

# Authentic Chinese Meal

**Crab Rangoon**      Make about 40 pieces

Cream cheese 8oz

Imitation crab meat 8 sticks

Scallion (green onion) 4 stalks

Garlic powder

Wonton wrappers 30-40 slices

Oil for deep frying use

Optional for more favor:

Black pepper, Worcestershire sauce, red onion and/or garlic

1. Combine the room temperature cream cheese and all chopped ingredients in a mixing bowl. thoroughly and set aside.
2. Add 1-2 teaspoon of filling to the middle of the wrapper.
3. Use thumb and index finger push the “center point of 4 sides” to meet a point, apply a little pressure of a squeeze to stick and stand like a flower

Or ...Carefully bring up the four points of the wrapper so they all meet in the middle but do not touch each other yet. Gently press the sides against the filling, and then adhere all of the edges together so a point forms on top. The dumpling should be a four-sided pyramid with a bottom. Make sure there are no air bubbles by carefully pushing the sides toward each other.

4. Cover the completed crab Rangoon with a damp kitchen or paper towel to keep them from drying out while preparing the remainder of the dumplings.
5. Heat a wok or skillet and add enough oil for deep frying... Bring oil to temperature between 360 to 375 F, carefully slide in the crab rangoon, DO NOT OVERCROWD. Fry until they are color start to turn try to push it down for a dive. This fry process should take no more than 3 minutes.
6. Scoop out to a paper towel-lined plate and drain.

## Wonton Soup      Serves 6-8

Ground pork ~500g

Salt ¼ tsp

water up to 150ml

anise powder ¼ tsp

ginger powder ¼ tsp

Sugar ½ tsp

White pepper to taste

Soy sauce 1.5TBsp

Oyster sauce 1TBsp

Scallion (fine chopped white section)

\*(heat up 1-2 TBsp oil over them to bring aroma out before add to mix)

Egg 1

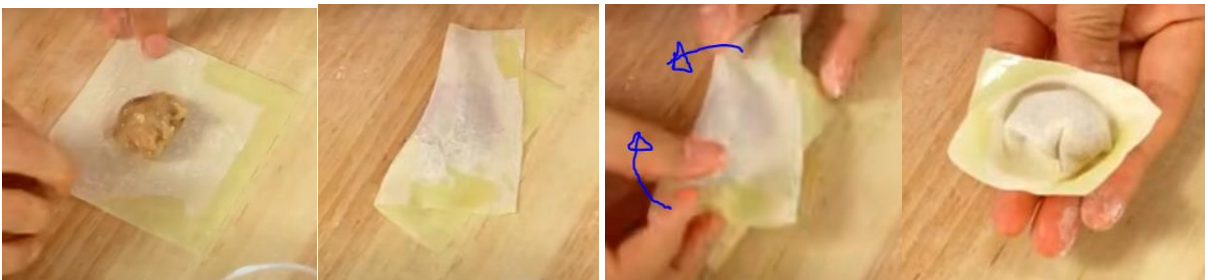
Cornstarch 1TBsp

Wonton wrappers

1. Season the meat with salt, give massage.
2. Slowly added ~ 1/3 of water and mix in one same direction till thoroughly absorb. (do this 3times)
3. Add in the aroma scallion, mix
4. Add in a whisked egg, continue to mix in the same direction.

At this point can sprinkle in optional Cornstarch and a final stir

5. Add 1-2 teaspoon of filling to the middle of the wrapper.
6. Wet the top half square sided, fold not evenly, then pick up and pull the two corners together, to form a wonton



## Cantonese style Sweet & Sour Chicken

Serves 3-4 people

Boneless Chicken Thigh 6pcs

Shao Xng Wine 1 TBsp

White Pepper 1 tsp

Salt 2 tsp

Mirin 1 tsp

Corn Starch 3 TBsp

Egg 1

Flour 3 TBsp

The Sweet & Sour sauce:

4 Tbsp. Tomatoes Paste (okay to use ketsup)

2-3 Tbsp. Sugar

2-3 Tbsp. Zhenjiang (black) Vinegar

1 Tbsp. Worcestershire Sauce (optional)

1 tsp Salt

2 Cloves Garlic fine chopped

1/2 sm Green Pepper

1/2 sm Onion

Optional Pineapple chunks

1. Dice the meat into Thumb size. Cut onion and color pepper in about same (or bite) size.
2. Season the meat with wine and pepper, give it a massage. Then add in rest of seasoning. (except egg and flour) Set aside
3. Go measure and combine the sauce' ingredients, mixed well together.
4. Prepare oil to fry the meat, while waiting to bring the temperature to ~310F
5. Coat the meat with an egg, and flour to prepare to get to dive in heated oil.
6. DO NOT over crowd the frying environment, fry for a few minutes. Scoop out meat to drain out excessive oil. Finished fry all meat in batches.
7. Turn up heat, bring oil up to 375F. do a 2<sup>nd</sup> FRY for crispiness.
8. On a separate pan, heat a little oil – stir fry the onion and the color pepper to the 80% of your desire hard/sift , scoop out to use later.
9. Now add garlic into pan, then pour in the sauce mixture. Use medium to medium-high heat and stir constantly... sauce should start thicken due to the sugar. (at this point final taste the sauce if need to make more sour, or sweet , or even spice it up).
10. Turn to HIGH heat, add in meat and veggie. Make sure all sauce coat onto meat, before plating, add in pineapple if desire.

**Vege. Fried Rice** Serves two people

Frozen Pea& Carrot ½ C

Eggs 2

Small diced Onion 1/2

Left over White Rice 2 bowls

Salt

White pepper

Soy sauce

Optional :

Worcestershire Sauce

Fined cropped Ginger, (or use ginger powder)

1. Break (loosen) the rice, and bring to room temperature.
2. Whisk eggs and some salt to season. Heat the pan, turn to low-medium heat with some oil and scramble eggs . Set aside
3. Add in onion (ginger) , till half cook add in pea and carrot on HIGH heat to ensure the extra moist are all evaporated.
4. Bring down heat back to medium... Add in rice, and stir evenly. Add in Salt and white pepper to season to your taste. (reminder less salt if you will use soy sauce/ worce sauce as well)
5. Turn on heat up ...quickly pour sauce on the outer edge of rice on pan, and give the stir to mix well.
6. Add back the egg and mix well. Now ready to serve.

**Red Bean Sandy Sweet Soup** serves 8-10

Red Bean 250g

Brown sugar 150g+ to your desire taste

Water 2000ml

Need instant pot if anyone has

**Tong Yuan**

Frozen ready to use