

Secrets of the Chinese Takeaway Chef's Revealed

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Secrets of the Chinese Takeaway Chefs!

Welcome to the Secrets of the Chinese Chefs. There are no solid rules in Chinese cooking, the main ingredients are all there. Experiment with different mixtures - start with small amounts of flavouring because you can always add more later on – that's the secret.

- If given a choice the Chinese chef will ALWAYS use chicken stock rather than water. Chicken stock is the Chinese chef's secret ingredient.
- A wok is one of the best investments for your kitchen. It is used by Chinese chefs to stir fry, deep fry, blanch and steam food.
- Season the wok before use. Season the wok by heating over low heat to blacken the wok. Then add 2 tablespoons oil and continue heating for around 20 minutes until the wok is well seasoned. With use the wok will be well seasoned and will last much longer.
- Always heat the wok until hot before adding the cooking oil – this will stop the food sticking whilst cooking.
- Msg (monosodium glutamate) is a flavour enhancer and is used in most Chinese takeaways and restaurants. The truth is if you use the freshest and best ingredients then it is unlikely that it needs any enhancing. Don't use it if you are allergic to it.
- Chicken and beef is best prepared a few hours prior to cooking. Slice the chicken/beef into thin slices and blanch in boiling water until cooked - this speeds up the cooking process and help prevent sticking.

- For chicken dishes such as chicken fried rice, chicken chow mein and chicken foo yung the chicken breast is best cooked whole. Allow to cool thoroughly before slicing as desired for the recipe.
- For fried rice dishes the boiled rice is best cooked the day before cooking. This makes stir frying the easier and helps prevent sticking. The wok must be very hot when the ingredients are added.
- Sprinkle a pinch of salt and msg on the meats when stir frying dishes such as fried rice and chow mein. This helps improve the flavour of the meats.
- Garlic is one of the main ingredients in most Chinese dishes. To get the best flavour out of garlic it is best to stir fry it for around 10-20 seconds before adding the other ingredients.
- Thoroughly rinse and wash all tinned food.
- Oyster sauce can be added to most of the dishes. It creates a richer dish.
- The 6 staple ingredients needed to cook most Chinese dishes are salt, light soy sauce, dark soy sauce, garlic and the meat/vegetable of your choice.

Our Traffic light system on ingredients

Our traffic light system on ingredients, you will see a red, amber or green button next to the ingredients. I am using this method because we get lots of request at our restaurant for certain recipe to exclude certain ingredients. For example “chicken satay with no green pepper” or “beef chow mein without onions”. Certain ingredients can be excluded from the recipe and not have an effect on the overall taste of the dish.

- Red means stop, this ingredient is vital for the recipe. It must be included for this recipe.
- Amber means think, the ingredient is important to the recipe but can be excluded if you don't want it.
- Green means go ahead, the ingredient isn't vital for this recipe so can be left out. It can be excluded and the overall taste of the recipe will not be greatly affected.

However to really enjoy the recipes included in this e-book we do recommend you add all the ingredients stated so you can really enjoy the Chinese takeaway experience at home.

Chicken Stock

Chicken stock is one of the most important ingredients in Chinese restaurant cooking. Some people refer to it as the “back bone” of any decent Chinese dish. Water can be used to substitute chicken stock however to fully appreciate the richness and taste of properly cooked Chinese food chicken stock is a must.

1 kg (2lb) chicken bones or chicken pieces
2.5 litres (10 cups)
3 slices ginger
1 onion cut into quarters

Combine all ingredients together in large pot or saucepan. Bring to boil and reduce to medium heat. Skim to remove any scum and reduce heat to low. Cover and simmer for 1 hour skimming off any further scum. Allow to cool and strain, reserve chicken stock for later use.

Jill Yuen Spice Mixture

The Jill Yuen spice mixture is used in the Jill Yuen dishes and can be used as a dry dip for chips or your favourite dish.

5 tablespoon MSG

8 tablespoon sugar

3 tablespoon five spice powder

2 tablespoon star aniseed powder

1½ tablespoon chilli powder

Mix all the ingredients together and store in a suitable container in a cool dry place. If star aniseed powder is not available then increase the five spice powder to 5 tablespoon.

Peking Sauce

This Peking style sauce is probably one of our best selling sauces. It requires the sauce to be made from fragrance Peking oil before blended with the sauces to create the Peking sauce.

The Peking oil

1 litre Vegetable oil
2 onions sliced
3 cloves garlic
1 teaspoon cloves
4 star aniseed
¼ packet Chinese assorted spices
½ celery sliced into 1 inch long
4 dried red chilli

Mix all ingredients together into a large pot or pan. Heat the oil until hot. Turn to low heat and deep fry all the ingredients until the onions are very brown and dried (but not burnt). Turn off the heat and allow the oil to cool.

Once the oil is cool use a sieve and remove all the ingredients and discard. The oil can be kept for over 3 weeks if stored in a cool dry place.

The Peking sauce

Making the sauce is easy.

16 tablespoon tomato sauce
2 tablespoon hp sauce
2 tablespoon brown sauce
2 tablespoon Worcester sauce
2 tablespoon sugar
2 tablespoon plum sauce
4 tablespoon Peking oil

Mix the ingredients together in a wok or a large frying pan. Turn on the gas to low and using a whisk mix all the ingredients together. Keep mixing until the Peking oil is fully blended with the sauce.

The sauce can now be transferred to a suitable container for immediate use. The sauce can be stored for up to 2 weeks in a refrigerator.

Chicken with White Mushroom Soup – serves 1

3 oz chicken breast shredded ●
300ml (1½ cup) chicken stock ●
2 mushrooms thinly sliced ●
½ teaspoon salt ●
½ teaspoon msg ●
1 teaspoon dark soy sauce ●
A pinch of pepper ●
½ teaspoon sesame oil ●
1 tablespoon finely chopped -
spring onions ●

1. Bring the chicken stock to boil.
2. Add the chicken, mushrooms, salt and msg.
3. Mix in the dark and light soy sauces. Simmer for one minute.
4. Bring to boil and finally add the pepper (to taste) and the sesame oil.
5. Garnish with spring onions.

Chicken & Noodle Soup – serves 1

3 oz chicken breast shredded ●
2 oz egg noodle ●
300ml (1½ cup) chicken stock ●
½ teaspoon salt ●
½ teaspoon msg ●
1 teaspoon dark soy sauce ●
A pinch of pepper ●
A few drops of sesame oil ●
1 tablespoon finely chopped -
spring onions ●

1. Prepare the noodle in advance by adding noodles to large pan of boiling water. Simmer for 3-4 minutes and stir the noodles to separate them. Continue simmering until the noodles are cooked. Remove and drain the noodles.
2. Add the chicken stock and bring to boil.
3. Next add the salt, msg, chicken and noodles. Mix in the dark soy sauce and simmer for one minute.
4. Bring to boil and finally add the pepper (to taste) and the sesame oil.
5. Garnish with spring onions.

Chicken & Sweet Corn Soup – serves 1

3 oz chicken breast shredded ●
300ml (1½ cup) chicken stock ●
¼ cup creamed sweet corn (fresh sweet
corn can be substituted) ●
½ teaspoon salt ●
½ teaspoon msg ●
¾ teaspoon sugar ●
1 egg white (beaten) ●
A few drops of sesame oil ●
2 tablespoons cornflour ●
4 tablespoons water ●

1. In a wok or saucepan bring the chicken stock to boil.
2. Add the chicken, creamed sweet corn, salt and msg. Simmer for one minute.
3. Mix the cornflour with water to form a watery paste, slowly add the paste to the soup while continuously stirring. Stir until the soup boils and thickens.
4. Next add the egg white slowly while stirring in. Finally add the sesame oil.

Crab Meat & Sweet Corn Soup - serves 1

2 sticks flavoured crab meat (2 oz -
fresh crab meat) ●
300ml (1½ cups) chicken stock ●
¼ cup creamed sweet corn (fresh sweet
corn can be substituted) ●
½ teaspoon salt ●
½ teaspoon msg ●
¾ teaspoon sugar ●
1 egg white (beaten) ●
2 tablespoons cornflour ●
4 tablespoons water ●

1. Add the chicken stock and bring to boil.
2. Next add the crabmeat and creamed corn. Simmer for one minute. Add the salt, msg and sugar.
3. Mix the cornflour with the water to form a watery paste, slowly add the paste to the soup while continuously stirring. Stir until the soup boils and thickens.
4. Next add the egg white slowly while stirring in.

Jill Yuen Spare Ribs (Chilli & Salt) - serves 2

Oil for deep frying ●
450g (1 lb) spare ribs ●
A pinch of salt ●
A pinch of msg ●
1 egg white ●
A pinch of pepper ●
1 teaspoon sesame oil ●
2 tablespoons cornflour ●

1 tablespoon oil ●
1 teaspoon chopped green chilli ●
½ small onion sliced ●
½ green pepper sliced ●
1 teaspoon finely chopped garlic ●
1 teaspoon oyster sauce ●
1 tablespoon dark soy sauce ●
2 tablespoons chicken stock ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
½ tablespoon Jill Yuen mixture (page ●

* Ask the butcher to chop the spare ribs into 2 inch pieces.

1. Combine the spare ribs, salt, msg, egg white, pepper, 1 teaspoon sesame oil and 2 tablespoons cornflour together in a shallow bowl. Allow to marinate for 30 minutes.

2. Fill oil to ½ full in the wok. Heat the oil until hot. Add the spare ribs and deep fry for 4-5 minutes or until golden brown (make sure the oil isn't too hot when deep frying otherwise you will not fully cook the ribs - practice will make frying perfect). Remove the ribs from the oil and shake off any excess oil.

3. In a separate wok or pan add 1 tablespoon oil. Heat until slightly smoky then add the chillies, onions and green peppers. Stir fry the mixture for 15 seconds. Add the garlic and stir fry for 10 seconds.

4. Combine the ribs with the mixture and stir fry for another 20 seconds.

5. Finally add the oyster sauce, dark soy sauce, chicken stock, sesame oil, rice wine and Jill Yuen mixture and stir in well.

Tip. The stir frying of this dish is best done at a high heat as possible. Adding the rice wine at the last minute also makes the ribs taste better.

Jill Yuen King Prawns (Chilli & Salt) - serves 2

Oil for deep frying ●
200g (7oz) king prawn (peeled and de-veined) ●
A pinch of salt ●
A pinch of msg ●
1 egg white ●
A pinch of pepper ●
1 teaspoon sesame oil ●
1 cup cornflour ●

1 tablespoon oil ●
1 teaspoon chopped green chilli ●
½ small onion thinly sliced ●
½ green pepper thinly sliced ●
1 teaspoon finely chopped garlic ●
1 teaspoon oyster sauce ●
1 tablespoon dark soy sauce ●
2 tablespoons chicken stock ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
½ tablespoon Jill Yuen mixture (page ●

1. Mix the king prawns, salt, msg, egg white, pepper, 1 teaspoon sesame oil and cornflour together in a shallow bowl. Make sure the prawns are fully coated with cornflour. Shake off any excess cornflour and set aside.
2. Fill oil to ½ full in the wok. Heat the oil until hot. Add the king prawns and deep fry for 2 minutes or until golden brown (king prawns cook extremely fast so do not overcook the prawns - practice will make frying perfect). Remove the king prawns from the oil.
3. Clean the wok, add 1 tablespoon oil and heat until slightly smoky.
4. Add the chillies, onions, green peppers. Stir fry the mixture for 10 seconds. Add the garlic and stir fry for another 10 seconds.
5. Add the king prawns and stir fry with the mixture for another 20 seconds.
6. Finally add the oyster sauce, dark soy sauce, chicken stock, sesame oil, rice wine and Jill Yuen mixture and stir in well.

Tip. The stir frying of this dish is best done at a high heat as possible. Adding the rice wine at the last minute also makes the dish taste better.

Jill Yuen Fried Chicken (Chilli & Salt) – serves 2

Oil for deep frying ●
200g (7oz) chicken breast (cut into -
1 inch pieces) ●
A pinch of salt ●
A pinch of msg ●
1 egg white ●
A pinch of pepper ●
1 teaspoon sesame oil ●
1 cup cornflour ●

1 tablespoon oil ●
1 teaspoon chopped green chilli ●
½ small onion sliced ●
½ green pepper sliced ●
1 teaspoon finely chopped garlic ●
1 teaspoon oyster sauce ●
1 tablespoon dark soy sauce ●
2 tablespoons chicken stock ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
½ tablespoon Jill Yuen mixture ●

1. Combine the chicken, salt, msg, egg white, pepper, 1 teaspoon sesame oil and cornflour together in a shallow bowl, leave to marinate for 30 minutes.
2. Remove chicken from bowl and shake off any excess cornflour.
2. Fill oil to ½ full in the wok. Heat the oil until hot. Add chicken and deep fry for 2-3 minutes or until golden brown. Make sure the chicken is thoroughly cooked before removing from oil. Remove the chicken from the oil and drain off any excess oil.
4. Clean the wok, add 1 tablespoon oil and heat until slightly smoky.
5. Add the chilli, onion, green peppers. Stir fry the mixture for 10 seconds. Add the garlic and stir fry for another 10 seconds.
6. Add the chicken and stir fry with the mixture for another 20 seconds.
7. Finally add the oyster sauce, dark soy sauce, chicken stock, sesame oil, rice wine and Jill Yuen mixture and stir in well.

Tip. The stir frying of this dish is best done at a high heat as possible. Adding the rice wine at the last minute also makes the dish taste better.

Chicken in Oyster Sauce – serves 2

Oil for deep frying ●
200g (7oz) chicken breast (cut-
into 1 inch pieces) ●
A pinch of salt ●
A pinch of msg ●
1 egg white ●
A pinch of white pepper ●
1 teaspoon sesame oil ●
1 cup cornflour ●

2 tablespoons oil ●
½ small onion sliced ●
½ teaspoon finely chopped garlic ●
2 leaves Chinese cabbage cut -
into thick slices ●
¼ cup bamboo shoots ●
¼ cup baby corn ●
200ml (1 cup) chicken stock or water ●

½ teaspoon salt ●
½ teaspoon msg ●
¼ teaspoon sugar ●
1 tablespoon oyster sauce ●
1 tablespoon dark soy sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
2 tablespoons water ●

1. Combine the chicken, a pinch of salt, a pinch of msg, egg white, a pinch of pepper and 1 teaspoon sesame oil together in a bowl. Allow to marinate for 30 minutes. Add the cornflour and make sure all chicken pieces are fully covered with the cornflour. Remove chicken from the cornflour and shake off any excess cornflour.

2. Fill oil to ½ full in the wok. Heat the oil until hot. Add chicken and deep fry for 2-3 minutes or until golden brown. Remove the chicken from the oil and shake off any excess oil.

3. Heat a separate wok or pan until hot. Turn to low heat and add the 2 tablespoons oil, add the onions and garlic, stir fry for 30 seconds to allow the garlic to release the flavour.

4. Add the Chinese cabbage, bamboo shoots, baby corn and stir fry for 1 minute. Turn to high heat. Add the fried chicken, chicken stock and cook for 4 minutes.

5. Mix in the salt, msg, sugar, oyster sauce, dark soy sauce and stir in well.

6. Mix the cornflour with water to create a watery paste.

7. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Beef in Oyster Sauce – serves 2

- 2 tablespoons oil ●
- 200g (7oz) beef sliced ●
- ½ teaspoon finely chopped garlic ●
- ½ small onion sliced ●
- 2 Chinese cabbage leaves (sliced) ●
- ¼ cup bamboo shoots ●
- ¼ cup baby corn ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon oyster sauce ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add the oil and heat until smoky, add the beef (stirring vigorously to avoid sticking) and stir fry for 2-3 minutes.
3. Turn to low heat, add the onions and garlic, stir fry for 15 seconds.
4. Add the Chinese cabbage, bamboo shoots, baby corn and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, oyster sauce, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Squid in Black Bean Sauce – serves 2

- 225g (½ lb) squid ●
- 2 tablespoons oil ●
- ½ teaspoon chopped garlic ●
- ½ small onion chopped into-
 - 1 inch pieces ●
- ½ green pepper chopped-
 - into 1 inch pieces ●
- 1½ tablespoons black beans ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ¼ teaspoon msg ●
- ½ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Only the head and body of the squid is edible. Using a small knife remove the head and split the squid in half. Remove the bony membrane and wash thoroughly under a cold tap clean and remove the pink skin.

2. Cut the squid (and head) into 1½ inch strips.

3. Prepare a pan of hot boiling water and blanch the squid for 20 seconds. Remove the squid with a sieve.

4. Heat a wok or pan until hot. Add 2 tablespoon oil and heat until smoky, add the squid and stir fry for 1 minute. Turn to low heat and add the garlic, stir fry for 20 seconds to allow the garlic to release its flavour.

5. Add the onions, green pepper and black beans and stir fry for 1 minute. Turn to high heat. Add the chicken stock and cook for 3 minutes. Mix in the salt, msg, sugar, dark soy sauce and stir in well.

6. Mix the cornflour with the water to create a watery paste. Finally add the rice wine and sesame oil and slowly add the cornflour mixture.

Tip: Always start off by adding small quantities of cornflour so you can gauge the thickness of the sauce.

Squid in Satay Sauce – serves 2

225g (½ lb) squid ●
2 tablespoons oil ●
½ teaspoon chopped garlic ●
½ small onion sliced ●
¼ green pepper cut into slices ●
¼ cup bamboo shoot slices ●
3 mushrooms (quartered) ●
200ml (1 cup) chicken stock or water ●

½ teaspoon salt ●
½ teaspoon msg ●
¼ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon satay sauce (jimmy-satay sauce) ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Only the head and body of the squid is edible. Using a small knife remove the head and split the squid in half. Remove the bony membrane and wash thoroughly under a cold tap clean and remove the pink skin.

2. Cut the squid (and head) into 1½ inch strips.

3. Prepare a pan of hot boiling water and blanch the squid for 20 seconds. Remove the squid with a sieve.

4. Heat a wok or pan until slightly smoky. Add the oil and add the squid, stir fry for 1 minute. Turn to low heat and add the garlic, stir fry for 20 seconds to allow the garlic to release the flavour.

5. Add the onions, green pepper, bamboo shoots, and mushrooms and stir fry for 1 minute. Turn to high heat. Add the chicken stock and cook for 3 minutes.

6. Mix in the salt, msg, sugar, dark soy sauce, satay sauce and stir in well.

7. Mix the cornflour with the water to create a watery paste.

8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Squid with Ginger & Spring Onion – serves 2

225g (½ lb) squid ●
2 tablespoons oil ●
½ teaspoon chopped garlic ●
4 slices ginger ●
1 small onion sliced ●
½ cup spring onions (chopped into-
1½ inch long pieces) ●
200ml (1cup) chicken stock or water ●

½ teaspoon salt ●
½ teaspoon msg ●
¼ teaspoon sugar ●
1 teaspoon light soy sauce ●
½ tablespoon dark soy sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Only the head and body of the squid is edible. Using a small knife remove the head and split the squid in half. Remove the bony membrane and wash thoroughly under a cold tap clean and remove the pink skin.
2. Cut the squid (and head) into 1½ inch strips.
3. Prepare a pan of hot boiling water and blanch the squid for around 20 seconds. Remove the squid with a sieve.
4. Heat a wok or pan until hot. Add 2 tablespoon oil and heat until smoky, add the squid and stir fry for 1 minute. Turn to low heat, add the garlic, ginger and stir fry for around 20 seconds.
5. Add the onions and stir fry for 1 minute. Turn to high heat. Mix in the spring onions and chicken stock and cook for 3 minutes. Add the salt, msg, sugar, light soy sauce, dark soy sauce and stir in well.
6. Mix the cornflour with the water to create a watery paste.
7. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Seafood Paradise

- 2 tablespoons oil ●
- 225g (½ lb) seafood ●
- ½ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ¼ green pepper thinly sliced ●
- 4 mushrooms (cut into quarters) ●
- 2 leaves from Chinese cabbage ●
- ¼ can bamboo shoots ●
- 2 mange tout peas ●
- ¼ can baby corn ●
- ¼ can straw mushrooms ●
- 2 Chinese mushrooms ●
- ¾ teaspoon salt ●
- ¾ teaspoon msg ●
- ½ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon oyster sauce ●
- ½ teaspoon sesame oil ●
- 1 teaspoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoon water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the seafood and stir fry for 2 minutes.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers, mushrooms, Chinese cabbage, bamboo shoots, mange tout peas, baby corn, straw mushrooms and Chinese mushrooms. Stir fry for 1 minute before adding the chicken stock and cook for 4 minutes.
5. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
6. Mix the cornflour with the water to create a watery paste.
7. Turn to high heat and add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Tip: You can add any seafood of choice. We use king prawns, squid, scallops and fish cake

Seafood Special in Black Bean Sauce

- 2 tablespoons oil ●
- 225g (½ lb) seafood ●
- ½ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ¼ green pepper thinly sliced ●
- 4 mushrooms (cut into quarters) ●
- 2 leaves from Chinese cabbage ●
- ¼ can bamboo shoots ●
- ¼ can baby corn ●
- ¼ can straw mushrooms ●
- 2 Chinese mushrooms ●
- 1½ tablespoons black beans ●

- ¾ teaspoon salt ●
- ¾ teaspoon msg ●
- ½ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon oyster sauce ●
- ½ teaspoon sesame oil ●
- 1 teaspoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoon water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the seafood and stir fry for 2 minutes.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers, mushrooms, Chinese cabbage, bamboo shoots, baby corn, straw mushrooms, Chinese mushrooms and black beans. Stir fry for 1 minute before adding the chicken stock and cook for 4 minutes.
5. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
6. Mix the cornflour with the water to create a watery paste.
7. Turn to high heat and add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Tip: You can add any seafood of choice. We use king prawns, squid, scallops and fish cake.

Szechuan King Prawns – serves 2

2 tablespoons oil ●
200g (7oz) king prawns-
(peeled and de-veined) ●
¼ teaspoon chopped garlic ●
½ small onion sliced ●
¼ green pepper sliced ●
¼ cup bamboo shoots (thin strips) ●
¼ cup baby corn ●
¼ cup straw mushrooms ●
3 mushrooms (quartered) ●
200ml (1 cup) chicken stock or water ●

½ teaspoon salt ●
½ teaspoon msg ●
¼ teaspoon sugar ●
1 teaspoon dark soy sauce ●
1 tablespoon chilli bean sauce-
(Szechuan paste) ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil, add the king prawns and stir fry for 1 minute.
3. Turn to low heat, add the garlic and stir fry for 15 seconds.
4. Add the onions, green peppers, bamboo shoots, baby corn, straw mushrooms, and mushrooms and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce, chilli bean sauce and stir in well.
7. Mix the cornflour with water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Szechuan Duck – serves 2

- 2 tablespoons oil ●
- 200g (7oz) roast duck sliced ●
- ¼ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ¼ green pepper sliced ●
- ¼ cup bamboo shoots (thin strips) ●
- ¼ cup baby corn ●
- ¼ cup straw mushrooms ●
- 3 mushrooms (quartered) ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 tablespoon chilli bean sauce-
(Szechuan paste) ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the roast duck and stir fry for 20 seconds.
3. Turn to low heat and add the garlic, stir fry for around 15 seconds.
4. Add the onions, green peppers, bamboo shoots, baby corn, straw mushrooms, and mushrooms and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce, chilli bean sauce and stir in well.
7. Mix the cornflour with water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Szechuan Beef – serves 2

- 2 tablespoons oil ●
- 200g (7oz) beef thinly sliced ●
- ¼ teaspoon chopped garlic ●
- ¼ small onion sliced ●
- ¼ green pepper sliced ●
- ¼ cup bamboo shoot (thin strips) ●
- ¼ cup baby corn ●
- ¼ cup straw mushrooms ●
- 3 mushrooms (quartered) ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 tablespoon chilli bean sauce (Szechuan paste) ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the beef and stir fry for 1 minute, stirring vigorously to avoid sticking.
3. Turn to low heat, add the garlic and stir fry for around 15 seconds.
4. Add the onions, green peppers, bamboo shoots, baby corn, straw mushrooms, and mushrooms and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce, chilli bean sauce and stir in well.
7. Mix the cornflour with water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it slowly thickens.

Szechuan Chicken – serves 2

- 2 tablespoons oil ●
- 200g (7oz) chicken sliced ●
- ¼ teaspoon chopped garlic ●
- ¼ small onion sliced ●
- ¼ green pepper sliced ●
- ¼ cup bamboo shoot (thin strips) ●
- ¼ cup baby corn ●
- ¼ cup straw mushrooms ●
- 3 mushrooms (quartered) ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 tablespoon chilli bean sauce (Szechuan paste) ●
- 1 teaspoon sesame oil ●
- 1 teaspoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the chicken and stir fry for 1 minute, stirring vigorously to avoid sticking.
3. Turn to low heat and add the garlic. Stir fry for around 15 seconds.
4. Add the onions, green peppers, bamboo shoots, baby corn, straw mushrooms, and mushrooms and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce, chilli bean sauce and stir in well.
7. Mix the cornflour with water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it slowly thickens.

Kung Po King Prawns – serves 2

- 2 tablespoons oil ●
- 200g (7oz) king prawns-
(peeled and de-veined) ●
- ¼ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ½ green pepper sliced ●
- ¼ cup bamboo shoots (sliced) ●
- ¼ cup baby corn ●
- ¼ cup straw mushrooms ●
- 3 mushrooms (quartered) ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- ¾ tablespoon hoi sin sauce ●
- ½ tablespoon chilli bean sauce ●
- 30g cashew nuts ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the king prawns and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for around 15 seconds.
4. Add the onions, green pepper, baby corn, straw mushrooms, bamboo shoots, mushrooms and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce, hoi sin sauce, chilli bean sauce, cashew nuts and stir in well.
7. Mix the cornflour with water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Kung Po Chicken – serves 2

2 tablespoons oil ●
200g (7oz) chicken sliced ●
¼ teaspoon chopped garlic ●
½ small onion sliced ●
½ green pepper sliced ●
¼ cup bamboo shoots (sliced) ●
¼ cup baby corn ●
¼ cup straw mushrooms ●
3 mushrooms (quartered) ●
200ml (1 cup) chicken stock or water ●
½ teaspoon salt ●
½ teaspoon msg ●
¼ teaspoon sugar ●
1 tablespoon dark soy sauce ●
¾ tablespoon hoi sin sauce ●
½ tablespoon chilli bean sauce ●
30g cashew nuts ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the chicken and stir fry for 1 minute, stirring vigorously to avoid sticking.
3. Turn to low heat and add the garlic, stir fry for around 15 seconds.
4. Add the onions, green peppers, baby corn, straw mushrooms, bamboo shoots, mushrooms and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce, hoi sin sauce, chilli bean sauce, cashew nuts and stir in well.
7. Mix the cornflour with water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it slowly thickens.

Kung Po Beef – serves 2

2 tablespoons oil ●
200g (7oz) beef sliced ●
½ teaspoon chopped garlic ●
½ small onion sliced ●
½ green pepper sliced ●
¼ cup bamboo shoots (sliced) ●
¼ cup baby corn ●
¼ cup straw mushrooms ●
3 mushrooms (quartered) ●
200ml (1 cup) chicken stock or water ●

½ teaspoon salt ●
½ teaspoon msg ●
¼ teaspoon sugar ●
1 tablespoon dark soy sauce ●
¾ tablespoon hoi sin sauce ●
½ tablespoon chilli bean sauce ●
30g cashew nuts ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the beef and stir fry for 1 minute, stirring vigorously to avoid sticking.
3. Turn to low heat and add the garlic, stir fry for around 15 seconds to allow the garlic to release the flavour.
4. Add the onions, green peppers, baby corn, straw mushrooms, bamboo shoots, mushrooms and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce, hoi sin sauce, chilli bean sauce, cashew nuts and stir in well.
7. Mix the cornflour with water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it slowly thickens.

Kung Po Roast Duck – serves 2

- 2 tablespoons oil ●
- 200g (7oz) roast duck sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ½ green pepper sliced ●
- ¼ cup bamboo shoots (sliced) ●
- ¼ cup baby corn ●
- ¼ cup straw mushrooms ●
- 3 mushrooms (quartered) ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- ¾ tablespoon hoi sin sauce ●
- ½ tablespoon chilli bean sauce ●
- 30g cashew nuts ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the roast duck and stir fry for 20 seconds.
3. Turn to low heat and add the garlic, stir fry for around 15 seconds to allow the garlic to release the flavour.
4. Add the onions, green peppers, baby corn, straw mushrooms, bamboo shoots, mushrooms and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce, hoi sin sauce, chilli bean sauce cashew nuts, and stir in well.
7. Mix the cornflour with water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Kung Po Roast Pork

- 2 tablespoons oil ●
- 200g (7oz) roast pork ●
- ½ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ½ green pepper sliced ●
- ¼ cup bamboo shoots (sliced) ●
- ¼ cup baby corn ●
- ¼ cup straw mushrooms ●
- 3 mushrooms (quartered) ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 tablespoon hoi sin sauce ●
- ½ table spoon chilli bean sauce ●
- 30g cashew nuts ●
- 1 teaspoon sesame oil ●
- 1 teaspoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the roast pork and stir fry for 20 seconds. Turn to low heat and add the garlic.
3. Add the onions, green peppers, baby corn, straw mushrooms, bamboo shoots, mushrooms and stir fry for 1 minute.
4. Turn to high heat. Add the chicken stock and cook for 4 minutes.
5. Mix in the salt, msg, sugar, dark soy sauce, hoi sin sauce, chilli bean sauce, cashew nuts and stir in well.
6. Mix the cornflour with water to create a watery paste.
7. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Kung Po Mixed Vegetables

- ½ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ½ green pepper sliced ●
- ½ cup bamboo shoots (sliced) ●
- ¼ cup baby corn ●
- ¼ cup straw mushrooms ●
- 4 mushrooms (quartered) ●
- 2 leaves Chinese cabbage sliced ●
- 2 Chinese mushrooms ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 tablespoon hoi sin sauce ●
- ½ table spoon chilli bean sauce ●
- 30g cashew nuts ●
- 1 teaspoon sesame oil ●
- 1 teaspoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Turn to low heat and add the garlic, stir fry for around 10 seconds to allow the garlic to release the flavour.
3. Add the onions, green peppers, baby corn, straw mushrooms, bamboo shoots, mushrooms, Chinese cabbage, Chinese mushrooms and stir fry for 1 minute.
4. Turn to high heat. Add the chicken stock and cook for 4 minutes.
5. Mix in the salt, msg, sugar, dark soy sauce, hoi sin sauce, chilli bean sauce, cashew nuts and stir in well.
6. Mix the cornflour with water to create a watery paste.
7. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Tip: Generally any vegetable of your preference can be used for this dish – just use your imagination.

Vegetarian Special (recommended for vegetarians)

- ½ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ½ green pepper sliced ●
- ½ cup bamboo shoots (sliced) ●
- ¼ cup baby corn ●
- ¼ cup straw mushrooms ●
- 4 mushrooms (quartered) ●
- 2 leaves Chinese cabbage sliced ●
- 2 Chinese mushrooms ●
- 2 fried tofu ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 teaspoon light soy sauce ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon oyster sauce ●
- 30g cashew nuts ●
- 1 teaspoon sesame oil ●
- 1 teaspoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Turn to low heat and add the garlic.
3. Add the onions, green peppers, baby corn, straw mushrooms, bamboo shoots, mushrooms, Chinese cabbage, Chinese mushrooms, tofu and stir fry for 1 minute.
4. Turn to high heat. Add the chicken stock and cook for 4 minutes.
5. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce, cashew nuts and stir in well.
6. Mix the cornflour with water to create a watery paste.
7. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Tip: Generally any vegetable of your preference can be used for this dish – just use your imagination.

Mixed Vegetables in Black Bean Sauce

- ½ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ½ green pepper sliced ●
- ½ cup bamboo shoots (sliced) ●
- ¼ cup baby corn ●
- ¼ cup straw mushrooms ●
- 4 mushrooms (quartered) ●
- 2 leaves Chinese cabbage sliced ●
- 2 Chinese mushrooms ●
- 2 fried tofu ●
- 1½ tablespoons black beans ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ¼ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon sesame oil ●
- 1 teaspoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Turn to low heat and add the garlic.
3. Add the onions, green peppers, bamboo shoots, baby corn, straw mushrooms, mushrooms, Chinese cabbage, Chinese mushrooms, tofu and stir fry for 1 minute.
4. Turn to high heat. Add the chicken stock and black beans and cook for 4 minutes.
5. Mix in the salt, msg, sugar, dark soy sauce and stir in well.
6. Mix the cornflour with water to create a watery paste.
7. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Tip: Generally any vegetable of your preference can be used for this dish – just use your imagination.

Sesame King Prawn on Toast

200g (7oz) raw king prawns (peeled and de-veined) ●
2 egg whites ●
1/3 teaspoon salt ●
1/4 teaspoon msg ●
2 teaspoons corn-flour ●
1 loaf medium square white bread ●
1/2 cup sesame seed ●
1/2 litre vegetable oil for deep frying ●

1. Freeze bread prior to the day of cooking. On the day of cooking remove bread from freezer and carefully trim off all the crust. The bread does not need to be frozen but removing the crust and spreading the paste is made easier when the bread is firm.

2. Put the king prawns, egg whites, salt, msg and corn-flour into an electric blender. Blend at a low speed, stirring occasionally. Blend until you achieve a smooth spreadable paste. Spoon into a mixing bowl.

3. Using a tablespoon spoon an even amount onto the one side of the bread and spread evenly. If you prefer a thicker prawn filling then use more paste.

4. Pour the sesame seeds onto a deep plate or dish. Place the bread (the side with the prawn paste on) onto the sesame seeds. Remove the bread and shake off any excess sesame seeds. Make sure the spreaded side is evenly coated with sesame seed. Repeat the process with the rest of the loaf.

5. Heat the oil in a wok or a deep fryer. When the oil is slightly hot add the bread with the sesame seed side up. After around 2 minutes turn the heat to medium and turn the bread sesame seed side down. Fry for another 6-8 minutes until golden brown on both sides, turning occasionally.

6. Remove from oil and drain off excess oil before serving.

Chicken Peking Style

Oil (for deep frying) ●
200g (7oz) chicken (cut into -
1 inch pieces) ●
¼ teaspoon salt ●
¼ teaspoon msg ●
½ egg ●
Pinch of pepper ●
1 teaspoon sesame oil ●
1 cup cornflour ●

1 tablespoon oil ●
½ teaspoon finely chopped garlic ●
1 chilli finely chopped ●
200ml (1 cup) Peking sauce (see
page ●

1. Mix the chicken, salt, msg, egg, pepper and sesame oil together in a shallow bowl, leave to marinate for 30 minutes.
2. Put cornflour in a deep saucer or bag and place the marinated chicken into it. Mix in well to make sure the chicken is thoroughly coated with cornflour.
3. Remove the chicken from the cornflour and shake off any excess flour.
4. Fill oil to ½ full in the wok. Heat the oil until hot. Add chicken and deep fry for around 2-3 minutes or until golden brown. Make sure the chicken is thoroughly cooked before removing from oil. Remove the chicken from oil and drain off any excess oil.
5. Heat a wok or pan until hot and smoky.
6. Add 1 tablespoon oil, turn to low heat and add the chilli and garlic. Stir for quickly for around 10 seconds and add the Peking sauce. Heat the Peking sauce until hot and add the battered chicken.

House Special Satay

2 tablespoons oil ●
200g (7oz) mixed meats (Chicken, roast
pork, king prawns, beef) ●
½ teaspoon chopped garlic ●
¼ small onion sliced ●
¼ green pepper sliced ●
3 mushrooms quartered ●
¼ cup bamboo shoot slices ●
200ml (1 cup) chicken stock or water ●

½ teaspoon salt ●
½ teaspoon msg ●
¼ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1½ tablespoon satay sauce (Jimmy-
Satay sauce) ●
½ teaspoon sesame oil ●
1 teaspoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil, add the mixed meats and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for around 30 seconds to allow the garlic to release the flavour.
4. Add the onions, green peppers, mushrooms, bamboo shoots and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce and stir in well. The satay sauce can finally be added.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

King Prawns with Satay Sauce

2 tablespoons oil ●
200g (7oz) king prawns (peeled and de-veined) ●
½ teaspoon chopped garlic ●
¼ small onion sliced ●
¼ green pepper sliced ●
3 mushrooms quartered ●
¼ cup bamboo shoot slices ●
200ml (1 cup) chicken stock or water ●
½ teaspoon salt ●
½ teaspoon msg ●
¼ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 tablespoon satay sauce (Jimmy- Satay sauce) ●
½ teaspoon sesame oil ●
1 teaspoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the king prawns and stir fry for 20 seconds.
3. Turn to low heat and add the garlic.
4. Add the onions, green peppers, mushrooms, bamboo shoots and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce and stir in well. The satay sauce can finally be added.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Roast Duck with Satay Sauce

- 2 tablespoons oil ●
- 200g (7oz) roast duck sliced ●
- ½ teaspoon chopped garlic ●
- ¼ small onion sliced ●
- ¼ green pepper sliced ●
- 3 mushrooms quartered ●
- ¼ cup bamboo shoot slices ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 tablespoon satay sauce (Jimmy- Satay sauce) ●
- ½ teaspoon sesame oil ●
- 1 teaspoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the roast duck and stir fry for 20 seconds.
3. Turn to low heat and add the garlic.
4. Add the onions, green peppers, mushrooms, bamboo shoots and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce and stir in well. The satay sauce can finally be added.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Beef with Satay Sauce

- 2 tablespoons oil ●
- 200g (7oz) beef sliced ●
- ½ teaspoon chopped garlic ●
- ¼ small onion sliced ●
- ¼ green pepper sliced ●
- 3 mushrooms quartered ●
- ¼ cup bamboo shoot slices ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 tablespoon satay sauce (Jimmy- Satay sauce) ●
- ½ teaspoon sesame oil ●
- 1 teaspoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the beef and stir fry for 1 minute, stirring vigorously to avoid sticking.
3. Turn to low heat and add the garlic.
4. Add the onions, green peppers, mushrooms, bamboo shoots and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce and stir in well. The satay sauce can finally be added.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Chicken with Satay Sauce

- 2 tablespoons oil ●
- 200g (7oz) chicken breast sliced ●
- ½ teaspoon chopped garlic ●
- ¼ small onion sliced ●
- ¼ green pepper sliced ●
- 3 mushrooms quartered ●
- ¼ cup bamboo shoot slices ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 tablespoon satay sauce (Jimmy- Satay sauce) ●
- ½ teaspoon sesame oil ●
- 1 teaspoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the chicken and stir fry for 1 minute stirring, vigorously to avoid sticking.
3. Turn to low heat and add the garlic.
4. Add the onions, green peppers, mushrooms, bamboo shoots and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce and stir in well. The satay sauce can finally be added.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

King Prawns with White Mushrooms

2 tablespoons oil ●
150g (5oz) king prawns-
(peeled and de-veined) ●
¼ teaspoon chopped garlic ●
½ small onion chopped into-
1 inch pieces ●
½ lb mushrooms (quartered) ●
200ml (1 cup) chicken stock or water ●

½ teaspoon salt ●
½ teaspoon msg ●
¼ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon light soy sauce ●
1 teaspoon oyster sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the king prawns and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for around 15 seconds to allow the garlic to release the flavour.
4. Add the onions and mushrooms and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

King Prawns with Bamboo Shoots and Water Chestnuts

2 tablespoons oil ●
150g (5oz) king prawns-
(peeled and de-veined) ●
¼ teaspoon chopped garlic ●
½ small onion chopped into-
1 inch pieces ●
½ cup bamboo shoots ●
¼ cup water chestnuts ●
200ml (1 cup) chicken stock or water ●

½ teaspoon salt ●
½ teaspoon msg ●
¼ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon light soy sauce ●
1 teaspoon oyster sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the king prawns and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for around 15 seconds to allow the garlic to release the flavour.
4. Add the onions, bamboo shoot and water chestnuts. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

King Prawns with Fresh Tomatoes

2 tablespoons oil ●
150g (5oz) king prawns-
(peeled and de-veined) ●
½ teaspoon chopped garlic ●
½ small onion chopped into-
1 inch pieces ●
2 medium tomatoes (quartered) ●
200ml (1 cup) chicken stock or water ●

½ teaspoon salt ●
1 tablespoon sugar ●
1 tablespoon tomato sauce ●
1 teaspoon sesame oil ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the king prawns and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for around 15 seconds to allow the garlic to release the flavour.
4. Add the onions, tomatoes and stir fry for 15 seconds.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, sugar, tomato sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

King Prawns and Green Peppers in Black Bean Sauce

2 tablespoons oil ●
150g (5oz) king prawns-
(peeled and de-veined) ●
1 teaspoon chopped garlic ●
½ small onion sliced ●
1 green pepper thinly sliced ●
200ml (1 cup) chicken stock or water ●

2 tablespoons black beans-
(washed and rinsed) ●
½ teaspoon salt ●
½ teaspoon msg ●
½ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the king prawns and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for around 15 seconds.
4. Add the onions, green peppers and black beans and stir fry for 2 minutes.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

King Prawns with Cashew nuts Bamboo Shoots & Water Chestnuts

- 2 tablespoons oil ●
- 150g (5oz) king prawns-
(peeled and de-veined) ●
- ½ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch pieces ●
- ½ cup bamboo shoots ●
- ¼ cup water chestnuts ●
- 200ml (1 cup) chicken stock or
water ●
- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon oyster sauce ●
- 30g cashew nuts ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the king prawns and stir fry for 2 minutes.
3. Turn to low heat and add the garlic, stir fry for around 15 seconds.
4. Add the onions, bamboo shoot and water chestnuts. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce, cashew nuts and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

King Prawns with Sweet Ginger & Pineapple

2 tablespoons oil ●
150g (5oz) king prawns-
(peeled and de-veined) ●
4 slices sweet ginger ●
½ small onion chopped into-
1 inch pieces ●
½ cup pineapple chunks ●
200ml (1 cup) chicken stock or
water ●

½ teaspoon salt ●
1 teaspoon sugar ●
1 teaspoon tomato sauce ●
¼ cup pineapple juice ●
1 teaspoon sesame oil ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the king prawns and stir fry for 1 minute.
3. Turn to low heat and add the sweet ginger, stir fry for around 15 seconds.
4. Add the onions, pineapple chunks and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, sugar, tomato sauce, pineapple juice and stir in well.
7. Mix the cornflour with the water to form a watery paste.
8. Add the sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

King Prawns with Pineapple

2 tablespoons oil ●
150g (5oz) king prawns-
(peeled and de-veined) ●
½ small onion chopped into-
1 inch pieces ●
½ cup pineapple chunks ●
200ml (1 cup) chicken stock or
water ●

½ teaspoon salt ●
1 tablespoon sugar ●
1 teaspoon tomato sauce ●
¼ cup pineapple juice ●
1 teaspoon sesame oil ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the king prawns and stir fry for 1 minute.
3. Add the onions, pineapple chunks and stir fry for 1 minute.
4. Turn to high heat. Add the chicken stock and cook for 3 minutes.
5. Mix in the salt, sugar, tomato sauce, pineapple juice and stir in well.
6. Mix the cornflour with the water to form a watery paste.
7. Add the sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

King Prawns with Ginger and Spring Onions

2 tablespoons oil ●
150g (5oz) king prawns-
(peeled and de-veined) ●
½ small onion sliced ●
4 slices ginger ●
3 spring onions
(cut 1½ inch long) ●
200ml (1 cup) chicken stock or
water ●
½ teaspoon salt ●
½ teaspoon msg ●
¼ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon light soy sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the king prawns and stir fry for 1 minute. Turn to low heat and add the garlic, stir fry for 15 seconds to allow the garlic to release the flavour.
3. Add the onions and stir fry for 1 minute. Turn to high heat.
4. Now add the spring onions and the chicken stock and cook for 2 minutes.
5. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce and stir in well.
6. Mix the cornflour with the water to create a watery paste.
7. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Sliced Chicken with White Mushrooms

- 2 tablespoons oil ●
- 200g (7oz) chicken sliced ●
- ¼ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch pieces ●
- 225g (½ lb) mushrooms -
(quartered) ●
- 200ml (1 cup) chicken stock or
water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon oyster sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the chicken and stir fry for 1 minute, stirring vigorously to avoid sticking.
3. Turn to low heat and add the garlic, stir fry for 15 seconds to allow the garlic to release the flavour.
4. Add the onions, mushrooms and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Sliced Chicken with Bamboo Shoots and Water Chestnuts

- 2 tablespoons oil ●
- 200g (7oz) chicken sliced ●
- ¼ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch pieces ●
- ½ cup bamboo shoots ●
- ¼ cup water chestnuts ●
- 200ml (1 cup) chicken stock or
water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon oyster sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the chicken and stir fry for 1 minute stirring vigorously to avoid sticking.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, bamboo shoot and water chestnuts. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 4 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Sliced Chicken with Ginger and Spring Onions

- 2 tablespoons oil ●
- 200g (7oz) chicken sliced ●
- ¼ teaspoon chopped garlic ●
- ½ small onion sliced ●
- 4 slices ginger ●
- 3 spring onions (cut 1 ½ inch) ●
- 200ml (1 cup) chicken stock or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ½ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the chicken and stir fry for 1 minute stirring vigorously to avoid sticking.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions and stir fry for 1 minute.
5. Now add the spring onions and the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Sliced Chicken with Seasonal Vegetables

- 2 tablespoons oil ●
- 200g (7oz) chicken sliced ●
- ¼ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ½ green pepper sliced ●
- 4 mushrooms (quartered) ●
- 2 leave Chinese cabbage ●
- ¼ cup bamboo shoots ●
- 4 mange tout peas ●
- 3 spears baby corn ●
- ¼ cup straw mushrooms ●
- 2 Chinese mushrooms ●
- 200ml (1 cup) chicken stock or water ●
- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon oyster sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the chicken and stir fry for 1 minute stirring vigorously to avoid sticking.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers, mushrooms, Chinese cabbage, bamboo shoots, mange tout peas, baby corn, straw mushrooms and Chinese mushrooms. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Sliced Chicken with Pineapple

2 tablespoons oil ●
200g (7oz) chicken sliced ●
½ small onion chopped into-
1 inch pieces ●
½ cup pineapple chunks ●
200ml (1 cup) chicken stock or
water ●
¾ teaspoon salt ●
1 tablespoon sugar ●
1 teaspoon tomato sauce ●
¼ cup pineapple juice ●
1 teaspoon sesame oil ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the chicken and stir fry for 1 minute stirring vigorously to avoid sticking.
3. Add the onions and pineapple chunks. Stir fry for 1 minute.
4. Turn to high heat. Add the chicken stock and cook for 3 minutes.
5. Mix in the salt, sugar, tomato sauce, pineapple juice and stir in well.
6. Mix the cornflour with the water to form a watery paste.
7. Add the sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Sliced Chicken in with Green Peppers and Black Bean Sauce

- 2 tablespoons oil ●
- 200g (7oz) chicken sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch pieces ●
- 1 green pepper sliced ●
- 2 tablespoon black beans- (washed
and rinsed) ●
- 200ml (1 cup) chicken stock or
water ●

- ½ teaspoon salt ●
- ¼ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until slightly smoky.
2. Add 2 tablespoons oil and heat until smoky. Add the chicken and stir fry for 1 minute stirring vigorously to avoid sticking.
3. Turn to low heat and add the garlic, stir fry for 30 seconds.
4. Add the onions, green peppers and black bean paste and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Sliced Chicken with Cashew nuts Bamboo Shoots with Water Chestnuts

- 2 tablespoons oil ●
- 200g (7oz) chicken sliced ●
- ¼ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch pieces ●
- ½ cup bamboo shoots ●
- ¼ cup water chestnuts ●
- 200ml (1 cup) chicken stock or
water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon oyster sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the chicken and stir fry for 1 minute stirring vigorously to avoid sticking.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, bamboo shoot and water chestnuts. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Sliced Chicken with Sweet Ginger & Pineapple

2 tablespoons oil ●
200g (7oz) chicken sliced ●
4-5 slices sweet ginger ●
½ small onion chopped into-
1 inch pieces ●
½ cup pineapple chunks ●
200ml (1 cup) chicken stock
or water ●

¾ teaspoon salt ●
1 teaspoon sugar ●
1 tablespoon tomato sauce ●
¼ cup pineapple juice ●
1 teaspoon sesame oil ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the chicken and stir fry for 1 minute stirring vigorously to avoid sticking.
3. Turn to low heat, add the sweet ginger and stir fry for 15 seconds.
4. Add the onions and pineapple chunks. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, sugar, tomato sauce, pineapple juice and stir in well.
7. Mix the cornflour with the water to form a watery paste.
8. Add the sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Sliced Chicken with Fresh Tomatoes

- 2 tablespoons oil ●
- 200g (7oz) chicken sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch pieces ●
- 2 medium tomatoes (quartered) ●
- 200ml (1 cup) chicken stock or
water ●

- ½ teaspoon salt ●
- 1 tablespoon sugar ●
- 2 tablespoons tomato sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the chicken and stir fry for 1 minute stirring vigorously to avoid sticking.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions and tomatoes. Stir fry for 15 seconds.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, sugar, tomato sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Cantonese Roast Duck

- 1 duck 5-6 lbs (preferably cherry valley duckling) ●
- 1 tablespoon hoi sin sauce ●
- 1 tablespoon ground bean sauce ●
- 1 tablespoon shaoxing rice wine ●
- 1½ tablespoon sugar ●
- ¾ teaspoon five spice powder ●
- 1 tablespoon light soy sauce ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon crushed garlic ●
- 1 star aniseed ●

- 6 cups water ●
- ½ cup vinegar (preferably - red wine vinegar) ●
- 5 tablespoons honey or golden syrup ●

1. Remove the giblets and wing tips of the duck.
2. Combine the hoi sin sauce, ground bean sauce, rice wine, sugar, five spice powder, light soy sauce, dark soy sauce, garlic and star aniseed. Rub the inside of the duck with the mixture.
3. Carefully sew or skewer the neck and tail openings. Make sure it is tightly sewn/skewed so that no juices can escape when the duck hangs or cooks.
4. Mix the water, vinegar and syrup together in a large wok and bring to boil. Hold the duck by the neck over the wok, carefully spoon the mixture over the duck. Make sure all of the duck is covered with the mixture.
5. Use a large hook or loop (around the ducks neck), hang the duck dry in a cool, dry place overnight. An electric fan would help dry the duck up quicker.
6. Preheat oven to 230°C or gas mark 8.
7. Place the duck, breast side up in a 2-inch deep roasting pan. Place the duck at the bottom of the oven, around 2-3 inches from the bottom. Roast for 10-15 minutes.
8. Reduce heat to 180°C, gas mark 4 and continue roasting for 1 hour and 10 minutes.
9. Carefully remove the duck from the oven and cool for at least 10 minutes before removing the skewer.
10. The duck can now be cut into portions using a cleaver or a sharp knife.

Roast Duck with Mushrooms

- 2 tablespoons oil ●
- 200g (7oz) roast duck sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch pieces ●
- ½ lb mushroom (quartered) ●
- 200ml (1 cup) chicken stock or
water ●
- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ½ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon oyster sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the roast duck and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, mushrooms and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Roast Duck with Green Pepper in Black Bean Sauce

2 tablespoons oil ●
200g (7oz) roast duck sliced ●
½ teaspoon chopped garlic ●
½ small onion sliced ●
1 green pepper sliced ●
200ml (1 cup) chicken stock or
water ●
2 tablespoons black beans- (washed
and rinsed) ●
½ teaspoon salt ●
½ teaspoon msg ●
¼ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoon water ●

1. Heat a wok or pan until slightly smoky.
2. Add 2 tablespoons oil and heat until smoky, add the roast duck and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for 30 seconds.
4. Add the onions, green peppers, black beans and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Roast Duck with Bamboo Shoots and Water Chestnuts

- 2 tablespoons oil ●
- 200g (7oz) roast duck sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch pieces ●
- ½ cup bamboo shoots ●
- ¼ cup water chestnuts ●
- 200ml (1 cup) chicken stock-
or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ½ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon oyster sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the roast duck and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, bamboo shoot and water chestnuts. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Roast Duck with Ginger and Spring onion

2 tablespoons oil ●
200g (7oz) roast duck sliced ●
½ teaspoon chopped garlic ●
½ small onion sliced ●
4 slices of ginger ●
3 spring onions (cut 1 ½ inch long) ●
200ml (1 cup) chicken stock-
or water ●
½ teaspoon salt ●
½ teaspoon msg ●
½ teaspoon sugar ●
1 teaspoon dark soy sauce ●
1 tablespoon light soy sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the roast duck and stir fry for 1 minute.
3. Turn to low heat, add the garlic and ginger and stir fry for 30 seconds.
4. Add the onions and stir fry for 1 minute.
5. Turn to high heat. Add the spring onions and the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Roast Duck with Mixed Vegetables

- 2 tablespoons oil ●
- 200g (7oz) roast duck sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ¼ green pepper sliced ●
- 2 mushrooms (quartered) ●
- 2 leave Chinese cabbage ●
- ¼ cup bamboo shoots ●
- 3 mange tout peas ●
- 2 spears baby corn ●
- ¼ cup straw mushrooms ●
- 2 Chinese mushrooms ●
- 200ml (1 cup) chicken stock or water ●

- ¾ teaspoon salt ●
- ½ teaspoon msg ●
- ½ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 tablespoon light soy sauce ●
- 1 teaspoon oyster sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the duck and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers, mushrooms, Chinese cabbage, bamboo shoots, mange tout peas, baby corn, straw mushrooms and Chinese mushrooms. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Roast Duck with Pineapple

2 tablespoons oil ●
200g (7oz) roast duck sliced ●
½ small onion chopped into-
1 inch pieces ●
½ can pineapple chunks ●
200ml (1 cup) chicken stock or
water ●

½ teaspoon salt ●
1 teaspoon sugar ●
1 teaspoon tomato sauce ●
¼ cup pineapple juice ●
1 teaspoon sesame oil ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the roast duck and stir fry for 1 minute.
3. Turn to low heat. Add the onions, pineapple chunks and stir fry for 1 minute.
4. Turn to high heat. Add the chicken stock and cook for 3 minutes.
5. Mix in the salt, sugar, tomato sauce, pineapple juice and stir in well.
6. Mix the cornflour with the water to form a watery paste.
7. Add the sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Roast Duck with Sweet Ginger & Pineapple

2 tablespoons oil ●
200g (7oz) roast duck sliced ●
4-5 slices sweet ginger ●
½ small onion chopped into-
1 inch pieces ●
½ can pineapple chunks ●
200ml (1 cup) chicken stock or
water ●
¾ teaspoon salt ●
1 teaspoon sugar ●
1 teaspoon tomato sauce ●
¼ cup pineapple juice ●
1 teaspoon sesame oil ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the roast duck and stir fry for 1 minute.
3. Turn to low heat add the sweet ginger, stir fry for 15 seconds.
4. Add the onions and pineapple chunks. Stir fry for 1 minute before adding the chicken stock and cook for 2 minutes.
5. Mix in the salt, sugar, tomato sauce, pineapple juice and stir in well.
6. Mix the cornflour with the water to form a watery paste.
7. Add the sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Roast Duck with Fresh Tomatoes

- 2 tablespoons oil ●
- 200g (7oz) roast duck sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch pieces ●
- 2 medium tomatoes-
(cut into quarters) ●
- 200ml (1 cup) chicken stock or
water ●

- ¾ teaspoon salt ●
- 1 teaspoon sugar ●
- 2 tablespoons tomato sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky, add the roast duck and stir fry for 2 minutes.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions and the tomatoes. Stir fry for 1 minute before adding the chicken stock and cook for 2 minutes.
5. Mix in the salt, sugar, tomato ketchup and stir in well.
6. Mix the cornflour with the water to create a watery paste.
7. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Beef with White Mushrooms

2 tablespoons oil ●
200g (7oz) beef thinly sliced ●
¼ teaspoon chopped garlic ●
½ small onion chopped into-
1 inch pieces ●
½ lb mushrooms (quartered) ●
200ml (1 cup) chicken stock or
water ●
¾ teaspoon salt ●
½ teaspoon msg ●
½ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon light soy sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the beef, stirring briskly to avoid sticking. Stir fry for 2 minutes.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, mushrooms and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, dark soy sauce, light soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Beef with Bamboo Shoots and Water Chestnuts

2 tablespoons oil ●
200g (7oz) beef thinly sliced ●
¼ teaspoon chopped garlic ●
½ small onion chopped into-
1 inch pieces ●
½ cup bamboo shoots ●
¼ cup water chestnuts ●
200ml (1 cup) chicken stock or
water ●
¾ teaspoon salt ●
½ teaspoon msg ●
½ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon light soy sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the beef, stirring briskly to avoid sticking. Stir fry for 2 minutes.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, bamboo shoot and water chestnuts. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Beef with Fresh Tomatoes

2 tablespoons oil ●
200g (7oz) beef thinly sliced ●
½ teaspoon chopped garlic ●
½ small onion chopped into-
1 inch pieces ●
2 medium tomatoes-
(cut into quarters) ●
200ml (1 cup) chicken stock or
water ●
¾ teaspoon salt ●
1 teaspoon sugar ●
2 tablespoons tomato sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the beef, stirring briskly to avoid sticking. Stir fry for 2 minutes.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions and the tomatoes. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, sugar, tomato ketchup and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Beef with Ginger and Spring Onions

- 2 tablespoons oil ●
- 200g (7oz) beef thinly sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch pieces ●
- 4 thin slices of ginger ●
- 3 spring onions (cut 1 ½ inch) ●
- 200ml (1 cup) chicken stock-
or water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 teaspoon dark soy sauce ●
- 1 tablespoon light soy sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the beef, stirring briskly to avoid sticking. Stir fry for 2 minutes.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions and stir fry for 1 minute.
5. Turn to high heat. Now add the spring onions and the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Beef with Pineapple

- 2 tablespoons oil ●
- 200g (7oz) beef thinly sliced ●
- ½ small onion chopped into-
1 inch pieces ●
- ½ can pineapple chunks ●
- 200ml (1 cup) chicken stock or
water ●

- ¼ teaspoon salt ●
- 1 tablespoon sugar ●
- 1 teaspoon tomato sauce ●
- ¼ cup pineapple juice ●
- 1 teaspoon sesame oil ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the beef, stirring briskly to avoid sticking. Stir fry for 2 minutes.
3. Turn to low heat. Add the onions, pineapple chunks and stir fry for 1 minute.
4. Turn to high heat. Add the chicken stock and cook for 3 minutes.
5. Mix in the salt, sugar, tomato sauce, pineapple juice and stir in well.
6. Mix the cornflour with the water to form a watery paste.
7. Add the sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Beef with Sweet Ginger & Pineapple

2 tablespoons oil ●
200g (7oz) beef thinly sliced ●
4-5 slices sweet ginger ●
½ small onion chopped into-
1 inch pieces ●
½ cup pineapple chunks ●
200ml (1 cup) chicken stock or
water ●

¾ teaspoon salt ●
1 teaspoon sugar ●
1 teaspoon tomato sauce ●
¼ cup pineapple juice ●
1 teaspoon sesame oil ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the beef, stirring briskly to avoid sticking. Stir fry for 2 minutes.
3. Turn to low heat and add the sweet ginger, stir fry for 15 seconds.
4. Add the onions and pineapple chunks. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
5. Mix in the salt, sugar, tomato sauce, pineapple juice and stir in well.
6. Mix the cornflour with the water to form a watery paste.
7. Add the sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Beef with Green Peppers in Black Bean Sauce

- 2 tablespoons oil ●
- 200g (7oz) beef thinly sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch pieces ●
- 1 green pepper thinly sliced ●
- 200ml (1 cup) chicken stock or
water ●
- 2 tablespoons black beans (washed
and rinsed) ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ½ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the beef, stirring briskly to avoid sticking. Stir fry for 2 minutes.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers and black beans and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, oyster sauce, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Beef with Mixed Vegetables

- 2 tablespoons oil ●
- 200g (7oz) beef thinly sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ½ green pepper sliced ●
- 4 mushrooms (quartered) ●
- 2 leaves from Chinese cabbage ●
- ¼ cup bamboo shoots ●
- 4 mange tout peas ●
- 4 spears baby corn ●
- ¼ cup straw mushrooms ●
- 2 Chinese mushrooms ●
- 200ml (1 cup) chicken stock or water ●
- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the beef, stirring briskly to avoid sticking. Stir fry for 2 minutes.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers, mushrooms, Chinese cabbage, bamboo shoots, mange tout peas, baby corn, straw mushrooms and Chinese mushrooms. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Beef with Black Pepper Sauce

- 2 tablespoons oil ●
- 200g (7oz) beef sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch pieces ●
- ¼ green pepper thinly sliced ●
- ¼ cup bamboo shoots slices ●
- 3 mushrooms (quartered) ●
- 200ml (1 cup) chicken stock or
water ●
- ½ tablespoon ground black pepper ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ¼ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the beef, stirring briskly to avoid sticking. Stir fry for 2 minutes.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers, mushrooms, Chinese cabbage, bamboo shoots, mange tout peas, baby corn, straw mushrooms and Chinese mushrooms. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Cantonese Roast Pork (char siu)

- 1.4kg (3 lbs) lean pork ●
- 8 tablespoons sugar ●
- 1 tablespoon red bean curd ●
- 1 teaspoon five spices powder ●
- 100ml (½ cup) light soy sauce ●
- 1 clove finely chopped garlic ●
- 1 teaspoon grated ginger ●
- 1 tablespoon rice wine ●
- 200ml (1 cup) water ●
- 2 tablespoon hoi sin sauce ●
- 1½ tablespoons yellow bean sauce ●
- 2 tablespoons dark soy sauce ●
- 2 tablespoons sesame oil or-
vegetable oil ●
- 200ml (1 cup) syrup or honey ●

1. Cut the pork into strips 8-10 inches long and 1½ inches thick.
2. Place the strips in a shallow baking dish and sprinkle with 1 tablespoon of the sugar evenly. Allow to stand for 30 minutes.
3. Combine the red bean curd, five spice powder, light soy sauce, garlic, ginger, rice wine, water, hoi sin sauce, yellow bean sauce, dark soy sauce, sesame oil and the remaining sugar in a large bowl.
4. Pour the mixture over the pork strips and marinate for 6 hours.
5. Preheat oven to 230°C or gas mark 8. Place a baking dish with 3 cups boiling water at the bottom of the oven.
6. Put an S-shaped hook through the end of each strip. Hang the pork strips from the top of the roasting rack and bake for 30 minutes.
7. Brush the pork with sauce and with oil. Turn the pork strips.
8. Reduce heat to 180°C or gas mark 4 and bake for 15 minutes. Brush more sauce and oil over the pork strips and turn. Bake for another 15 minutes.
9. Continue baking for 20-30 minutes basting regularly with the sauce and the syrup.
10. The pork is fully cooked when well browned.

Barbecued Spare Ribs

- 1.4kg (3 lbs) 1 rack spare ribs ●
- 5 tablespoons sugar ●
- 1 tablespoon red bean curd ●
- 1 teaspoon five spices powder ●
- 3 tablespoons light soy sauce ●
- 1 clove finely chopped garlic ●
- 1 teaspoon grated ginger ●
- 2 tablespoon rice wine ●
- 200ml (1 cup) water ●
- 1 teaspoon salt ●
- 3 tablespoons hoi sin sauce ●
- 1½ tablespoons yellow bean sauce ●
- 2 tablespoons sesame oil or-
vegetable oil ●

1. Cut the spareribs into individual ribs.
2. Place the ribs in a shallow baking dish and sprinkle with 1 tablespoon of the sugar evenly. Allow to stand for 30 minutes.
3. Preheat oven to 230°C or gas mark 8
4. Combine the red bean curd, five spice powder, light soy sauce, garlic, rice wine, water, salt, hoi sin sauce, yellow bean sauce, sesame oil and the remaining sugar in a large bowl.
5. Pour the mixture over the spare ribs and marinate for 2 hours.
6. Arrange the spare ribs on the roasting rack and bake for 30 minutes.
7. Brush the ribs with sauce and with oil. Turn the ribs.
8. Reduce heat to 180°C or gas mark 4 and bake for 15 minutes. Brush more sauce and oil over the ribs and turn. Bake for another 15 minutes.
9. Continue baking for 20-30 minutes basting regularly with the sauce.
10. The ribs are fully cooked when well browned.

Roast Pork with Mushrooms

2 tablespoons oil ●
200g (7oz) roast pork sliced ●
¼ teaspoon chopped garlic ●
½ small onion chopped into-
1 inch pieces ●
½ lb mushrooms (quartered) ●
200ml (1 cup) chicken stock or
water ●

¾ teaspoon salt ●
½ teaspoon msg ●
½ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon light soy sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoon oil and heat until smoky, add the roast pork and stir fry for 1 minute. Turn to low heat and add the garlic, stir fry for 15 seconds.
3. Add the onions and mushrooms. Stir fry for 1 minute.
4. Turn to high heat. Add the chicken stock and cook for 3 minutes.
5. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce and stir in well.
6. Mix the cornflour with the water to create a watery paste.
7. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Roast Pork with Green Peppers in Black Bean Sauce

2 tablespoons oil ●
200g (7oz) roast pork sliced ●
½ teaspoon chopped garlic ●
½ small onion sliced ●
1 green pepper sliced ●
200ml (1 cup) chicken stock or
water ●
2 tablespoons black beans ●

½ teaspoon salt ●
½ teaspoon msg ●
¼ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon sesame oil ●
1 tablespoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the roast pork and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers and black beans and stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, oyster sauce, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Roast Pork with Bamboo Shoots and Water Chestnuts

- 2 tablespoons oil ●
- 200g (7oz) roast pork sliced ●
- ¼ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch squares ●
- ½ cup bamboo shoots ●
- ¼ cup water chestnuts ●
- 200ml (1 cup) chicken stock or
water ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ½ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the roast pork and stir fry for 1 minute.
3. Turn to low heat and add the garlic. Stir fry for 15 seconds.
4. Add the onions, bamboo shoot and water chestnuts. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Roast Pork with Mixed Vegetables

- 2 tablespoons oil ●
- 200g (7oz) roast pork sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ½ green pepper sliced ●
- 4 mushrooms (quartered) ●
- 2 leaves from Chinese cabbage ●
- ¼ cup bamboo shoots ●
- 4 mange tout peas ●
- 4 spears baby corn ●
- ¼ cup straw mushrooms ●
- 2 Chinese mushrooms ●
- 200ml (1 cup) chicken stock or water ●
- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ½ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the roast pork and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers, mushrooms, Chinese cabbage, bamboo shoots, mange tout peas, baby corn, straw mushrooms and Chinese mushrooms. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Roast Pork with Pineapple

2 tablespoons oil ●
225g (½ lb) roast pork sliced ●
½ small onion chopped into-
1 inch pieces ●
½ cup pineapple chunks ●
200ml (1 cup) chicken stock or
water ●

½ teaspoon salt ●
1 tablespoon sugar ●
1 teaspoon tomato sauce ●
¼ cup pineapple juice ●
1 teaspoon sesame oil ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the roast pork and stir fry for 1 minute.
3. Turn to low heat and add the onions and pineapple chunks. Stir fry for 1 minute.
4. Turn to high heat. Add the chicken stock and cook for 3 minutes.
5. Mix in the salt, sugar, tomato sauce, pineapple juice and stir in well.
6. Mix the cornflour with the water to form a watery paste.
7. Add the sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Roast Pork with Sweet Ginger & Pineapple

2 tablespoons oil ●
200g (7oz) roast pork sliced ●
4-5 slices sweet ginger ●
½ small onion chopped into-
1 inch pieces ●
½ cup pineapple chunks ●
200ml (1 cup) chicken stock or
water ●

½ teaspoon salt ●
1 teaspoon sugar ●
1 teaspoon tomato sauce ●
¼ cup pineapple juice ●
1 teaspoon sesame oil ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the roast pork and stir fry for 1 minute.
3. Turn to low heat add the sweet ginger, stir fry for 15 seconds.
4. Add the onions and pineapple chunks. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, sugar, tomato sauce, pineapple juice and stir in well.
7. Mix the cornflour with the water to form a watery paste.
8. Add the sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Roast Pork with Fresh Tomatoes

- 2 tablespoons oil ●
- 200g (7oz) roast pork sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion chopped into-
1 inch pieces ●
- 2 medium tomatoes (quartered) ●
- 200ml (1 cup) chicken stock or
water ●

- ½ teaspoon salt ●
- 1 teaspoon sugar ●
- 2 tablespoons tomato sauce ●
- 1 teaspoon sesame oil ●
- 1 tablespoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the roast pork and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions and the tomatoes. Stir fry for 1 minute.
5. Turn to high heat. Add the chicken stock and cook for 3 minutes.
6. Mix in the salt, sugar, tomato ketchup and stir in well.
7. Mix the cornflour with the water to create a watery paste.
8. Add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

King Prawn Egg Foo Yung

2 tablespoons oil ●
150g (5oz) king prawns (peeled
and de-veined) ●

50g (2oz) peas ●
½ small onion sliced ●
¾ teaspoon salt ●
½ teaspoon msg ●
5 eggs, beaten ●

1. Heat a wok or pan until hot.
2. Add the oil and heat until slightly smoky.
3. Add the king prawns and stir fry on a low heat until nearly cooked. Add the onions and stir fry for 15 seconds.
4. Mix in the salt and msg and stir well.
5. Add the eggs and peas.
6. Keep at low heat and cook in a whirling motion to make sure the entire wok is covered in egg, stir the cooked egg in. If the egg sticks to the wok just add a few drops of oil on the sticky area. Keep tossing and stirring until the egg is thoroughly cooked and is golden brown.

Chicken Egg Foo Yung

2 tablespoons oil ●
150g (5oz) Chicken (cooked and -
shredded) ●

50g (2oz) peas ●
½ small onion thinly sliced ●
¾ teaspoon salt ●
½ teaspoon msg ●
5 eggs, beaten ●

1. Heat a wok or pan until hot.
2. Add the oil and heat until slightly smoky.
3. Add the chicken and stir fry on a low heat until nearly cooked. Add the onions and stir fry for 15 seconds.
4. Mix in the salt and msg and stir well.
5. Add the eggs and peas.
6. Keep at low heat and cook in a whirling motion to make sure the entire wok is covered in egg, stir the cooked egg in. If the egg sticks to the wok just add a few drops of oil on the sticky area. Keep tossing and stirring until the egg is thoroughly cooked and is golden brown.

Fried Shrimp Egg Foo Yung

2 tablespoons oil ●
150g (5oz) shrimps ●
50g (2oz) peas ●
½ small onion thinly sliced ●
¾ teaspoon salt ●
½ teaspoon msg ●
5 eggs, beaten ●

1. Heat a wok or pan until hot.
2. Add the oil and heat until slightly smoky.
3. Add the shrimps and stir fry on a low heat until nearly cooked. Add the onions and stir fry for 15 seconds.
4. Mix in the salt and msg and stir well.
5. Add the eggs and peas.
6. Keep at low heat and cook in a whirling motion to make sure the entire wok is covered in egg, stir the cooked egg in. If the egg sticks to the wok just add a few drops of oil on the sticky area. Keep tossing and stirring until the egg is thoroughly cooked and is golden brown.

Roast Pork Foo Yung

2 tablespoons oil ●
150g (5oz) Chinese roast pork cut into
thin strips ½ cm by 2 cm long ●

50g (2oz) peas ●
½ small onion thinly sliced ●
¾ teaspoon salt ●
½ teaspoon msg ●
5 eggs, beaten ●

1. Heat wok or large pan until hot.
2. Add the oil and heat until slightly smoky.
3. Add the Chinese roast pork and stir fry on a low heat until slightly brown. Now add the onions and stir fry for 30 seconds.
4. Stir in the salt and msg and mix well.
5. Add the eggs and frozen peas.
6. Keep at low heat and cook in a whirling motion to make sure the entire wok is covered in egg, stir the cooked egg in. If the egg sticks to the wok just add a few drops of oil on the sticky area. Keep tossing and stirring until the egg is thoroughly cooked and is golden brown.

Mushroom Egg Foo Yung

2 tablespoons oil ●
110g (4oz) Mushrooms sliced ●
50g (2oz) peas ●
½ small onion thinly sliced ●
¾ teaspoon salt ●
½ teaspoon msg ●
5 eggs, beaten ●

1. Heat wok or large pan until hot.
2. Add the oil and heat until slightly smoky.
3. Add the mushroom slices and stir fry for 1 minute. Now add the onions and stir fry for 30 seconds.
4. Stir in the salt and msg and mix well.
5. Add the eggs and frozen peas.
6. Keep at low heat and cook in a whirling motion to make sure the entire wok is covered in egg, stir the cooked egg in. If the egg sticks to the wok just add a few drops of oil on the sticky area. Keep tossing and stirring until the egg is thoroughly cooked and is golden brown.

King Prawn Chow Mein

- Oil for deep frying ●
- 2 tablespoons oil ●
- 150g (5oz) king prawns (peeled and de-veined) ●
- ¼ teaspoon chopped garlic ●
- ½ lb dried egg noodles ●
- Bean sprouts (1 handful) ●
- ½ small onion (sliced) ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon sesame oil ●
- ¼ teaspoon white pepper ●

1. Cook noodles by soaking in boiling water for 5-10 minutes or until soft to touch.
2. Cook prawns by deep frying them for 1 minute. Remove king prawns from oil and shake off any excess oil.
3. Clean wok, heat wok until hot and slightly smoky. Add 2 tablespoons oil. Add the king prawns and onions and stir fry for 30 seconds.
4. Turn to low heat and add the garlic and stir fry for another 15 seconds.
5. Now add the bean sprouts and noodles. Stir fry for 4-5 minutes or until the noodles are soft.
6. Add the salt, msg, dark soy sauce and light soy sauce. Stir fry for another minute. Finally add the pepper and sesame oil and stir in.

Chicken Chow Mein

2 tablespoons oil ●
150g (5oz) chicken (cooked and cut
into thin strips) ●
¼ teaspoon chopped garlic ●
½ lb dried egg noodles ●
Bean sprouts (1 handful) ●
½ small onion (sliced) ●

½ teaspoon salt ●
½ teaspoon msg ●
1 tablespoon dark soy sauce ●
1 teaspoon light soy sauce ●
1 teaspoon sesame oil ●
¼ teaspoon white pepper ●

1. Cook noodles by soaking in boiling water for 5-10 minutes or until soft to touch.
2. Clean wok, heat wok until hot and slightly smoky. Add 2 tablespoons oil. Add the chicken and onions and stir fry for 30 seconds.
3. Turn to low heat and add the garlic and stir fry for another 15 seconds.
4. Add the onion and stir fry for another 15 seconds.
5. Now add the bean sprouts and noodles. Stir fry for 4-5 minutes or until the noodles are soft.
5. Add the salt, msg, dark soy sauce and light soy sauce. Stir fry for another minute. Finally add the pepper and sesame oil and stir in.

Beef Chow Mein

oil for deep frying ●
2 tablespoons oil ●
150g (5oz) beef thinly sliced ●
¼ teaspoon chopped garlic ●
½ lb dried egg noodles ●
bean sprouts (1 handful) ●
½ small onion (sliced) ●

½ teaspoon salt ●
½ teaspoon msg ●
1 tablespoon dark soy sauce ●
1 teaspoon light soy sauce ●
1 teaspoon sesame oil ●
¼ teaspoon white pepper ●

1. Cook noodles by soaking in boiling water for 5-10 minutes or until soft to touch.
2. Heat a wok until hot and add two cups of oil. Add the beef when the oil is slightly hot and deep fry until cooked and lightly browned. Using a slotted spoon remove the beef from the oil. Drain the oil and clean the wok.
3. Heat wok until hot and slightly smoky. Add 2 tablespoons oil. Add the beef and onions and stir fry for 30 seconds.
4. Turn to low heat and add the garlic and stir fry for another 15 seconds.
5. Now add the bean sprouts and noodles. Stir fry for 4-5 minutes or until the noodles are soft.
6. Add the salt, msg, dark soy sauce and light soy sauce. Stir fry for another minute. Finally add the pepper and sesame oil and stir in.

Roast Pork Chow Mein

2 tablespoons oil ●
150g (5oz) roast pork (cut into
thin strips) ●
½ teaspoon chopped garlic ●
½ lb dried egg noodles ●
Bean sprouts (1 handful) ●
½ small onion (sliced) ●

½ teaspoon salt ●
½ teaspoon msg ●
1 tablespoon dark soy sauce ●
1 teaspoon light soy sauce ●
1 teaspoon sesame oil ●
¼ teaspoon white pepper ●

1. Cook noodles by soaking in boiling water for 5-10 minutes or until soft to touch.
2. Clean wok, heat wok until hot and slightly smoky. Add 2 tablespoons oil. Add the roast pork and onions and stir fry for 30 seconds.
3. Turn to low heat and add the garlic and stir fry for another 15 seconds.
4. Add the noodles and stir fry for another 15 seconds.
5. Now add the bean sprouts and noodles. Stir fry for 4-5 minutes or until the noodles are soft.
5. Add the salt, msg, dark soy sauce and light soy sauce. Stir fry for another minute. Finally add the pepper and sesame oil and stir in.

King Prawn Fried Rice

Oil for deep frying ●
150g (5oz) king prawns (peeled and de-veined) ●
2 tablespoons oil ●
1 egg (beaten) ●
1½ cup cold cooked rice (best cooked a day before in advance) ●
50g (2 oz) peas ●
½ teaspoon salt ●
½ teaspoon msg ●
1 teaspoon dark soy sauce ●
1 teaspoon sesame oil ●

1. Heat oil in a wok until moderately hot and deep fry king prawns until cooked. Remove from oil.
2. Clean the wok and heat until hot, add the 2 tablespoons oil and heat until slightly smoky. Add the egg and stir fry until cooked.
3. Add the boiled rice and stir fry for 2 minutes.
4. Add the king prawns and stir fry for another 5 minutes.
5. Turn to low heat and add the salt, msg and dark soy sauce.
6. Stir in well and stir fry for another 2 minutes.
7. Finally add the peas and sesame oil.

Shrimp Fried Rice

150g (5oz) shrimps ●
2 tablespoons oil ●
1 egg (beaten) ●
1½ cup cold cooked rice (best cooked
a day before in advance) ●
50g (2 oz) peas ●
½ teaspoon salt ●
½ teaspoon msg ●
1 teaspoon dark soy sauce ●
1 teaspoon sesame oil ●

1. Heat wok until hot. Add the oil and heat until slightly smoky.
2. Add the shrimps and stir fry for 1 minute. Add the egg and stir fry until cooked.
3. Add the boiled rice and stir fry for 5 minutes.
4. Turn to low heat and add the salt, msg and dark soy sauce.
5. Stir in well and stir fry for another 2 minutes.
6. Finally add the peas and sesame oil.

Chicken Fried Rice

150g (5oz) chicken ●
2 tablespoon oil ●
1 egg (beaten) ●
1½ cup cold cooked rice (best cooked
a day before in advance) ●
50g (2 oz) peas ●
½ teaspoon salt ●
½ teaspoon msg ●
1 teaspoon dark soy sauce ●
1 teaspoon sesame oil ●

1. Heat wok until hot. Add the oil and heat until slightly smoky.
2. Add the chicken and stir fry for 1 minute. Add the egg and stir fry until cooked.
3. Add the boiled rice and stir fry for 5 minutes.
4. Turn to low heat and add the salt, msg and dark soy sauce.
5. Stir in well and stir fry for another 2 minutes.
6. Finally add the peas and sesame oil.

Tip. Cook the chicken by blanching in boiling water. Allow to cool before slicing into thin strips. This will stop excessive sticking when stir frying.

Beef Fried Rice

150g (5oz) minced beef ●
2 tablespoon oil ●
1 egg (beaten) ●
1½ cup cold cooked rice (best cooked
a day before in advance) ●
50g (2 oz) peas ●
½ teaspoon salt ●
½ teaspoon msg ●
1 teaspoon dark soy sauce ●
1 teaspoon sesame oil ●

1. Heat oil in a wok and deep fry the minced beef until cooked. Remove using a sieve and drain off any excess oil.
2. Clean the wok and heat until hot, add the oil and heat until slightly smoky. Add the egg and stir fry until cooked.
3. Add the boiled rice and stir fry for 2 minutes.
4. Add the beef and stir fry for another 5 minutes.
5. Turn to low heat and add the salt, msg and dark soy sauce.
6. Stir in well and stir fry for another 2 minutes.
7. Finally add the peas and sesame oil.

Roast Pork Fried Rice

150g (5oz) Chinese roast pork ●
2 tablespoon oil ●
1 egg (beaten) ●
1½ cup cold cooked rice (best cooked
a day before in advance) ●
50g (2 oz) peas ●
½ teaspoon salt ●
½ teaspoon msg ●
1 teaspoon dark soy sauce ●
1 teaspoon sesame oil ●

1. Heat wok until hot. Add the oil and heat until slightly smoky.
2. Add the Chinese roast pork and stir fry for 1 minute. Add the egg and stir fry until cooked.
3. Add the boiled rice and stir fry for 5 minutes.
4. Turn to low heat and add the salt, msg and dark soy sauce.
5. Stir in well and stir fry for another 2 minutes.
6. Finally add the peas and sesame oil.

Tip. The Chinese roast pork is best cut into small cubes (diced).

Yeung Chow Fried Rice

- 50g (2oz) chicken (cooked) ●
- 50g (2oz) Chinese roast pork ●
- 50g (2oz) shrimps ●
- 1 egg (beaten) ●
- 1½ cup cold cooked rice (best cooked
a day before in advance) ●
- 50g (2 oz) peas ●
- ½ teaspoon salt ●
- ½ teaspoon msg ●
- 1 teaspoon dark soy sauce ●
- 1 teaspoon sesame oil ●

1. Heat wok until hot. Add the oil and heat until slightly smoky.
2. Add the chicken, Chinese roast pork and shrimps and stir fry for 1 minute. Add the egg and stir fry until cooked.
3. Add the boiled rice and stir fry for 5 minutes.
4. Turn to low heat and add the salt, msg and dark soy sauce.
5. Stir in well and stir fry for another 2 minutes.
6. Finally add the peas and sesame oil.

Tip. Cook the chicken by blanching in boiling water. Allow to cool before slicing into thin strips. This will stop excessive sticking when stir frying.

Singapore Fried Rice (hot & spicy)

The meats in these dishes are a personal choice. We use these particular meats in our Singapore fried rice at our restaurant. You can add more of one meat and less of another. As I said before there isn't really any rules to cooking – experiment and find out what you like!

- 1 tablespoon oil ●
- 1 teaspoon chilli oil ●
- 50g (2oz) chicken (cooked) ●
- 50g (2oz) Chinese roast pork ●
- 50g (2oz) shrimps ●
- 1 egg (beaten) ●
- 1½ cup cold cooked rice (best cooked a day before in advance) ●
- 50g (2 oz) peas ●
- ½ teaspoon salt ●
- ½ teaspoon msg ●
- 1 teaspoon dark soy sauce ●
- ¼ teaspoon chilli powder ●
- 1 teaspoon sesame oil ●

1. Heat wok until slightly hot and smoky. Turn to low heat and add oil and stir to make sure the whole wok is evenly coated with oil.
2. Next add the chilli oil, chicken, Chinese roast pork and shrimps. Stir fry for 30 seconds. Now add the egg and stir fry for 20 seconds.
3. Add the boiled rice and stir fry for 5 minutes.
4. Turn to low heat and add the salt, msg, dark soy sauce and chilli powder.
5. Stir in well and stir fry for another 2 minutes. Finally add the peas and sesame oil.

Mushroom Fried Rice

110g (4oz) Mushrooms sliced ●
2 tablespoons oil ●
1 egg (beaten) ●
1½ cup cold cooked rice (best cooked
a day before in advance) ●
50g (2 oz) peas ●
½ teaspoon salt ●
½ teaspoon msg ●
1 teaspoon dark soy sauce ●
1 teaspoon sesame oil ●

1. Heat wok until hot. Add the oil and heat until slightly smoky.
2. Add the mushrooms and stir fry for 1 minute. Add the egg and stir fry until cooked.
3. Add the boiled rice and stir fry for 5 minutes.
4. Turn to low heat and add the salt, msg and dark soy sauce.
5. Stir in well and stir fry for another 2 minutes.
6. Finally add the peas and sesame oil.

King Prawn Chop Suey

2 tablespoons oil ●
225g (½ lb) king prawns (peeled and de-veined) ●
½ teaspoon chopped garlic ●
½ small onion sliced ●
½ green pepper sliced ●
3 mushrooms (quartered) ●
2 leaves from Chinese cabbage ●
¼ can bamboo shoots ●
4 mange tout peas ●
¼ can baby corn ●
¼ can straw mushrooms ●
2 Chinese mushrooms ●
handful of bean sprouts ●

¾ teaspoon salt ●
½ teaspoon msg ●
½ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon light soy sauce ●
1 teaspoon oyster sauce ●
1 teaspoon sesame oil ●
1 teaspoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until moderately hot, add the king prawns and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers, mushrooms, Chinese cabbage, bamboo shoots, mange tout peas, baby corn, straw mushrooms, Chinese mushrooms and bean sprouts. Stir fry for 1 minute before adding the chicken stock and cook for 2 minutes.
5. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
6. Mix the cornflour with the water to create a watery paste.
7. Turn to high heat and add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Chicken Chop Suey

2 tablespoons oil ●
200g (7oz) chicken breast sliced ●
½ teaspoon chopped garlic ●
½ small onion sliced ●
½ green pepper sliced ●
3 mushrooms (quartered) ●
2 leaves from Chinese cabbage ●
¼ can bamboo shoots ●
4 mange tout peas ●
¼ can baby corn ●
¼ can straw mushrooms ●
2 Chinese mushrooms ●
handful of bean sprouts ●

¾ teaspoon salt ●
½ teaspoon msg ●
½ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon light soy sauce ●
1 teaspoon oyster sauce ●
1 teaspoon sesame oil ●
1 teaspoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until moderately hot, add the chicken and stir fry for 2 minutes.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers, mushrooms, Chinese cabbage, bamboo shoots, mange tout peas, baby corn, straw mushrooms, Chinese mushrooms and bean sprouts. Stir fry for 1 minute before adding the chicken stock and cook for 2 minutes.
5. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
6. Mix the cornflour with the water to create a watery paste.
7. Turn to high heat and add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Beef Chop Suey

- 2 tablespoons oil ●
- 200g (7oz) beef sliced ●
- ½ teaspoon chopped garlic ●
- ½ small onion sliced ●
- ½ green pepper sliced ●
- 3 mushrooms (quartered) ●
- 2 leaves from Chinese cabbage ●
- ¼ can bamboo shoots ●
- 4 mange tout peas ●
- ¼ can baby corn ●
- ¼ can straw mushrooms ●
- 2 Chinese mushrooms ●
- handful of bean sprouts ●

- ¾ teaspoon salt ●
- ½ teaspoon msg ●
- ½ teaspoon sugar ●
- 1 tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- 1 teaspoon oyster sauce ●
- 1 teaspoon sesame oil ●
- 1 teaspoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until smoky. Add the beef, stirring vigorously to avoid sticking and stir fry for 2 minutes.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers, mushrooms, Chinese cabbage, bamboo shoots, mange tout peas, baby corn, straw mushrooms, Chinese mushrooms and bean sprouts. Stir fry for 1 minute before adding the chicken stock and cook for 2 minutes.
5. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
6. Mix the cornflour with the water to create a watery paste.
7. Turn to high heat and add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Roast Pork Chop Suey

2 tablespoons oil ●
200g (7oz) Chinese roast pork sliced ●
½ teaspoon chopped garlic ●
½ small onion sliced ●
½ green pepper sliced ●
3 mushrooms (quartered) ●
2 leaves from Chinese cabbage ●
¼ can bamboo shoots ●
4 mange tout peas ●
¼ can baby corn ●
¼ can straw mushrooms ●
2 Chinese mushrooms ●
handful of bean sprouts ●

¾ teaspoon salt ●
½ teaspoon msg ●
½ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon light soy sauce ●
1 teaspoon oyster sauce ●
1 teaspoon sesame oil ●
1 teaspoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until moderately hot, add the roast pork and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers, mushrooms, Chinese cabbage, bamboo shoots, mange tout peas, baby corn, straw mushrooms, Chinese mushrooms and bean sprouts. Stir fry for 1 minute before adding the chicken stock and cook for 2 minutes.
5. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
6. Mix the cornflour with the water to create a watery paste.
7. Turn to high heat and add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Mushroom Chop Suey

2 tablespoons oil ●
200g (7oz) mushrooms (quartered) ●
½ teaspoon chopped garlic ●
½ small onion sliced ●
½ green pepper sliced ●
3 mushrooms (quartered) ●
2 leaves from Chinese cabbage ●
¼ can bamboo shoots ●
4 mange tout peas ●
¼ can baby corn ●
¼ can straw mushrooms ●
2 Chinese mushrooms ●
handful of bean sprouts ●

¾ teaspoon salt ●
½ teaspoon msg ●
½ teaspoon sugar ●
1 tablespoon dark soy sauce ●
1 teaspoon light soy sauce ●
1 teaspoon oyster sauce ●
1 teaspoon sesame oil ●
1 teaspoon shaoxing rice wine ●
1 tablespoon cornflour ●
3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until moderately hot, add the mushrooms and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions, green peppers, mushrooms, Chinese cabbage, bamboo shoots, mange tout peas, baby corn, straw mushrooms, Chinese mushrooms and bean sprouts. Stir fry for 1 minute before adding the chicken stock and cook for 2 minutes.
5. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
6. Mix the cornflour with the water to create a watery paste.
7. Turn to high heat and add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens.

Curry Dishes

Curry sauce can be made from curry concentrate available at most oriental grocers such as Wing Yip.

The curry paste or curry concentrate can be bought in most Chinese grocers. Make the curry sauce using the methods on the back of the concentrate container.

Or follow our method as follows:

Mix 1 part concentrate with 4-5 parts water. Heat and keep stirring until the sauce is thick enough. Some of the shop bought concentrate has already been seasoned so do taste the sauce and add salt, msg or sugar to taste.

Your favourite meat or vegetables can now be cooked and added to the sauce.

Boiled Rice

Cooking rice is quite an art. Chinese cooks rarely measure the volume of water used to cook rice. Instead they add water to a certain level above the rice and test the depth by holding their middle finger above the rice. The water should come to the first joint of the middle finger (from the knuckle).

The alternative method is as follow:

2 cups long grain rice ●
3 cups water ●

1. Thoroughly wash rice and rinse rice until the water runs clear.
2. Add the rice to a deep pan or pot and add the water.
3. Cover and cook the rice on high heat for 10 minutes.
4. Cook on low heat for another 15-20 minutes.

Stir Fry White Mushrooms

- 2 tablespoons oil ●
- 225g (½ lb) mushrooms ●
- ½ teaspoon chopped garlic ●
- ½ small onion sliced ●

- ½ teaspoon salt ●
- ½ teaspoon msg ●
- ½ teaspoon sugar ●
- ½ tablespoon dark soy sauce ●
- 1 teaspoon light soy sauce ●
- ½ teaspoon oyster sauce ●
- 1 teaspoon sesame oil ●
- 1 teaspoon shaoxing rice wine ●
- 1 tablespoon cornflour ●
- 3 tablespoons water ●

1. Heat a wok or pan until hot.
2. Add 2 tablespoons oil and heat until moderately hot, add the mushrooms and stir fry for 1 minute.
3. Turn to low heat and add the garlic, stir fry for 15 seconds.
4. Add the onions and stir fry for 1 minute before adding the chicken stock. Cook for 2 minutes.
5. Mix in the salt, msg, sugar, light soy sauce, dark soy sauce, oyster sauce and stir in well.
6. Mix the cornflour with water to create a watery paste.
7. Turn to high heat and add the rice wine and sesame oil and slowly add the cornflour mixture. Stir the mixture in while it thickens (do not add all the cornflour mixture as it can create a dish that is too thick, by adding it slowly you can gauge how thick the dish will be!).

Toffee Pineapple and Toffee Banana

2 ring pineapple and 1 banana ●

For the batter

175g (6oz) plain flour ●

5 tablespoons cornflour ●

2 teaspoons baking powder ●

300ml (10 fl oz) water ●

1½ teaspoon sesame oil ●

400ml (15 fl oz) oil ●

3 teaspoon sesame oil ●

175g (6oz) sugar ●

1 tablespoon sesame seeds ●

1. Peel banana and cut it in half. Using kitchen towels pat dry the pineapple rings.

2. Mix all the batter ingredients together.

3. Heat a wok and add the oil and sesame oil. Heat until moderately hot.

4. Dip the fruit in the batter and deep fry for 2 minutes or until gold brown. Remove from oil and drain on kitchen paper.

5. Prepare a bowl with cold water.

6. Clean wok and heat until moderately hot. Add 2 tablespoons oil, sugar and sesame seeds. Heat until the sugar melts and starts to caramelize.

7. When the caramel is light brown add a few pieces of fruit to the caramel and stir.

8. Quickly take the fruit out and dip into the cold water, this will harden the caramel. Remove and serve. Repeat with the rest of the fruit.

Sweet and Sour Sauce

- 1 large onion – thinly sliced ●
- 2 celery stalks – thinly sliced ●
- 1 leek – sliced ●
- 1 apple – sliced ●
- 1 orange – sliced ●
- 110g (¼ lb) ginger ●
- 1 whole garlic bulb – Crushed ●
- ½ lemon ●

- 4 litres water ●

- 1¾ litres vinegar ●
- 600g tomato sauce ●
- 200g tomato paste ●
- 1 teaspoon salt ●
- 2.6kg sugar ●
- 1/8th teaspoon red colouring ●
- 1/8th teaspoon yellow colouring ●

1. Wash and cut all fruit and vegetables.
 2. In a large pot add the fruit and vegetables together with the water.
 3. Bring to boil. Reduce to medium heat and simmer for 1 hour.
 4. Using a sieve remove all the fruit and vegetables. You should be left with approximately 2 litres of liquid. If there doesn't seem to be enough top up with fresh water to make it 2 litres.
 5. Bring to boil again and add the vinegar, tomato sauce, tomato paste, salt, sugar and optional colouring.
 6. Using a whisk stir in well – do not allow this mixture to boil.
- The sauce is now ready for use. Just add cornflour to thicken the sauce.