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CHINESE
— simple & easy —
CUISINE

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Chinese Cuisine



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ACKNOWLEDGMENT

We extend our heartfelt gratitude to the vibrant and diverse world of Chinese cuisine, which has inspired the creation of this recipe book. This culinary journey would not have been possible without the rich tapestry of flavors, textures, and traditions that make Chinese cooking an artful exploration.

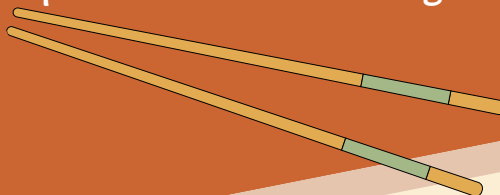
Our deepest appreciation goes to the talented chefs, home cooks, and culinary enthusiasts who have passionately shared their expertise and time-honored recipes, allowing us to capture the essence of Chinese gastronomy. Your dedication to preserving and evolving these culinary traditions has been the driving force behind the creation of this recipe collection.

We express our sincere thanks to the communities that have generously opened their kitchens and hearts, sharing not only recipes but also the stories, anecdotes, and cultural significance that accompany each dish. This book is a celebration of the connections forged through the universal language of food.

To those who have paved the way for cross-cultural culinary appreciation, thank you for fostering an environment where the richness of Chinese cuisine can be savored and shared globally. Your efforts have helped bridge gaps, break down barriers, and promote understanding through the joy of cooking and eating together.



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INTRODUCTION AND BACKGROUND OF CHINESE CUISINE

Introduction to Chinese Cuisine:

Chinese cuisine, renowned for its diverse flavors, aromatic spices, and intricate culinary techniques, stands as one of the oldest and most influential culinary traditions in the world. Rooted in a rich tapestry of history, culture, and geography, Chinese cuisine has evolved over thousands of years, reflecting the dynamic nature of the nation itself.



Background of Chinese Cuisine:

The origins of Chinese cuisine can be traced back to ancient China, where the philosophy of balance and harmony in all aspects of life greatly influenced culinary practices. Traditional Chinese cuisine embraces the principles of Yin and Yang, the five flavors (sweet, sour, bitter, salty, and umami), and the holistic concept of nourishing the body and soul.

Regional diversity is a hallmark of Chinese gastronomy, with each of the country's vast provinces contributing unique ingredients, cooking styles, and signature dishes. From the fiery spices of Sichuan to the delicate flavors of Cantonese cuisine, Chinese culinary traditions showcase a breathtaking array of tastes, textures, and presentations.

Reasons for the Importance of Chinese Cuisine:

1. Cultural Heritage
2. Health and Well-being
3. Global Influence
4. Culinary Techniques



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MAIN MENU

STARTER

1. Roast Pork Pastry Puffs
2. Chicken and Shiitake Rice Ball

MAIN COURSE

1. Chow Mein
2. Wonton Soup

DRINKS

1. Green Tea
- 2.

DESSERT

1. Pineapple Buns
2. Almond Tofu





STARTER



1

ROAST PORK PASTRY PUFFS

Ingredients:

For the Roast Pork

- 1 pound (about 450g) boneless pork shoulder or pork belly, thinly sliced
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon honey
- 1 teaspoon Chinese five-spice powder
- 2 cloves garlic, minced
- 1 tablespoon sesame oil

For the Pastry Puffs:

- 1 package (about 10 ounces) frozen puff pastry, thawed
- All-purpose flour, for dusting
- 1 egg, beaten (for egg wash)

Instructions:

Roast Pork:

1. In a bowl, mix together soy sauce, oyster sauce, hoisin sauce, honey, Chinese five-spice powder, minced garlic, and sesame oil to create the marinade.
2. Add the thinly sliced pork to the marinade, ensuring each piece is well coated. Allow it to marinate for at least 30 minutes, or refrigerate for a few hours for better flavor absorption.
3. Preheat your oven to 400°F (200°C). Line a baking sheet with parchment paper.
4. Place the marinated pork slices on the prepared baking sheet in a single layer. Roast in the preheated oven for 15-20 minutes or until the pork is cooked through and slightly caramelized. Remove from the oven and let it cool.
5. Once cooled, chop the roasted pork into small pieces.

Pastry Puffs:

1. Preheat your oven according to the puff pastry package instructions.
2. Roll out the thawed puff pastry on a lightly floured surface. Cut the pastry into squares or rectangles, depending on your preference and the size of the pastry sheets.
3. Place a small amount of chopped roast pork in the center of each pastry square.
4. Fold the pastry over the pork, creating a triangle or rectangle shape, and seal the edges with a fork.
5. Brush the top of each pastry puff with beaten egg to give them a golden finish.
6. Place the assembled pastry puffs on a baking sheet lined with parchment paper.
7. Bake in the preheated oven according to the puff pastry package instructions or until the pastry is golden brown and puffed up.
8. Allow the Roast Pork Pastry Puffs to cool slightly before serving.

STARTER



Instructions:

1. Prepare the Filling:

- In a bowl, combine the chopped chicken, shiitake mushrooms, soy sauce, oyster sauce, sesame oil, mirin, grated ginger, sugar, and green onions. Mix well.

2. Make the Rice Balls:

- Wet your hands to prevent sticking and take a small handful of sushi rice.
- Flatten the rice in your palm and place a spoonful of the chicken and shiitake mixture in the center.
- Enclose the filling with the rice, shaping it into a ball. Ensure the filling is well covered by the rice.
- Repeat this process until all the rice balls are formed.

3. Coating and Frying:

- Dip each rice ball in beaten egg, ensuring it is well-coated.
- Roll the coated rice ball in panko breadcrumbs, pressing gently to adhere the breadcrumbs to the surface.

4. Fry the Rice Balls:

- Heat vegetable oil in a deep pan or fryer to 350°F (180°C).
- Fry the rice balls in batches until they are golden brown and crispy, about 3-4 minutes per batch.
- Remove the rice balls with a slotted spoon and place them on a paper towel to absorb excess oil.

5. Serve:

- Let the Chicken and Shiitake Rice Balls cool slightly before serving.
- Serve them with your favorite dipping sauce, such as soy sauce or sweet chili sauce.

These Chicken and Shiitake Rice Balls are a delightful blend of crispy exterior and savory, flavorful filling. They make for an excellent appetizer or snack for any occasion. Enjoy!



2

CHICKEN AND SHIITAKE RICE BALL

Ingredients:

For the Rice Balls:

- 2 cups sushi rice, cooked and cooled
- 1 cup cooked chicken breast, finely chopped
- 1/2 cup shiitake mushrooms, finely chopped
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon sesame oil
- 1 tablespoon mirin (sweet rice wine)
- 1 teaspoon grated ginger
- 1 teaspoon sugar
- 1/4 cup green onions, finely chopped
- 1 egg, beaten (for binding)

For Coating and Frying:

- 1 cup panko breadcrumbs
- 2 eggs, beaten (for coating)
- Vegetable oil for frying



MAIN COURSE



CHOW MEIN

Ingredients:

For the Chow Mein:

- 8 ounces (about 225g) chow mein noodles or thin egg noodles
- 2 tablespoons vegetable oil
- 1 pound (about 450g) boneless, skinless chicken breasts, thinly sliced
- 2 cups shredded cabbage
- 1 cup julienned carrots
- 1 cup sliced bell peppers (any color)
- 1 cup bean sprouts
- 3 green onions, sliced (white and green parts separated)
- 3 cloves garlic, minced
- 1 teaspoon grated ginger
- Sesame oil for drizzling (optional)
- Toasted sesame seeds for garnish (optional)

Instructions:

1. Cook the Noodles:

- Cook the chow mein noodles according to the package instructions. Drain and set aside.

2. Stir-Fry the Chicken:

- Heat 1 tablespoon of vegetable oil in a large wok or skillet over medium-high heat.
- Add the sliced chicken and stir-fry until cooked through and slightly browned. Remove the chicken from the wok and set aside.

3. Stir-Fry the Vegetables:

- In the same wok, add another tablespoon of oil.
- Add the minced garlic and grated ginger, stir-frying for about 30 seconds until fragrant.
- Add the shredded cabbage, julienned carrots, sliced bell peppers, and the white parts of the green onions. Stir-fry for 2-3 minutes until the vegetables are slightly tender but still crisp.

4. Combine and Add Noodles:

- Return the cooked chicken to the wok.
- Add the cooked chow mein noodles and bean sprouts to the wok.

5. Serve Hot:

- Serve the Chicken Chow Mein hot, and enjoy your delicious homemade stir-fried noodles!



MAIN COURSE



WONTON SOUP

Ingredients:

For the Wontons:

- 1/2 pound (about 225g) ground pork
- 1/2 pound (about 225g) raw shrimp, peeled, deveined, and finely chopped
- 2 cloves garlic, minced, 1 tablespoon soy sauce
- 1 tablespoon oyster sauce, 1 tablespoon sesame oil
- 1 green onion, finely chopped, 1 teaspoon grated ginger
- 1 egg . Wonton wrappers (usually available in the refrigerated section of the grocery store)

For the Soup:

- 6 cups chicken broth, 2 cups water
- 1 cup sliced mushrooms, 1 cup baby bok choy, chopped
- 1 cup sliced carrots, 2 cloves garlic, minced
- 1 tablespoon soy sauce, 1 teaspoon sesame oil
- Salt and pepper to taste, Green onions, chopped (for garnish)

Instructions:

1. Prepare the Wonton Filling:

- In a bowl, combine ground pork, chopped shrimp, minced garlic, soy sauce, oyster sauce, sesame oil, green onion, and grated ginger.
- Beat the egg and add it to the mixture. Mix well until all ingredients are combined.

2. Assemble the Wontons:

- Place a small spoonful of the filling in the center of each wonton wrapper.
- Moisten the edges of the wrapper with water and fold it in half to form a triangle. Press the edges to seal, making sure there are no air pockets.

3. Cook the Wontons:

- Bring a large pot of water to a boil.
- Carefully drop the wontons into the boiling water and cook for about 5 minutes or until they float to the surface.
- Remove the cooked wontons with a slotted spoon and set aside.

4. Prepare the Soup:

- In a separate pot, bring chicken broth and water to a simmer.
- Add sliced mushrooms, baby bok choy, sliced carrots, minced garlic, soy sauce, and sesame oil. Simmer for about 5-7 minutes until the vegetables are tender.

5. Combine Wontons and Soup:

- Gently add the cooked wontons to the soup pot.
- Season the soup with salt and pepper to taste.





DRINKS



GREEN TEA

Ingredients:

- 1 teaspoon green tea leaves or 1 green tea bag
- Hot water (not boiling, about 175°F or 80°C)
- Optional: Honey, lemon, or mint for flavor (according to personal preference)

Instructions:

1. Select Green Tea:

- Choose high-quality green tea leaves or a good-quality green tea bag for the best flavor.

2. Prepare Water:

- Heat water to about 175°F (80°C). It's essential not to use boiling water, as it can result in a bitter taste in green tea.

3. Steep the Tea:

- Place the green tea leaves or tea bag in your teapot or teacup.
- Pour the hot water over the tea leaves or bag.
- Let the tea steep for about 2-3 minutes. Adjust the steeping time based on your preference for a milder or stronger taste.

4. Strain or Remove the Tea Bag:

- If using loose tea leaves, strain the tea to remove the leaves. If using a tea bag, simply remove the bag from the cup.



DRINKS



LYCHEE ICED TEA

Ingredients:

- 2 cups brewed black or green tea, cooled
- 1/2 cup lychee syrup (from canned lychees)
- 1/4 cup simple syrup (adjust to taste), Ice cubes

Instructions:

1. Brew Tea:

- Brew black or green tea according to the package instructions. Allow it to cool completely.

2. Prepare Lychee Syrup:

- Drain canned lychees and reserve the syrup. You can either use canned lychees or fresh lychees.
- Mix the lychee puree with the reserved syrup to create the lychee syrup.

3. Sweeten the Tea:

- In a pitcher, combine the cooled brewed tea, lychee syrup, and simple syrup. Adjust the sweetness according to your taste preference.

4. Chill:

- Refrigerate the prepared tea for at least 1-2 hours to chill.

5. Serve:

- Fill glasses with ice cubes.
- Pour the chilled Lychee Iced Tea into the glasses.



DESERTS



PINEAPPLE BUNS

Ingredients:

- 3 cups all-purpose flour, 1/2 cup sugar
- 1/2 cup milk, 1/4 cup unsalted butter, softened, 1 large egg, 2 teaspoons active dry yeast, A pinch of salt.

Ingredients for Topping:

- 1/2 cup unsalted butter, softened
- 1/2 cup sugar, 1 cup cake flour
- A dash of vanilla extract (optional)
- 1 egg, beaten (for egg wash)

Instructions:

1. Prepare Dough:

- Mix yeast with warm milk and let it sit for 5 minutes until frothy.
- In a large bowl, combine flour, sugar, salt, softened butter, egg, and the yeast-milk mixture. Knead until a soft dough forms.
- Cover and let it rise for 1-2 hours until doubled in size.

2. Make Topping:

- In a bowl, mix together softened butter, sugar, cake flour, and vanilla extract (if using). Divide into portions for each bun.

3. Assemble and Bake:

- Divide the dough into portions and shape them into balls. Flatten each ball and add a portion of the topping.
- Use a knife to create a crisscross pattern on the topping.
- Brush each bun with beaten egg.
- Bake in a preheated oven at 350°F (175°C) for 15-18 minutes or until golden brown.





DESERTS



ALMOND TOFU

Ingredients:

- 2 cups unsweetened almond milk
- 1/4 cup sugar
- 1 teaspoon almond extract
- 2 tablespoons agar-agar powder (or gelatin for a non-vegan version)

Instructions:

1. Prepare Mixture:

- In a saucepan, combine almond milk, sugar, and almond extract. Heat until warm but not boiling.

2. Dissolve Agar-Agar:

- In a separate bowl, mix agar-agar powder with a little water. Allow it to dissolve.

3. Combine Mixtures:

- Add the dissolved agar-agar mixture to the warm almond milk. Stir well.

4. Boil and Set:

- Bring the mixture to a boil, then simmer for 5-7 minutes until the agar-agar is completely dissolved.
- Pour the mixture into molds or a dish. Let it cool to room temperature.

5. Chill:

- Refrigerate the almond tofu for at least 2-3 hours until fully set.

6. Serve:

- Once set, cut into cubes and serve chilled.

REFERENCE

CHAT GPT

<https://chat.openai.com/>

