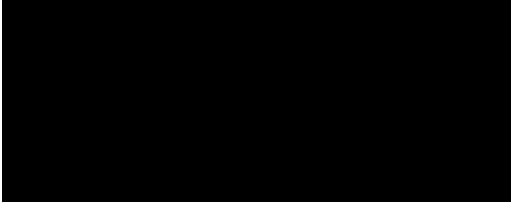
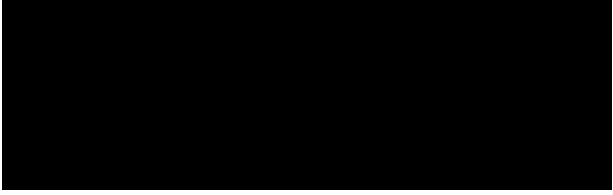
1. Heat 1 tbsp oil in a wok, stir-fry green peppers and onion for about 2-3 minutes. Add mushrooms and stir for another minute. Remove from the heat and keep it warm.
2. Seasoning the beef by using salt and pepper. Stir-fry the beef and garlic in the same wok using the remaining oil until no longer pink inside and drain.
3. Mix cornstarch, apple juice and water together until it's well-combined. Add into the beef mixture and bring to the boil. Cook and keep stirring until it's thickened. Return the vegetable into the mixture and heat through. Serve with steamed rice.







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20. Chinese Pork Tenderloin

ingredients

2 (1 1/2 pound) pork tenderloins, trimmed 2 tablespoons light soy sauce

1 tablespoon sherry

1 tablespoon black bean sauce

1 1/2 teaspoons packed brown sugar

1 clove garlic

1/2 teaspoon sesame oil

1 pinch Chinese five-spice powder

2 tablespoons hoisin sauce

1 1/2 teaspoons minced fresh ginger root

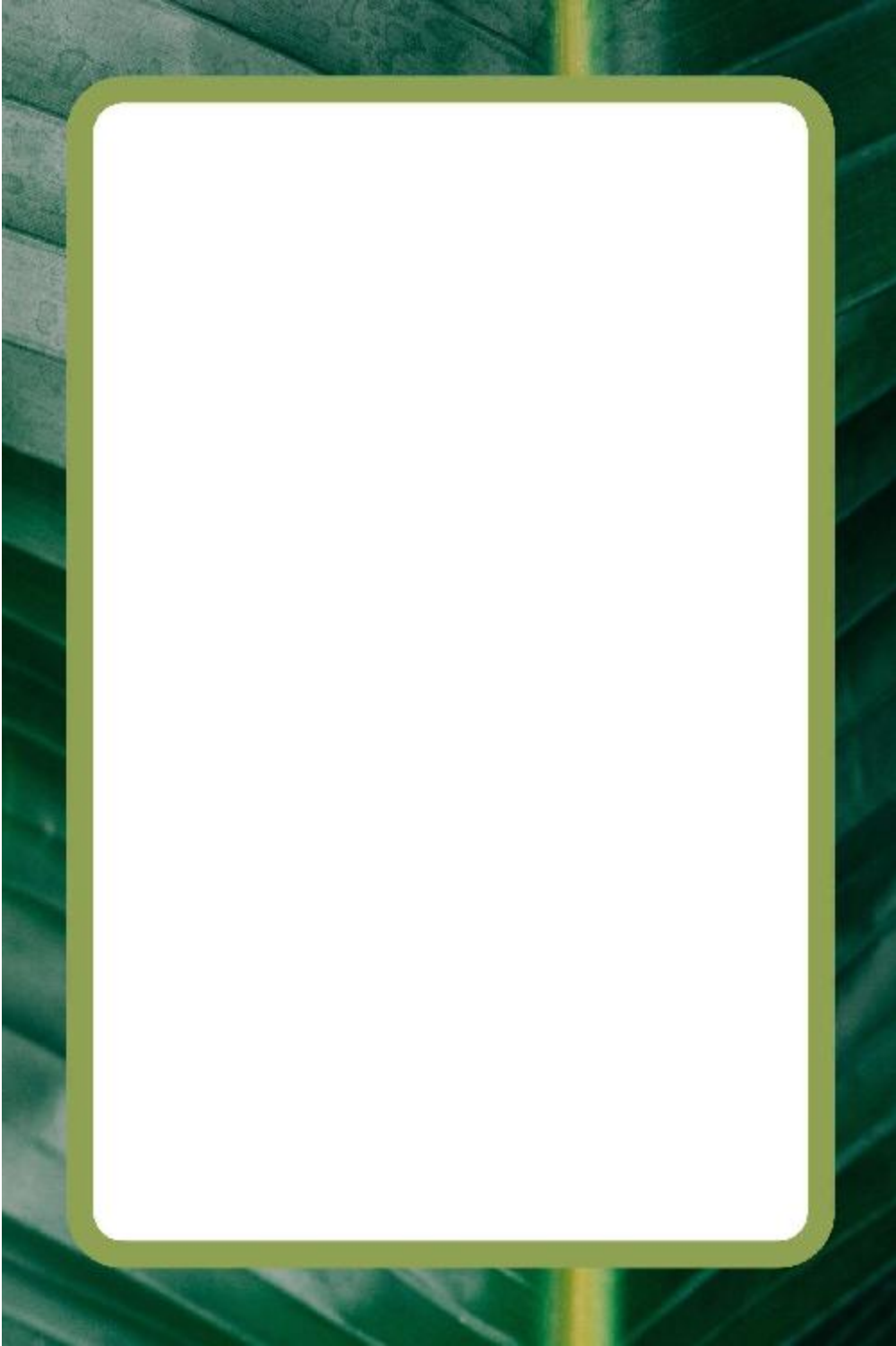
Directions

1. Whisk all ingredients together (soy sauce, hoisin sauce, sherry, black bean sauce, ginger, sugar, garlic, sesame oil, and five-spice powder).

Marinate pork tenderloin with the mixture and make sure that the pork is coated with the marinade all over the piece. Cover and let it marinate for at least 2 hours. You can leave it up to 24 hour to get the flavour penetrate through the tenderloin piece.

2. Preheat the oven at 190 degree Celsius / 375 degree Fahrenheit. Bake the pork until you get the doneness as desired (at least around 30

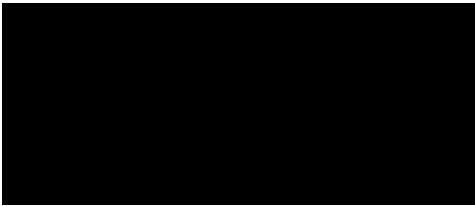
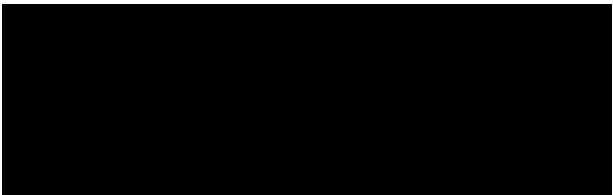
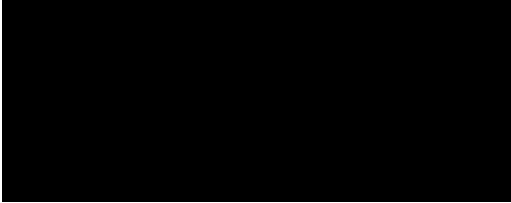
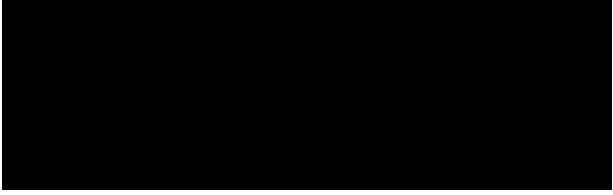
minutes). Let it stand for 10 minutes when it's finished then slice into thin pieces.







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21. Steamed Garlic Prawns Chinese-Style

ingredients

20 large tiger prawns with shell

1 teaspoon brandy

2 tablespoons light soy sauce

5 cloves garlic, minced

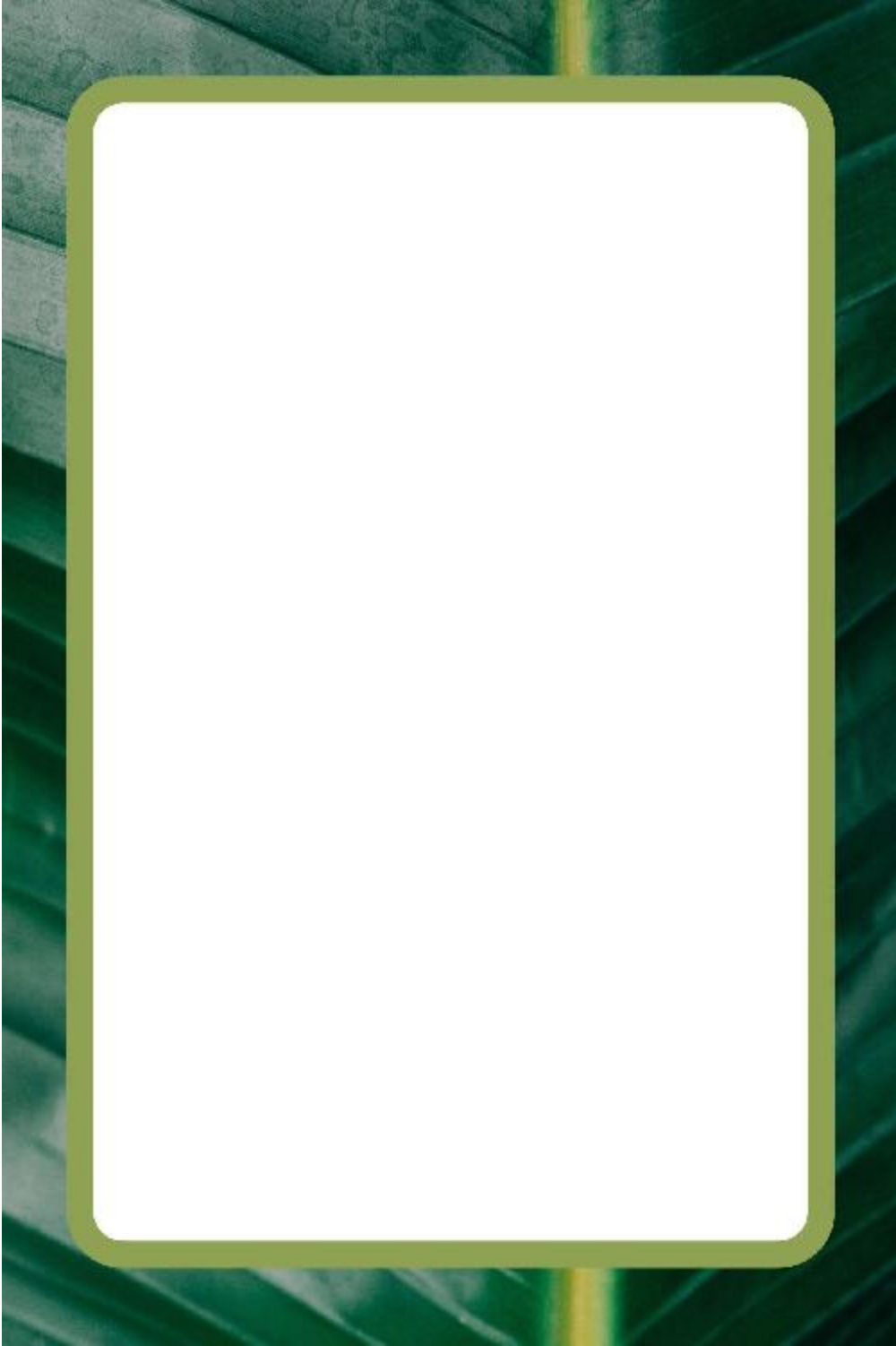
Directions

1. Clean prawns thoroughly, leave the shells and heads. Mix soy sauce, garlic, and brandy. Put the prawns to the plate and cover with the sauce mixture.

2. Fill a half full level of water into a pot then place a steamer basket.

Make sure that the water is below the basket and not reach over it. Bring to the boil then place the prawn dish on the basket. Cover and steam until it's cooked through (the meat is white through). This should take around 10 minutes.

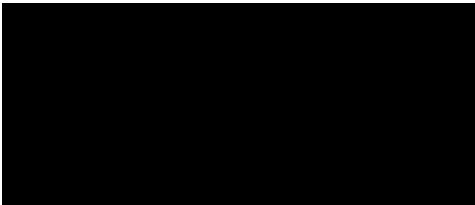
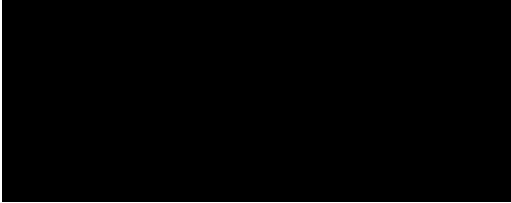
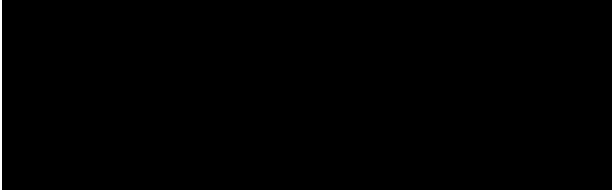
Serve while it's hot.







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22. Chinese Chicken Soup

ingredients

- 1 pound chopped cooked chicken breast
- 2 tablespoons sesame oil
- 1/2 teaspoon ground turmeric
- 2 teaspoons chopped fresh ginger root
- 2 tablespoons chile paste
- 1 quart chicken broth
- 1 cup chopped celery

1 (3 ounce) package ramen noodles

1 cup shredded lettuce

1/2 cup chopped green onion

2 teaspoons sugar

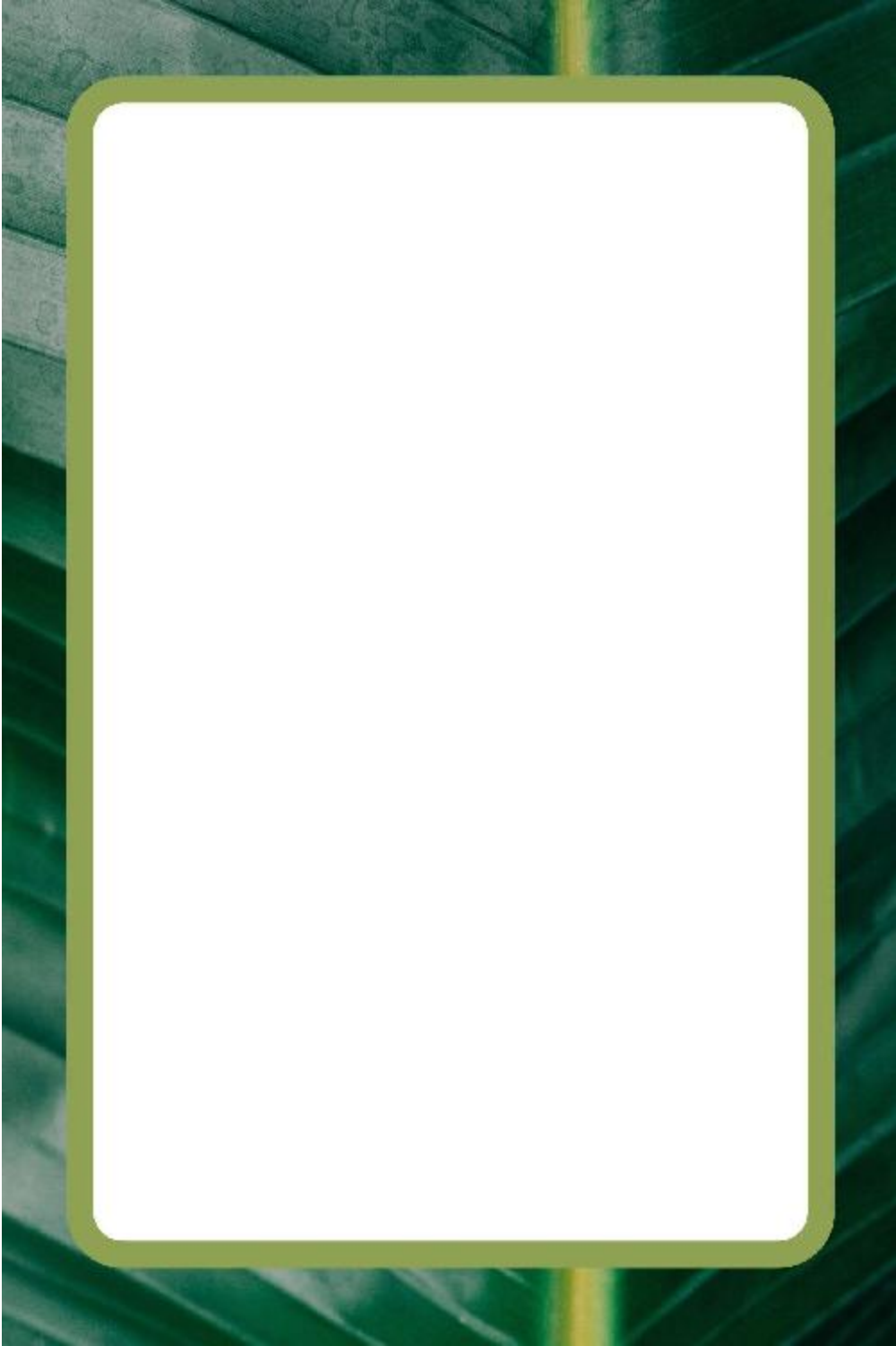
1/4 cup soy sauce

Directions

1. Heat sesame oil over medium heat in a large pot. Add turmeric, ginger, and chilli paste. Cook for about 1 - 2 minutes or until it's fragrant.

2. Add chicken, chicken broth, sugar, soy sauce and celery then bring to the boil. Put the noodles in and cook for 3 minutes. Add lettuce then remove from heat.

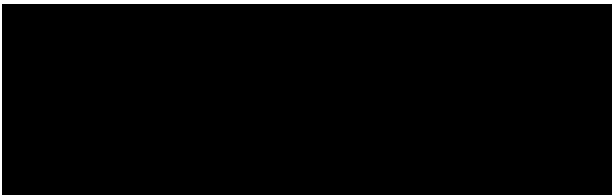
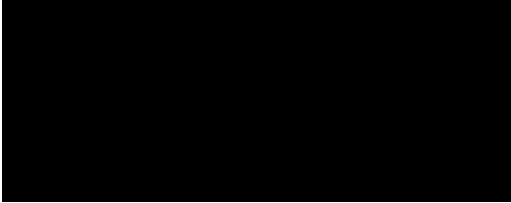
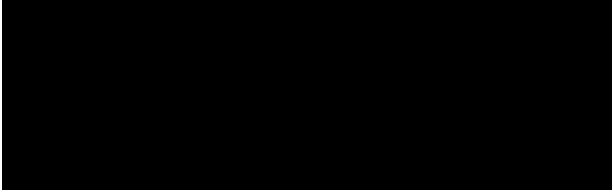
3. Garnish with green onions and serve hot.







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23. Easy Chinese Corn Soup

ingredients

1 (15 ounce) can cream style corn

1 egg, beaten

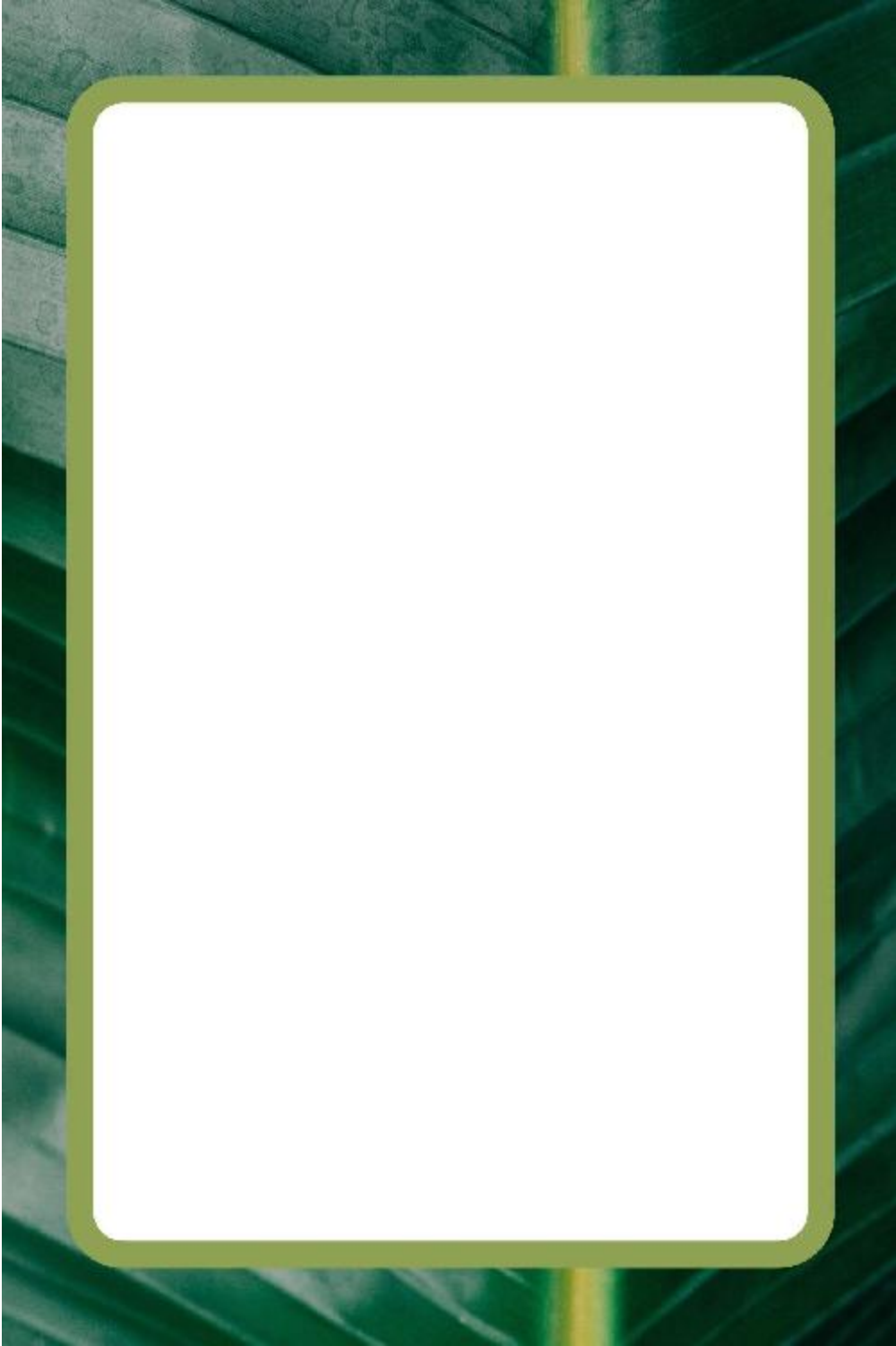
2 tablespoons water

1 tablespoon cornstarch

1 (14.5 ounce) can low-sodium chicken broth

Directions

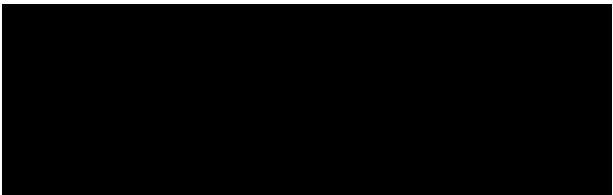
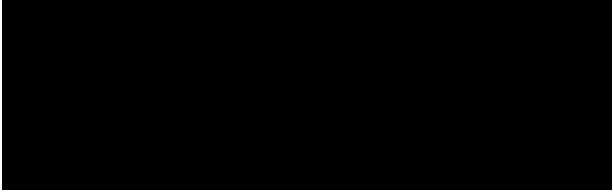
1. Combine the cream style corn and chicken broth. Set the heat to medium-high and bring to the boil
2. Mix cornstarch and water, then stir into the boiling soup. Keep stirring until it's thickened, for a few minutes. Pour in beaten egg gradually and keep stirring until it's done and cooked. Remove from the heat and serve hot.







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24. Malaysian Chinese Style Pasta

ingredients

1 (8 ounce) package spaghetti

1/2 onion, chopped

1 egg

3 1/2 ounces ground pork salt and pepper to taste white sugar to taste 1/2
tablespoon chile sauce

1 tablespoon tomato puree

1 tablespoon vegetable oil

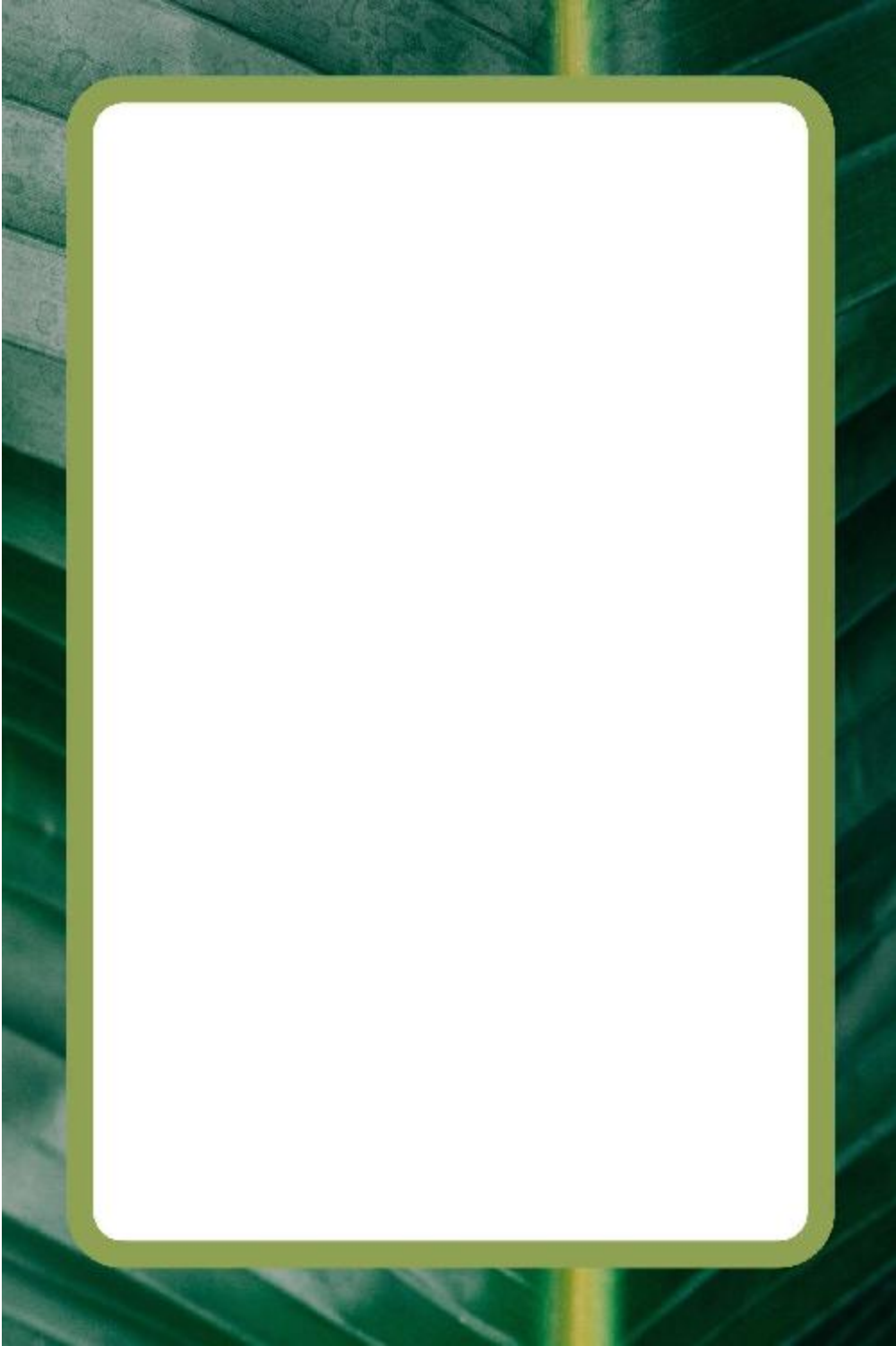
1 tablespoon soy sauce

1/2 red bell pepper, chopped

1/4 cup chopped green onions

Directions

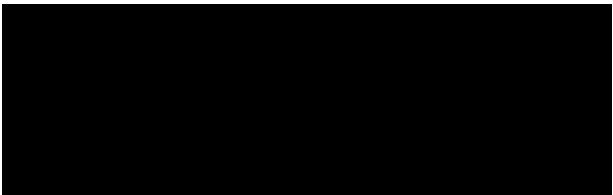
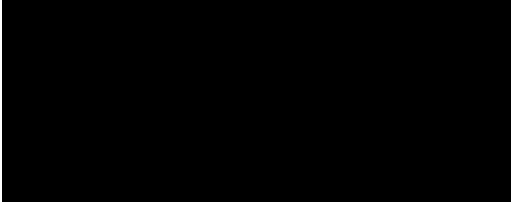
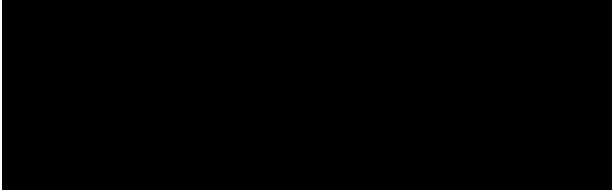
1. Fill a large pot with water, then add a little of salt and bring to the boil. Put pasta into the water and cook for about 10 minutes or until it's cooked through but not too tender. When finished, remove to cold water and make sure that it's completely cool then drain it.
2. Saute onion in the oil over medium heat until it starts turning brown then stir in egg. Add ground pork, stir-fry for a few minutes.
3. Mix salt, sugar, pepper, chile sauce, soy sauce, and tomato puree into the cooked pasta. Stir-fry for about 5 minutes then add red pepper, stir-fry for another 2 minutes. You can put a bit of water in if it's too dry.
4. Serve by sprinkling chopped green onion on top.







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25. Chinese Chicken and Potato Soup

ingredients

- 1 chicken leg
- 5 cloves garlic, minced
- 3 potatoes, cubed
- 1 carrot, chopped
- 1 turnip, chopped
- 1 onion, chopped
- salt and pepper to taste

Directions

1. Put potatoes, carrot, turnip, onion, garlic, and chicken leg. Add water until it covers the ingredients and bring to the boil. Reduce to low heat and let it simmer for about 1 hour. Remove the impurities and fat on the water surface. Add some salt and pepper to taste.
2. Remove the chicken leg and let it cool down. Remove the chicken meat, discard the skin and bones then return the meat to the soup. Let it simmer for about 45 minutes or can be longer if preferred.