

dim sum & pot sticker street food cookbook

Jenni Chang



Dim Sum and Pot Sticker Street Food Cookbook

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Dedicated to:

My Mother, thanks for your inspiration and love...

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Other Popular Street Food Cookbooks by Jenni Chang:

[Dim Sum Street Food Recipes Cookbook](#)

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Recipes Introduction

Hi, I'm Jenny Chang, I'm from Hong Kong and I have a real passion for food.

Not just any food but real authentic asian street food that you find in some of the most unlikely but best kitchens I have discovered throughout Asia

Being brought up in Hong Kong, the sights, smell and tastes of food was all around me. Having spent time with my mother from a young age watching and helping her and many of her friends prepare and cook simple food for visitors to the Temple Street Night market and just seeing the looks on their faces as they ate some of the best chinese food they have ever tasted and kept coming back for more.

Many of these people were staying in the most luxurious hotels with their award winning restaurants, yet they still chose to eat the food being prepared on the "street"!

Just watching their faces as they came back for more, these images and memories are etched in my mind.

In recent years, my food journey has taken me to some of the best places to eat in all of the major cities and towns throughout Asia and I'm not talking about 5 star restaurants but to some of the best street food cafes and hawkers stalls who have prepared some of the most delicious, no frills and simple street foods you will ever taste... anywhere!

I want to share my food experiences and discoveries with you in this book and other publications and I have prepared some simple and fast step by step recipes you can cook in your own home costing pennies to prepare and cook..

I hope you enjoy

Crispy Meat and Vegetable Mini Spring Rolls (Deep Fried)



Makes 20 Spring Rolls

Ingredients

- 2 tablespoons vegetable oil
- 2 cloves garlic, finely chopped
- 2 teaspoons peeled and grated fresh ginger
- 3 1/2 oz (100 g) ground (minced) pork
- 3 1/2 oz (100 g) ground (minced) chicken
- 2 oz (60 g) ground (minced) shrimp
- 2 stalks celery, finely chopped
- 1 small carrot, finely chopped
- 6 canned water chestnuts, drained and finely chopped
- 4 scallions (shallots), finely chopped
- 1 cup (3 oz/90 g) shredded Chinese cabbage
- 2 teaspoons cornstarch (cornflour)
- 2 tablespoons oyster sauce
- 1 tablespoon soy sauce
- 2 tablespoons chicken stock
- 1 teaspoon Asian sesame oil
- 20 frozen mini spring roll wrappers, about 4 1/2 inches (11.5 cm) square, thawed
- 2 teaspoons cornstarch (cornflour) mixed with 2 tablespoons water
- 4 cups (32 fl oz/1 L) vegetable oil for deep-frying

Method

1. Mix together the cornstarch, oyster sauce, soy sauce, and chicken stock and set aside.
2. Heat the wok and add 1 tablespoon oil, swirling down the sides of the wok.
3. When the oil is ready, add garlic and ginger, stir-frying for 1 minute until fragrant
4. Add the ground pork, chicken, and shrimp.

5. Stir-fry for 3 minutes until they change color
6. Remove the ingredients from the wok and set aside.
7. Add 1 tablespoon of oil to the wok.
8. When hot, add the celery, carrot, water chestnuts, scallions, and cabbage.
9. On a high heat, stir-fry the vegetables for 2 minutes until they have softened
10. Add the cornstarch/oyster sauce mixture.
11. Bring the ingredients to boiling, and then reduce the heat to medium and continue cooking for 2 minutes to allow the sauce to thicken
12. Remove the wok from the heat.
13. When the ingredients have cooled add the pork mixture, stirring it in to mix well.
14. Add the sesame oil.

Wrappers

1. Mix together the cornstarch and water.
2. Carefully wet the edges of the spring roll wrapper with the cornstarch/water mixture.
3. Add 1 tablespoon of filling in the center.
4. Roll the wrapper up tightly, diagonally, folding in the sides.
5. Repeat until all the spring rolls are made.
6. Heat 4 cups of oil in a wok to 375 degrees F/190 degrees Celsius. Add a bread cube in the oil - when it sizzles and turns a golden color, the oil is hot enough
7. Cook each spring roll until it turns golden brown, in batches of 4 at a time.
8. Remove and drain on paper towels.
9. Serve hot with a dipping sauce

Crispy Egg Filled Pancake (Fried)



Ingredients

- 1 1/2 cups (200 g) flour, sifted
- 4 eggs

- 2 tsp scallions, chopped
- 1 tsp salt, or to taste
- 7 fl oz (200 ml) vegetable oil

Method

1. Mix the flour with 7 oz (200 ml) of water.
2. Knead until the dough is soft, smooth and elastic.
3. Roll out the dough into a large flat circle.
4. Rub oil all over the surface of the dough, sprinkle with scallions and salt.
5. Roll the piece away from you.
6. Lift one end, press down to make into a ball.
7. Roll out the ball into a flat circular dough.
8. Place the dough on a heavy frying pan, bake the pancake until almost cooked.
9. Lift the pancake with one hand and make an opening at the rim.
10. Using the rolling pin to make a hollow inside the pancake.
11. Whisk the eggs and pour into the hollow of the pancake.
12. Pinch and seal the opening.
13. Add a little oil to the pan, continue to bake until the eggs inside the cake swell.
14. Remove and serve.

Paper Wrapped Chicken and Vegetables (Deep Fried)



24 Chicken Packages

Ingredients

- 2 pounds skinless, boneless chicken breasts

Marinade

- 3 tablespoons soy sauce
- 3 tablespoons oyster sauce

- 1 slice ginger, shredded
- 1 tablespoon sesame oil
- 1 tablespoon sherry
- 3 teaspoons sugar
- 1/2 teaspoon five spice powder
- 3 - 4 Chinese dried mushrooms, softened and thinly sliced (24 slices, 1 for each packet)
- 3 green onions, thinly sliced on the diagonal (2 - 3 slices for each packet)
- 24 sprigs cilantro (coriander leaves)
- 24 6-inch squares of cellophane paper, cooking parchment paper, or aluminum foil
- oil for deep-frying

Method

1. Cut the chicken into thin slices roughly 2 1/2 inches long (to make 48 slices).
2. Pound lightly on the back of the chicken to tenderize.
3. Mix together the marinade ingredients and marinate the chicken for one hour.
4. After the chicken has been marinating for 45 minutes, add the mushrooms and green onions this allows them to absorb the marinade.

Wrap the Chicken

1. Paper-wrapped chicken is normally wrapped envelope style.
2. Take a square of paper and lay it out so that it forms a diamond shape in front of you.
3. Add 2 of the chicken slices, 1 slice of mushroom, 2 slices of green onion and a coriander sprig (if desired) in the middle, being sure to keep the filling in the center and not near the edges.
4. Bring the bottom corner of the diamond up over the chicken.
5. Fold the right side over toward the middle, then the left side, so that one is overlapping the other. Roll up the section of the foil that contains the chicken, and then tuck the triangle at the top into the flap.
6. It is very important to make sure the packets are well sealed so that no oil seeps in.
7. Heat wok and add oil for deep-frying.
8. When the oil is ready, slide the packages in, about 6 at a time so as not to overcrowd the wok.
9. Deep-fry the packets, stirring occasionally, until the chicken is cooked through (about 3 minutes).
10. Drain on paper towels.
11. Continue deep-frying the rest of the packets.
12. Serve the chicken packets on a large platter, garnished with greens if desired.

Minced Pork Balls with Scallions (Steamed)



Makes 30 Pork Balls

Ingredients

- 9 oz (250g) pork, 1/3 lean, 2/3 fat, or commercially-ground pork
- 1 1/2 tsp. sugar
- 1 tbsp soy sauce
- 2 tbsp cornstarch, dissolved in 2 tbsp water
- 1/2 tsp. salt, or to taste
- 1/2 tsp. scallions, chopped
- 1 tsp. rice wine
- 1/2 tsp. fresh ginger, minced
- 2 eggs, beaten
- 1/4 tsp MSG (optional)

Method

1. Mince the pork
2. Mix with the 1/4 tsp. salt, soy sauce, MSG(optional), rice wine, eggs, sugar, cornstarch, scallions, and ginger and set aside.
3. Wash the rice in several changes of water until the water runs clear.
4. Pour boiling water over it drain.
5. Lightly shape the meat mixture into balls about 1 inch (25mm) in diameter and roll them in the rice, covering them completely.
6. Mix the 1/4 tsp. salt (or to taste) with the rice that remains and spread it in the bottom of a large heat-proof bowl.
7. Place the meat balls on the rice and set the bowl in a steamer.
8. Steam for 25 minutes over high heat, then turn the heat to low and steam 10 minutes , or until the pork is cooked
9. Remove and serve with a dipping sauce

Pork Dumplings with Bamboo Shoots (Steamed)



Makes 50 Dumplings

Ingredients

- 4 1/2 cups (500 g) flour, sifted
- 2 egg whites
- 1 lb (500 g) lean boneless pork, beef or other meat, diced
- 5 oz (150 g) cooked meat, diced
- 3 1/2 tsp vegetable oil or lard
- 3 1/2 oz (100 g) canned bamboo shoots, diced
- 1 tsp shrimp eggs
- 1 tbsp fresh ginger, chopped
- 1 tsp rice wine
- 2 tbsp salt, or to taste
- 3 1/2 tbsp soy sauce
- 3 1/2 oz (100 ml) sesame oil
- 7 oz (200 ml) stock
- 1 tbsp MSG

Method

1. Mix flour with egg whites and water to make a firm dough
2. Divide the dough into 50 portions and each into a circle 5 inches (13 cm) in diameter.
3. Stack 10 fine pieces, one on top of the other flouring lightly between each of the ten pieces.
4. Press the end of the rolling pin into the dough circularly to make 1 inch (25 mm) long marks, and separate them to avoid sticking.
5. Heat the oil or lard in a wok until the oil surface ripples.
6. Add the cooked meat and bamboo shoots and stir-fry briefly.

7. Add the shrimp eggs, ginger, 1 tsp of the rice wine, 1 tsp of the salt, and 1/2 tsp of the MSG. Continue to stir-fry 1 minute.
8. Remove and cool.
9. Mix the uncooked meat with the remaining 1/2 tsp of MSG, 1 tsp of the rice wine, 1 tsp of the salt, soy sauce, sesame oil and a little water.
10. Add the bamboo shoots and cooked meat. Mix well. Divide the filling into 50 portions.
11. Take a pastry circle and place 1 portion of the filling in the center.
12. Pull up the edges of the pastry around the filling to make a cylinder, leaving the top open so the filling is visible. Repeat until all the dumplings are made.
13. Place the dumplings in a steamer and steam for 5 minutes over high heat.
14. Sprinkle with the stock and continue to steam until cooked through.
15. Remove and serve.

Pork and Shrimp WonTon (Deep Fried)



Makes 60

Ingredients

- 1/2 pound boneless lean pork, finely chopped
- 1/2 pound raw shrimp, shelled and finely chopped
- 1/3 cup water chestnuts, finely chopped
- 2 scallions, finely chopped
- 1 tablespoon soy sauce
- 2 teaspoons oyster sauce
- 1 teaspoon sesame oil
- 1 teaspoon Chinese rice wine or dry sherry
- 1 teaspoon sugar
- 1 teaspoon minced ginger
- dash white pepper
- about 2 teaspoons cornstarch
- 1 package (1 pound) thin won ton skins

- Oil for deep-frying

Method

1. In a mixing bowl, combine all ingredients except won ton skins, adding just enough cornstarch to hold the mixture together.
2. Work with one won ton skin at a time and keep the rest covered with plastic wrap or a damp kitchen towel.
3. Place a won ton skin on a work surface with one point toward you.
4. Spoon a rounded teaspoonful of filling in the bottom corner a little above the point.
5. Fold the corner over the filling and roll to tuck the point under.
6. Pinch the wrapper around the filling to make sure it is contained.
7. Using both hands, pull the two side corners toward you below the filling.
8. Overlap the corners slightly, moisten with a dab of water, and pinch to seal tightly
9. Place filled won ton on a baking sheet and cover while preparing remaining won ton.
10. The won tons are now ready for cooking (or freezing)
11. Bring a large pot of water to the boil.
12. Add the won ton and cook 4 - 6 minutes, until the won ton floats to the top and the filling is cooked through (cook no more than 18 at a time).
13. Remove with a slotted spoon.
14. Serve hot with dip, or use for wonton soup.

Deep Frying

1. Heat oil for deep-frying to 360 degrees.
2. Add wonton in small batches and fry, turning occasionally, about 2 minutes or until golden brown.
3. Remove with a slotted spoon and drain on paper towels.

To Freeze

Freeze on the baking sheet until firm, then transfer to plastic bags or layer (with plastic wrap between layers) in a plastic container and freeze up to several months.

Pot Sticker Minced Pork and Vegetable Dumplings (Fried and Steamed)



Potstickers are one of the most popular types of Chinese dumplings. This recipe includes a dipping sauce and instructions on making the dough.

Makes 48 dumplings

Ingredients

Dumpling Dough

- 2 cups all purpose flour
- 1 cup boiling water

Filling

8 ounces celery cabbage (Napa cabbage)
3 tsp salt, divided
1 pound lean ground pork
1/4 cup finely chopped green onions, with tops
1 TB white wine
1 tsp cornstarch
1 tsp sesame oil
Dash white pepper

Dipping Sauce

1/4 cup soy sauce
1 tsp sesame oil

Method

1. Cut the cabbage across into thin strips.
2. Mix with 2 teaspoons salt and set aside for 5 minutes.
3. Squeeze out the excess moisture.
4. In a large bowl, mix the celery cabbage, pork, green onions, wine, cornstarch, the remaining 1 teaspoon salt, 1 teaspoon sesame oil, and the pepper.
5. In a bowl, mix the flour and 1 cup boiling water until a soft dough forms.

6. Knead the dough on a lightly flour surface about 5 minutes, or until smooth.
7. Divide the dough in half and shape each half into a roll 12 inches long and cut each roll into 1/2-inch slices.
8. Roll 1 slice of dough into a 3-inch circle and place 1 tablespoon pork mixture in the center of the circle.
9. Lift up the edges of the circle and pinch 5 pleats up to create a pouch to encase the mixture.
10. Pinch the top together.
11. Repeat with the remaining slices of dough and filling.
12. Heat a wok or nonstick skillet until very hot.
13. Add 1 tablespoon vegetable oil, tilting the wok to coat the sides. If using a nonstick skillet, add 1/2 tablespoon vegetable oil.
14. Place 12 dumplings in a single layer in the wok and fry 2 minutes, or until the bottoms are golden brown.
15. Add 1/2 cup water.
16. Cover and cook 6 to 7 minutes, or until the water is absorbed.
17. Repeat with the remaining dumplings.
18. Serve

To make a dipping sauce

In a small bowl, mix the soy sauce with 1 teaspoon sesame oil.

Shu Mai - Ground Pork & Mushrooms (Steamed)



Makes 24

Ingredients

- 1 pound ground pork
- 4 dried shiitake mushrooms, soaked and diced

- 1 tablespoon soy sauce
- 1 teaspoon Chinese rice wine or dry sherry
- 1 teaspoon sesame oil
- 1/2 teaspoon sugar
- 2 dozen gyoza wrappers (or won ton wrappers cut into circles).

Method

1. In a mixing bowl combine all ingredients except gyoza wrappers.
2. Working one at a time, put 2 teaspoons of filling in the center of a gyoza wrapper.
3. Gather up the sides to form pleats (the top will be open).
4. Pinch slightly in middle to form a "waist," press down filling on the top, and tap the bottom so that the shu mai can stand up.
5. Arrange shu mai on an oiled heatproof plate or a steamer tray.
6. Steam over boiling water 15 - 20 minutes, until pork is cooked through.

Pot Sticker Meat and Shrimp Dumplings (Fried and Steamed)



Popular potstickers are pan-fried on the bottom and steamed on top

Makes 24 Potstickers

Ingredients

- 1 package gyoza or wonton wrappers

Filling

- 1/2 pound ground chicken or pork
- 1/2 pound ground prawn or raw shrimp
- 12 raw prawns, chopped
- 1/2 cup water chestnuts, fresh if possible, peeled and sliced
- 1 tablespoon light soy sauce

- 1 tablespoon sesame oil
- 1 tablespoon salt
- Pinch of white pepper if desired
- 3 tablespoons green/spring onion, minced
- 3 tablespoons ginger, minced
- 3 tablespoons cilantro, chopped

Method

1. Mix together the filling ingredients.
2. Place a small bowl of water on the work area.
3. Lay out one of the gyoza wrappers in front of you.
4. Dip your finger in the water and moisten the edges of the wrapper.
5. Place a heaping teaspoon of filling in the middle of the wrapper.
6. Fold the gyoza wrapper over the filling and pinch the edges to seal it shut. (You may want to use a cornstarch/water mixture to make this easier).
7. Heat 2 tablespoons oil in a large skillet or wok.
8. When oil is ready, carefully add the dumplings and cook on high heat until golden brown (about 1 minute).
9. Without turning the dumplings over, add 1 cup of water and cover.
10. Steam for about 1 minute to cook the raw filling and then turn off the heat (this is to keep the bottom from burning).
11. Let the dumplings cook for a few more minutes with the heat turned off.
12. Serve the potstickers with Dipping Sauce or soy sauce.

Crispy Spiced Spare Ribs (Deep Fried)



Ingredients

- 3/4 lb. (350g) spare ribs
- 4 cups (1 litre) vegetable oil for deep-frying
- 1 tbsp rice wine
- 5 tsp. spiced pepper-salt
- 1 tbsp soy sauce

- 2 tbsp cornstarch
- 1/4 tsp. MSG (optional)

Method

1. Wash the spare ribs and chop into pieces, 2 inches long and 3/4 inch wide (5 cm by 2cm).
2. Mix the rice wine, soy sauce, MSG (optional), cornstarch, and 2 tsp. water into a paste.
3. Add the spare ribs and stir to coat well.
4. Heat the oil the a work over high heat to 350F (180C), or until a piece of scallion green or ginger sizzles and moves around quickly when tossed into the oil.
5. Add the spare ribs and deep-fry for 1 minute.
6. Remove, drain, and set aside.
7. Reheat the oil to 400F (205C), or until a piece of scallion or ginger browns quickly and a haze appears above the oil.
8. Add the spare ribs and deep-fry until they are browned and rise to the surface.
9. Remove, drain well, and place in a serving dish.
10. Place two piles of pepper-salt on the edges of the dish as a dip, serve.

Pork and Vegetable Dumplings (Sauteed and Steamed)



Makes 60 Dumplings

Ingredients

- 4 1/2 cups (500g) flour
- 9 oz (250g) lean boneless pork, minced
- 1 tbsp soy sauce
- 5 tsp rice wine
- 1 tsp fresh ginger, chopped
- 1 tsp salt, or to taste
- 3 1/2 oz (100g) hotbed leeks

- 3 1/2 oz (100g) sesame oil
- 1 tsp flour mixed with 2 tbsp water
- 1 tsp MSG

Method

1. Mix the pork with the soy sauce, rice wine, ginger, MSG and salt.
2. Stir in one direction, adding 5 oz (150 ml) of water, a little at a time until the pork becomes sticky.
3. Add the leeks and sesame oil and blend well, and divide into 60 portions and set aside
4. Stir 7 oz (200 ml) of water into the flour.
5. Knead until the dough is smooth and elastic.
6. Leave to rest for 30 minutes.
7. Roll into a long cylinder and cut into 60 portions.
8. Flatten each piece and roll into a circle about 3 inches (8 cm) in diameter.
9. Place 1 portion of the filling on each circle and fold over.
10. Pinch tightly to seal the edges and form a squat bonnet-shaped pouch.
11. Repeat until all the dough and filling are used.
12. Arrange the pouches in a large pan.
13. Heat to moderately hot, then add water to cover the pouches one-third of the way up.
14. Cover the pan and cook over high heat until the water is almost absorbed.
15. Trickle the flour-water mixture around the pouches.
16. Cover the pan and saute over low heat until the flour forms a crisp film that link the dumplings together.
17. Sprinkle the dumplings with a little sesame oil, cover again, and saute until the pouches are browned on the bottom.
18. Remove with a spatula and serve.

Crispy Red Bean Sesame Seed Balls (Deep Fried)



Makes 20 balls

Ingredients

- 1 pound glutinous rice flour
- 1 1/4 cups dark brown sugar
- 1 1/4 cups boiling water
- 1 cup sweet red bean paste
- 1/4 cup white sesame seeds
- 4 cups oil for deep-frying

Method

1. Dissolve the brown sugar in boiling water.
2. Place the rice flour in a large bowl make a well and add the dissolved sugar and water mixture. and stir until thoroughly mixed.
3. Dust your hands with rice flour and shape the dough into balls roughly the size of golf balls.
4. Repeat the process with the red bean paste, using about 1 teaspoon and shaping into smaller balls.
5. Using the thumb and index finger of both hands, press a hole into the dough so that you've formed a cup.
6. Place a ball of the red bean paste inside and press the edges of the dough together so that the filling is completely covered and there are no holes.
7. Roll each of the filled balls in your hands to form a perfect circle and then roll the ball in the sesame seeds.
8. Deep-fry the sesame seed balls, a few at a time, in oil heated to between 320F and 350F
9. Once the sesame seeds turn light brown and the balls start floating to the surface (about 2 minutes), gently apply pressure to the ball with the back of a spatula or a large ladle against the side of the wok.
10. Continue applying pressure as the balls increase in size to approximately three times their normal size and turn golden brown.
11. Place the deep-fried sesame seed balls on a tray lined with paper towels to drain.
12. Serve warm.

If preparing ahead, refrigerate and then re-heat the balls until they puff up again.

Shiu Mai - Shrimp, Scallop and Vegetable Won Tons (Steamed)



Serve 4 to 6

Ingredients

- 2 tablespoons sesame oil
- 1 cup minced mustard cabbage
- 1 cup fresh shiitake mushrooms, minced
- 2 tablespoons finely diced water chestnuts
- 1 teaspoon minced cilantro
- 1 teaspoon minced ginger
- 1 scallion, minced
- 1 teaspoon fish sauce
- 1/2 pound raw scallops, chopped in 1/4" pieces
- 1/2 pound raw shrimp, chopped
- 2 tablespoons cornstarch
- 6 tablespoons water
- 16 wonton wrappers
- sesame seeds (garnish)
- snipped chives (garnish)

Method

1. Heat sesame oil in a large skillet over medium-high heat.
2. Add cabbage, mushrooms, water chestnuts, cilantro, ginger, and scallion.
3. Saute mixture 1 minute.
4. Season with fish sauce.
5. Allow to cool, then combine with scallops and shrimp.
6. Mix cornstarch and water in a small bowl.
7. Lay out the wonton wrappers and place 1-1/2 teaspoons of filling in the center of each.
8. Brush edges with cornstarch mixture.
9. Gather edges together and twist to close.
10. Place on a plate and refrigerate 1 hour.
11. Bring a large pot of water to the boil.

12. Add wontons and cook about 5 minutes, until they float to the surface and the filling is thoroughly cooked.
13. Serve with dipping sauce

Crispy Shrimp and Scallions Balls (Deep Fried)



Makes 30 Balls

Ingredients

- 2/3 pound medium shrimp, peeled, scored down the back, deveined, rinsed, and patted dry
- 1/2 cup water chestnuts, blanched in boiling water for 10 seconds, refreshed in cold water, drained, and patted dry

Shrimp Ball Seasonings

- 1 1/2 tablespoons minced fresh ginger
- 1 1/2 tablespoons minced scallions
- 1 1/2 tablespoons Chinese rice wine or sake
- 1 teaspoon toasted sesame oil
- 3/4 teaspoon salt
- 1 large egg, lightly beaten
- 2 tablespoons cornstarch
- 1/4 pound thin rice stick noodles (vermicelli)
- Safflower or corn oil for deep-frying
- Plum or duck sauce and hot mustard for dipping

Method

1. In a food processor fitted with a steel blade, process the shrimp to a paste.
2. Transfer to a large bowl: add the water chestnuts, seasonings, egg white, and cornstarch.
3. Stir vigorously until a stiff paste forms.

4. Chill thoroughly.
5. With a towel draped over the hand that holds a sharp knife, cut the noodles into 1/2-inch lengths. The towel prevents the noodles from flying around.
6. Spread evenly on a cookie sheet.
7. Shape teaspoonfuls of the shrimp mixture into balls, then roll in the noodle pieces, pressing lightly to coat. Set on a cookie sheet.
8. Heat a wok or a deep skillet or saucepan over high heat
9. Add the oil and heat to 375 degrees F. Deep-fry the shrimp balls in batches, turning them constantly, until golden brown, 3 to 4 minutes.
10. Remove with a handled strainer or a slotted spoon, drain briefly in a colander, then transfer to paper towels.
11. Between batches, skim the oil with a fine strainer, and reheat until hot.
12. Serve the shrimp balls warm with sauce and mustard.

Beef Satay Skewers (Grilled)



Serves 6 - 8

Ingredients

- 1 1/2 pounds beef, sliced thinly, then cut in 1" wide strips
- 1/3 cup soy sauce
- 2 tablespoons sugar
- 2 tablespoons cornstarch
- 1 1/2 tablespoons hoisin sauce
- 1 tablespoon minced ginger
- 1 tablespoon minced garlic

Method

1. Arrange meat in a shallow glass pan.
2. Combine remaining ingredients and pour over meat.
3. Marinate, covered and refrigerated, overnight.

4. Drain the marinade.
5. Thread each strip of meat lengthwise on a soaked bamboo skewer, weaving it in and out.
6. Broil or grill briefly, until browned on both sides.

Soak the bamboo skewers in water for 30 minutes before using, to prevent them from burning.

Crispy Savoury Shrimp Toast (Deep Fried)



Makes 32

Ingredients

- 8 slices of white bread with the crusts removed (should be 1 - 2 days old)
- Water
- 3/4 pound fresh shrimp, shelled, deveined, and chopped
- 2 - 3 water chestnuts, diced
- 1/2 medium onion, diced
- 1 scallion, chopped fine
- salt to taste
- white pepper to taste
- 1 egg, lightly beaten
- 1 tablespoon cornstarch
- A few drops sesame oil
- 2 - 4 cups oil for deep-frying

Method

1. Cut each slice of bread into 4 squares (32 squares total).
2. Combine the diced water chestnuts, onion, shrimp and mince until fine.
3. Add the scallion, cornstarch, egg, white pepper, and sesame oil and mix together.
4. Place a heaping teaspoon of the shrimp mixture on a bread square.

5. Continue with each of the bread squares.
6. Heat wok and add 2 - 4 cups oil.
7. Heat the oil to 375 degrees.
8. Carefully slide the bread pieces into the wok, a few slices at a time, shrimp mixture down.
9. Deep-fry until golden, about 2 minutes, then turn and deep-fry on other side.
10. Drain on paper towels.
11. Serve hot with a dipping sauce

Dry Spiced Chicken Wings (Baked)



Ingredients

- 1 kg chicken wings (mid-joint)
- 5 Tablespoons salt
- Freshly Ground Black Pepper

Method

1. Clean the wings and marinate with 3 tablespoons salt, the longer the better
2. Line the wings on a baking tray, and sprinkle with remaining 2 tablespoons salt and freshly ground black pepper.
3. Bake at 230C (450F) for 20 minutes or until golden, turning once.
4. Serve with a dipping sauce

Crispy Scallion Pancakes (Shallow Fry)



Makes 8 - 10 pancakes

Ingredients

- 2 1/2 cups plain flour
- 2 teaspoons yeast (instant)
- 1 cup water
- 2 teaspoons oil
- 2 spring onions/green onions/scallions, washed and thinly diced (or as you like)
- oil to brush on pancakes
- pinch of salt to sprinkle on pancakes during frying

Method

1. Mix together the first four ingredients and leave to rise for 2 hours. (The dough should be spongy).
2. While the dough is rising, wash and dice the spring onions.
3. Flour a surface and knead the dough.
4. Cut the dough into thirds and continue kneading. The dough should be smooth.
5. Roll the dough out into one flat piece approximately 1/2 cm or 1/4 inch thick. (If desired, you can make a thinner pancake, about 1/8 inch thick)
6. Brush the pancake with a bit of oil, and sprinkle with spring onion pieces.
7. Roll up the pancake and cut into 8 - 10 pieces.
8. Use the palm of your hand to flatten each piece roll out again.
9. Heat a bit of oil in a large skillet.
10. Shallow fry the pancakes until both sides are golden brown, being sure to sprinkle with a bit of salt during frying.
11. Serve whole or cut into wedges.

Crispy Meat and/or Vegetable Spring Rolls (Deep Fried)



The crisp texture of vegetables and savory seasonings makes the Chinese Spring roll a popular appetizer

Makes 24 Spring Rolls

Ingredients

- 1 tablespoon oil
- 2 cups your choice of meat (cooked ham, Chinese barbecued pork, raw pork, or raw chicken, cut julienne; you can also add tiny shrimp or leave out the meat entirely and substitute more vegetables)
- 6 Chinese dried black mushrooms, soaked to reconstitute, then cut julienne
- 1/2 cup bamboo shoots, cut julienne
- 1 cup mung bean sprouts
- 1 small carrot, shredded
- 1-1/2 cups Chinese or regular green cabbage, shredded
- 2 scallions, shredded
- 1/4 cup chicken broth (or vegetarian broth for a vegetarian version)
- 2 tablespoons oyster sauce
- 2 teaspoons sugar
- 2 teaspoons cornstarch
- 1 package spring roll or egg roll wrappers, thawed if frozen
- 1 egg, beaten
- 4 cups oil for deep-frying

Method

Filling

1. Heat the oil in a wok.
2. Add meat and stir-fry briefly (until cooked through, if raw).

3. Add vegetables and stir-fry about 2 minutes.
4. Combine chicken broth, oyster sauce, sugar, and cornstarch.
5. Add to wok and stir-fry until sauce thickens.
6. Allow to cool before filling spring rolls

To prepare each spring roll

1. Position one wrapper like a diamond with one point facing you.
2. Place about 2 tablespoons of filling in a log shape across the bottom about 2" from the lowest corner.
3. Fold the bottom corner up over the filling and tuck it behind the filling.
4. Roll the packet up once to enclose the filling securely.
5. Moisten the three remaining corners of the wrapper with beaten egg.
6. Fold the left and right corners to the center and press down firmly to seal, forming an envelope.
7. Finish rolling up, sealing the top corner.
8. Repeat with remaining packets.

(Spring rolls may be prepared a few hours ahead and refrigerated. Keep separated or the dough will stick together.)

To Cook

1. In a deep-fryer or wok, heat 4 cups of oil to 360F -375F.
2. Deep-fry spring rolls a few at a time, until crisp and golden.
3. Drain on paper towels.
4. Serve the spring rolls hot, whole or cut in thirds, with plum sauce as a dip.

Minced Pork and Prawn Siu Mai WonTons (Deep Fried)



Makes 16 Wontons

Ingredients

- 200g minced pork
- 200g peeled prawns, uncooked, deveined and chopped
- 1 large spring onion, finely chopped
- 1 piece ginger, (3cm)grated
- 1 tbsp light soy sauce
- 1 tbsp rice wine
- 1 tsp sesame oil
- 2 tsp cornflour
- 1/4 tsp salt
- 1/4 tsp ground black pepper
- 16 won ton wrappers

For the dipping sauce

2 tbsp light soy sauce
 2 tbsp sesame oil
 2 tbsp mirin, (Japanese rice vinegar) black rice wine vinegar is the best variety to use
 1 tsp chopped coriander
 1 red chillies, seeds removed, chopped

Method

1. Mix all the ingredients (except the won ton wrappers) for the dumplings.
2. Place a heaped teaspoon of the filling in the centre of 16 won ton wrappers
3. Dampen the edges of the wrappers with water and gather the sides of each wrapper around the filling in a ball shape.
4. Leave the centre of each dumpling unwrapped.
5. Oil the bottom of a bamboo steamer and steam the dumplings over boiling water for about 6-8 minutes, or until the filling is cooked and the wrappers are soft.
6. Serve straight away with a dipping suace.

While the dumplings are steaming, make the accompaniment sauce by combining all the ingredients in a small bowl.

Deep Frying

1. Place a heaped teaspoon of the filling in the centre of 16 won ton wrappers and gather all the corners around the filling, moulding each wanton so that there is no exposed filling.
2. Deep fry in hot groundnut oil until golden brown and crisp.
3. Drain the won tons on absorbent paper before serving.

Crispy Shrimp and Tofu Paste Balls (Deep Fried)



Makes 20 Shrimp Balls

Ingredients

- 2 teaspoons salt, divided
- 1 pound medium shrimp, peeled and de-veined
- 4 ounces soft tofu
- 2 large egg whites
- 2 tablespoons cornstarch
- 1 teaspoon sesame oil
- 2 teaspoons vegetable oil
- 1/8 teaspoon white pepper
- 1 bag (1 pound) thinly sliced firm white bread
- 3 to 4 cups vegetable oil for deep-frying

Dipping Sauce

- 1/2 cup white wine vinegar
- 1/2 cup sugar
- 1 teaspoon minced garlic
- 2 tablespoons fish sauce
- 2 small hot red peppers, seeded and thinly sliced
- 1 tablespoon minced carrots

Method

1. Place warm water in a bowl and add 1 teaspoon salt; stir to dissolve.
2. Place the shrimp in the salt water and swirl.
3. Leave for 5 minutes, then rinse with cold water, drain, and pat dry with paper towels.

4. Using a sharp knife or a food processor, make the shrimps into a paste.
5. Mash the tofu with a fork in a bowl and add the shrimp, the remaining 1 teaspoon salt, the egg whites, cornstarch, sesame oil, 2 teaspoons vegetable oil, and the pepper and mix well.
6. In a wok or a large skillet, heat the vegetable oil to 350F
7. Remove the crusts from the bread and cut into very tiny squares (about 1/16 inch).
8. Spread the bread squares on a sheet pan, spoon 1 tablespoon shrimp mixture on the bread squares, and roll into a ball (the bread corners from the little squares should be protruding from the shrimp/tofu ball).
9. Fry 6 balls at a time for 2 to 3 minutes, turning so they brown evenly.
10. Allow to drain on paper towels.

To prepare the dipping sauce

- 1 In a small pan, bring 1/2 cup water, the vinegar, sugar, and garlic to a boil and boil for 2 minutes over high heat.
2. Add the fish sauce, sliced red peppers, and carrots.
3. Remove from the heat and let cool.
4. Cover and chill.

Pot Sticker Vegetable Dumplings (Fried and Steamed)



Makes 20 Dumplings

Ingredients

1 package potsticker wrappers, bought or made according to the recipe below

Dough

- 2/3 cup all purpose flour
- 1/2 cup very hot water

Stuffing

- 1/2 cup fresh or frozen peas
- 1/4 cup finely chopped Sichuan preserved vegetables
- 2 tablespoons finely chopped garlic
- 1 cup finely chopped bok choy
- 1 cup coarsely chopped Chinese chives
- 1/4 teaspoon salt
- pinch freshly ground pepper
- 2 tablespoons rice wine or dry sherry
- 1 tablespoon dark soy sauce
- 2 teaspoons sugar
- 3 tablespoons peanut oil
- 2/3 cup water

Method

Home Made Dough

1. Add the flour into a large bowl and gradually stir in the hot water, mixing continuously until most of the water is incorporated.
2. Add more water if the mixture seems dry.
3. Remove the dough from the bowl and knead it with your hands until smooth.
4. This should take about 5 minutes.
5. Put the dough back into the bowl, cover it with a clean, damp, towel and let it rest for about 20 minutes.

Filling

1. If you are using fresh peas, blanch them in a pan of boiling water for 4 minutes or 2 minutes if they are frozen.
2. Rinse the Sichuan preserved vegetables several times in cold water and blot them dry.
3. Heat a wok or large frying pan over high heat and add 1 tablespoon of oil.
4. Add the stuffing ingredients and stir-fry for 5 minutes or until the mixture is dry.
5. Remove the mixture to a bowl and allow the stuffing ingredients to cool thoroughly.

To Cook

1. After the resting time, take the dough out of the bowl and knead it again for about 5 minutes, dusting it with a little flour if sticky.
2. Once the dough is smooth, form it into a roll about 9 inches long and about 1 inch in diameter.
3. Take a knife and cut the roll into 18 equal pieces.

4. Roll each piece of dough into a small ball, then roll each ball into a small, round, flat "pancake" about 2 1/2 inches in diameter.
5. Arrange the rounds on a lightly floured tray and cover with a damp kitchen towel to keep them from drying out until required.
6. Add 1 tablespoon of filling in the center of each pancake, then fold in half.
7. Moisten the edges with water and pinch together with your fingers.
8. Pleat around the edge, pinching to seal tightly.
9. Transfer the finished dumplings to the floured tray and keep it covered with a damp cloth until you have filled all the dumplings in this way.
10. Heat a frying pan (preferably non-stick) over a high heat until hot and add 1 tablespoon of oil.
11. Place the dumplings, flat side down, into the pan.
12. Turn down the heat and cook for 2 minutes until lightly browned. (You may need to cook the dumplings in two batches).
13. Add the 2/3 cup water, cover the pan tightly, and cook for about 12 minutes or until most of the liquid is absorbed.
14. Uncover the pan and continue to cook for 2 minutes longer.
15. Remove the dumplings and serve with dipping sauces

Crispy Vegetable WonTons (Deep Fried)



Makes 30 - 35 wontons

Ingredients

- 1 package won ton skins (about 30 - 35)
- Hoisin sauce, for dipping

Filling:

- 1 tablespoon peanut oil
- 1/4 cup carrots, finely shredded

- 1/2 cup cabbage, finely shredded
- 1/4 cup bean sprouts
- 2 tablespoons finely chopped garlic
- 1 tablespoon dark soy sauce
- 3 tablespoons mashed bean curd
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1 teaspoon sesame oil
- 1/2 teaspoon freshly ground black pepper
- 2 - 3 tablespoons oil for stir-frying
- 2 cups peanut oil for deep-frying

Method

1. Heat a wok or large frying pan and add the oil.
2. When moderately hot, add the carrots, cabbage, bean sprouts, and garlic and stirfry for 1 minute.
3. Set aside to cool thoroughly.
4. Combine the cooled vegetables with the rest of the filling ingredients and mix well.
5. Using a teaspoon, put a small amount of filling in the center of each won ton skin.
6. Bring up 2 opposite corners, dampen the edges with a little water, and pinch them together to make a triangle. Fold over the bottom 2 corners so they overlap, and press together. The filling should be well sealed in.
7. Heat the oil in a deep fat fryer or large wok until hot.
8. Deep-fry the filled won tons in several batches.
9. Drain on paper towel.
10. Serve at once with hoisin dipping sauce.

Vegetable Summer Rolls (Steamed)



Makes 8 Rolls

Ingredients

- 4 dried shiitake mushrooms
- 1 teaspoon soy sauce
- 1 1/2 teaspoons sugar
- 2 ounces rice vermicelli
- 1/2 cup coarsely shredded carrot
- 8 round rice paper wrappers (6 - 8" in diameter)
- 1/2 cup shredded romaine lettuce (remove coarse ribs first)
- 1/2 cup fresh mung bean sprouts
- fresh mint leaves
- fresh cilantro leaves
- Hoisin Dipping Sauce

Method

1. Soak the shiitake mushrooms in warm water 30 minutes, until reconstituted.
2. Drain, discard hard stems, and slice, reserving 1/2 cup of the soaking liquid.
3. Cook the shiitake mushrooms in reserved liquid until tender and the liquid evaporates.
4. Season with soy sauce and 1/2 teaspoon sugar and allow to cool.
5. Meanwhile, soak the rice vermicelli in warm water to cover 15 - 20 minutes and drain.
6. Cook in a large pan of boiling water, stirring to separate the strands, until al dente, about 2 minutes.
7. Drain and rinse with cold water.
8. Cut into 2" - 3" lengths.
9. Toss the shredded carrot with 1 teaspoon sugar and let stand 15 minutes.
10. Fill a shallow dish with warm water.
11. Working with 1 rice paper wrapper at a time, dip in the warm water for a few seconds to soften, then place the rice paper flat on a work surface.
12. Place about 2 tablespoons of rice vermicelli; 1 tablespoon each of carrots, lettuce, and bean sprouts; and a few mint leaves and cilantro leaves across the bottom third of the rice paper.
13. Roll rice paper up halfway to enclose the filling. Fold in both sides.
14. Place a few more cilantro leaves on top of the enclosed part, then arrange some of the shiitake mushrooms over the cilantro.
15. Finish rolling the rice paper, pressing lightly to seal.
16. Place shiitake-side up on a plate and cover with a damp paper towel.
17. Repeat with remaining rice paper wrappers and filling.
18. Serve cold with dipping sauces

Vegetarian Sweet and Sour Spare Ribs (Stir Fried)



Ingredients

- Fresh shelled walnuts 76grams (about 1/3 cup or 2.5 ounces)
- Pineapple slices 156 grams (about 5 1/2 ounces)
- Green Pepper 114 grams (1/2 cup or 4 ounces)
- Red Pepper 114 grams (1/2 cup or 4 ounces)
- 2 x Water 1216 grams (5 1/2 cups) for boiling
- 2 x 2 teaspoons salt
- Carrot for garnish

Cornstarch Mixture

- 2 teaspoons cornstarch
- 3 tablespoons water
- Sweet and Sour Sauce 114 grams (1/2 cup or 4 ounces)
- 1 tablespoon oil for stir-frying

Method

1. Boil the walnuts in 5 1/2 cups boiling salted water (1216 grams and 2 teaspoons salt) for 5 minutes. Drain.
2. Pour cold water over the walnuts and boil again in salted water for 5 minutes. Drain and allow to cool. (This is to remove the bitter taste from the walnuts).
3. Prepare the green and red peppers: remove the stem, seed, and cut into squares about 3 cm by 3 cm.
4. Heat wok and add 1 tablespoon oil.
5. Add the walnuts and green peppers and pineapple slices and stir-fry.
6. Add the Sweet and Sour Sauce.
7. Give the cornstarch mixture a quick restir and add.
8. Mix and serve hot.

Yuanxiao Sweet Sesame Filled Dumplings (Boiled)



Makes 10 Dumplings

Ingredients

- 4 1/2 cups (500g) sticky rice flour
- butter 7oz. (200g)
- black sesame powder 7 oz (200g)
- sugar 8 oz (250g)
- 1 tsp wine

Method

1. Mix the butter with sesame powder, sugar, and wine together. You may need to heat a little bit. Make small balls about 0.3 - 0.4 oz (10 g) each.
2. Take 1/2 cup of sticky rice flour, add water into the flour and make a flattened dough.
3. Cook it in boiled water and take out until done. Let it cool down.
4. Add it to the rest of the sticky rice flour and add water and knead until the dough is smooth.
5. Make the dough into small pieces about 0.3 - 0.4 oz (10 g) each.
6. Make it like a ball using hands first and then make a hole in the ball like a snail.
7. Put the sesame ball into it and seal it up
8. Cook the dough balls in boiled stirring in one direction while cooking.
9. When they float on the water, continue to boil for about one minute on a low heat.
10. Serve

Chicken and Vegetable Bao Dumplings (Steamed)



Makes 6

Ingredients

For the dough

- 1.5 tbsp sugar
- 125 ml warm water
- $\frac{3}{4}$ tsp dried yeast
- 200 g plain flour
- 1 tbsp oil

For the filling

- 1 tbsp vegetable oil
- 2 cloves garlic, finely chopped
- 1 shallot, finely chopped
- 1 tsp grated ginger
- small handful gailan leaves (Chinese kale), or pak choi
- 2 chinese dried mushrooms, soaked in waterfor 10 minutes, drained and chopped
- 20 g boneless chicken breasts
- handfuls dried wood ear mushrooms, soaked and chopped
- handfuls bamboo shoots
- 3 tbsp soy sauce
- pinches ground white pepper
- dashes of sesame oil
- handfuls mung bean noodles

Method

1. To make the dough dissolve the sugar and water together and add the yeast. Leave for 8-10 minutes, until frothy.

2. Sift the flour into a bowl, add the yeast mixture and stir in the oil.
3. Bring the mixture together and knead for about 8 minutes until smooth and elastic. The dough should be soft but not sticky.
4. Transfer the dough to an oiled bowl, cover with a damp tea towel and leave to rise for 3 hours.
5. Meanwhile, heat the oil in a wok and stir fry all the ingredients for the filling together for about 5 minutes, until slightly softened.
6. Remove from the heat.
7. Knead the risen dough until smooth and spread it out slightly. Add the baking powder to the centre, pinch the dough together, and knead again.
8. Roll out into a sausage shape and divide into 6.
9. Roll each piece of dough into a ball and flatten out.
10. Place a tablespoon of the filling into the centre of each piece of dough and gather up the sides.
11. Transfer the bao to a steamer and steam for about 10-15 minutes, until very hot and opaque and a teaspoon inserted into the centre comes out clean and not doughy.
12. Serve immediately

Prawn and Chinese Chive Dumplings (Steamed)



Makes 12 Dumplings

Ingredients

Dumplings

- 75 g wheat starch
- 25 g tapioca starch
- 1-2 tsp vegetable oil

For the filling

- 8 (140) g tiger prawns, deveined and shelled, tail off, chopped very finely
- 4 (30) g Chinese chives, very finely chopped
- 40 g tinned diced ready shredded bamboo shoots
- 1/2 tsp bouillon stock, powder
- 2 small pinches sugar
- 4 small pinches ground white pepper
- 1 tsp shaosing rice wine
- 1 tsp toasted sesame oil
- 2 tsp cornflour

Dipping Sauce

1 medium carrot, thinly sliced at an angle
 Chilli, ginger and garlic dipping sauce, (shop bought)
 hot chilli sauce
 1 tsp soy sauce

Method

Make the dough

1. Mix the wheat starch and tapioca starch in a bowl.
2. Add 2 pinches of salt and mix well.
3. Stir in 60ml boiling water, then add the vegetable oil and start to combine together with your fingers into a dough.
4. Add more boiling water - no more than 1 tbsp - if the dough is too dry.
5. Shape and knead the dough and cover with cling film and let it rest for 20 minutes.

Filling

1. Combine all the ingredients together, add 2 pinches of salt and mix well with your hands. Set aside.

Cooking

1. Take a piece of dough and roll it out into a sausage shape.
2. Cut one small piece of the dough and roll it into a round ball, then flatten it onto a wooden board.
3. Lightly oil a cleaver or knife and use it to flatten the dough into a thin dumpling skin - you can use the knife to peel the dough off the board, taking care not to break it.
4. Place the flattened dumpling skin in the palm of your hand, and place a heaped tsp of the filling in the middle.

5. Fold skin into a half moon shape, pressing the edges of dumpling together and making small pleats as you do it to seal the dumpling.
6. Sit the dumplings on the carrot slices in a bamboo steamer, cover with the lid and place over a small wok or pan of boiling water.
7. Steam on high heat for 8 minutes.
8. Serve in bamboo steamer with dipping sauces on the side.

Sweet Red Bean Pancakes (Deep Fried)



Approximately 6 servings

Ingredients

- 4 eggs
- 1 cup flour
- 1 can sweet red bean paste (Available at Asian markets)
- 1 cup cold water
- Oil for deep-frying

Method

1. In a large bowl, beat the eggs. Add the flour and the cold water and mix together well. The texture should be just like flour batter.
2. Heat a flat frying pan and rub on a bit of oil.
3. Pour in about 1/4 of the flour batter.
4. Tilt the frying pan, letting the batter flow till there is pancake that is about 6 inches around and quite thin.
5. Cook the pancake briefly (for a few seconds) on low heat.
6. Remove the pancake from the pan but do not flip it over.
7. Place the pancake on a board. Add approximately 1/4 of the sweet bean paste in the centre of the pancake.
8. Spread the paste out until it is the length of the pancake (6 inches) and about 2 inches wide.

9. Fold up the bottom edge of the pancake, then fold the left and right sides toward the centre, making an envelope.
10. Brush the outer edge of the pancake with the remaining flour batter and fold down, making sure it sticks together well.
11. Heat the wok and add oil.
12. When oil is ready, add the pancake and deep-fry until it is crispy and golden (from 2 - 3 minutes).
13. Remove from the wok, cut into about 6 pieces, and serve hot.

Sweet Egg Custard Tarts (Oven Baked)



24 tarts

Ingredients

Pastry

- 3 cups (12 oz/375 g) all purpose (plain) flour
- 6 oz (180 g) lard
- 5 tablespoons hot water

Filling

- 3 eggs, beaten
- 1/3 cup (2 oz/60 g) superfine (caster) sugar
- 1 1/2 cups (12 fl oz/375 ml) milk
- yellow food coloring (optional)

Method

Pastry

1. Preheat the oven to 425 degrees Fahrenheit (200 degrees Celsius), and grease the tart pans.

2. Use a sifter to sift the flour into a large bowl.
3. Work the lard into the flour with the tips of your fingers, until the mixture has the appearance of coarse breadcrumbs.
4. Add the hot water and blend it into the dough.
5. Place the dough on a flour-covered board and keep kneading until you can gather it up into a firm ball.
6. Roll the pastry on the board to about 1/8 inch (3 mm) thickness.
7. Cut the dough into 24 circles (for this you will need a 3-inch or 8-cm round cutter).
8. Fit the circles into the greased tart pans.

Filling

1. Add the filling ingredients into a small bowl and beat until smooth.
2. Pour the filling ingredients into the pastry-lined tart pans, leaving about 1/4 inch at the top.
3. Bake the egg custard tarts for approximately ten minutes, and then reduce the heat to 400 degrees F. (200 degrees C.), and bake for approximately another 10 - 15 minutes, until the custard has set. (You will know it is done when a knife placed in the middle comes out clean).

