



*Tea Tasting
and
Chinese Cooking Demonstration*

with

*Linda
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茶

Assorted Teas

*Scallion Cilantro Pancakes
Asian Lettuce Wraps*

*Glass Noodles with Shrimp, Sausage, and Mushrooms
Chinese Broccoli with Oyster Sauce*

Almond Jelly

茶

October 12, 2011

大蔥香菜煎餅

Scallion Cilantro Pancakes

Makes 32 hors d'oeuvres

Dipping Sauce

- 1/3 cup soy sauce
- 4 Tbsp. rice vinegar
- 3/8 tsp. sesame oil
- 1 tsp. sesame seeds, toasted

Stir together soy sauce, vinegar, and oil. Add sesame seeds.

Pancakes

- ¾ cup all-purpose flour
- ¼ cup rice flour
- ½ tsp. salt
- 1 egg
- 1 egg yolk
- 1 cup water
- 1 small fresh green Serrano or Thai chile, minced
- 1/8 tsp. black pepper
- 1/8 tsp. sesame oil
- 4 scallions, green parts only, diagonally sliced into 1 ½ inch pieces
- ¼ cup loosely packed small fresh cilantro leaves

Whisk together flour, salt, egg plus the extra yolk, water, chile, pepper, and sesame oil in a bowl. The batter will be thin. Heat ¾ tsp. vegetable oil in an 8-inch nonstick skillet over medium-high heat until hot but not smoking. Pour 1/3 cup batter in pan. Scatter one fourth of scallions and one fourth of cilantro leaves on top, gently pressing into the pancake. Fry pancake until underside is pale golden, about 2 minutes. Turn pancake over and cook until scallions are lightly browned, about 1 minute. Transfer to paper towels. Make 3 more pancakes in same manner, adding vegetable oil to skillet each time.

Cut pancakes into 8 wedges. Serve warm or at room temperature with dipping sauce.

Hint: wear disposable gloves when cutting and touching the Serrano chile

亞洲生菜裹

Asian Lettuce Wraps

Prep Time: 20 minutes

Cook Time: 15 minutes

Total Time: 35 minutes

Ingredients:

- 16 Boston bibb or butter lettuce leaves
- 1 pound lean ground beef
- 1 tablespoon cooking oil
- 1 large onion, chopped
- 2 cloves fresh garlic, minced
- 1 tablespoon soy sauce
- 1/4 cup hoisin sauce
- 2 teaspoons minced pickled ginger
- 1 tablespoon rice wine vinegar
- Asian chile pepper sauce (optional)
- 1 (8oz) can water chestnuts, drained and finely chopped
- 1 bunch green onions, chopped
- 2 teaspoons Asian (dark) sesame oil

Preparation:

Rinse whole lettuce leaves and pat dry, being careful not to tear them. Set aside.

In a medium skillet over high heat, brown the ground beef in 1 tablespoon of oil, stirring often and reducing the heat to medium, if necessary. Drain, and set aside to cool. Cook the onion in the same pan, stirring frequently. Add the garlic, soy sauce, hoisin sauce, ginger vinegar, and chile pepper sauce to the onions, and stir. Stir in chopped water chestnuts, green onions, sesame oil, and cooked beef; continue cooking until the onions just begin to wilt, about 2 minutes.

Arrange lettuce leaves around the outer edge of a large serving platter, and pile meat mixture in the center. To serve, allow each person to spoon a portion of the meat into lettuce leaf. Wrap the lettuce around the meat like a burrito, and enjoy!

蝦，香腸和蘑菇玻璃面

Glass Noodles with Shrimp, Sausage, and Mushrooms

Serves 4-8 as an entree

Ingredients:

- 1 10.5 oz package of Chinese vermicelli (bean-thread, cellophane, or glass noodles). I prefer the ones that have pre-divided the package into 8 sections.
- 2 tbsp sesame oil
- Soy sauce or salt
- 1 pound shrimp, shelled and de-veined (Ranch 99 has the cheapest fresh-frozen shrimp around)
- 3-4 cloves chopped garlic
- 1 tsp chopped ginger
- 1 tsp sesame oil
- 1 tsp cooking oil (peanut or canola)
- 1 tsp soy sauce
- 1 tsp sugar
- 4-6 links of Chinese style sausage (sometimes even available at Costco – Kam Yen Jan brand), “Lap Xuong”
- 8-10 dried shiitake mushrooms – flatter, thinner ones rehydrate quickly. The taller, fatter ones are more expensive but the flavor is not noticeably different.
- 4-6 scallions, cut into fourths and then slivered.

Noodles:

Boil salted water in a large pot, just like you would for any pasta.

Cut each bundle of noodles in half with kitchen shears so you don't have ridiculously long noodles to deal with. (Some brands are pre-cut...but Chinese think that long noodles represent long life, so most noodles are not.)

When the water is boiling, add the noodles and stir until softened. Cook at a low boil for 3-5 minutes, until noodles are tender to the bite. DO NOT OVERCOOK. These noodles get gummy very fast!

Drain and rinse immediately with cold water. Place into a mixing bowl and add 2 tbsp sesame oil, mix well. Add soy sauce or salt to taste.

Oil a cookie sheet, then divide the noodles into however many portions you are serving. Cover with foil and place into 300 degree oven to keep warm.

Mushrooms:

While water is coming to a boil for the noodles, set the mushrooms to soak in COLD WATER so they retain their flavor. (If you are going to use the mushrooms in soup, you can soak them in warm water, since you can add the soaking water to the soup.) It will take 15-20 minutes to rehydrate in warm water, half an hour in cold. The mushrooms will float so you may need to weigh them down by putting a plate on top of them.

When soft, gently squeeze the excess water out of the mushrooms. Cut off and discard the stems, then cut each mushroom into thin slices.

Put into a small mixing bowl. Drizzle with a little oil, mix, then sprinkle with sugar and mix again (probably less than a tsp each of oil and sugar). Set aside.

Shrimp and sausage:

In a mixing bowl, combine shrimp, oil, garlic, ginger, soy and sugar. Set aside. Slice each sausage link into thin diagonal slices.

Cooking instructions:

Pre-heat a wok over medium high heat. If using a stainless steel wok, add a tbsp of oil after the wok is hot and swirl around. No oil is needed in a non-stick wok.

Add Chinese sausage and stir-fry for a couple of minutes until the fat is rendered and the sausage is lightly toasted on all sides. Remove to a plate with a slotted spoon, then wipe out the rendered pork fat with a napkin (my mom always cooked with the rendered fat but it's not the healthiest habit...but very tasty!).

Add mushrooms and stir-fry for a couple of minutes until lightly toasted, add sausage just long enough to reheat, remove to plate, cover and keep warm.

Add shrimp and stir-fry just until pink and curled, stir in scallions, and immediately remove from heat.

Plate noodles. Scoop equal portions of sausage and mushrooms onto noodles, then top with shrimp and scallions. Add a few stalks of gai-lan (recipe following) on the side of the plate, drizzle with oyster sauce. Enjoy!

Note: When serving family-style, we combine all the ingredients, including the noodles, into the wok at the very end. We skip the portions-on-a-cookie-sheet step and everyone just serves themselves from a common large platter.

蠔油芥蘭

Chinese Broccoli (Gai-lan) with Oyster Sauce

Serves 4-6

Ingredients:

- 1 pound of Chinese broccoli (gai-lan), available at Asian markets and many farmers' markets. Look for thinner fresh-cut stalks and deep green color. Thick stalks are not necessarily tough, but thinner stalks cook more quickly and evenly.
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 slice ginger (about 1/2-inch thick)

Sauce:

- 2 tablespoons chicken broth or water
- 2 tablespoons oyster sauce
- 1 tablespoon Chinese rice wine or dry sherry (optional)
- 1/2 teaspoon sugar (optional)

Preparation:

Wash the Chinese broccoli and cut off the ends if not already trimmed.

In a large pot, add enough water to cover the broccoli (I fill my 8-qt pot a little less than half way), the salt, baking soda, and ginger, and bring to a boil.

While waiting for the water to boil, combine the chicken broth or water, oyster sauce, rice wine or dry sherry and sugar. Heat to boiling in a small saucepan or microwave. Keep warm while blanching the broccoli.

Add the Chinese broccoli to the boiling water. Cook until the stalks are tender but crisp (3 - 4 minutes). Rinse briefly in cold running water. Drain.

Drizzle the sauce over the broccoli. Serve immediately.

Note: It's common to blanch Chinese vegetables for just a few minutes prior to stir-frying, both to speed cooking and maintain the bright green color. The baking soda helps keep vegetables from turning yellow.

杏仁豆腐

Almond Jelly

Prep Time: 5 Minutes

Cook Time: 5 Minutes

Makes 117 1" squares

Ingredients:

2 cups water, divided

3 (.25 oz) envelopes unflavored gelatin

2 cups milk

$\frac{3}{4}$ cup sugar

2 teaspoons almond extract

Directions:

Pour 1 cup water in a bowl; sprinkle the gelatin over the water; stir until the gelatin is partially dissolved. Set aside.

Bring remaining cup water to a boil in a large saucepan. Reduce heat to medium-low and slowly pour in the gelatin mixture. Add the milk, sugar, and almond extract; stir until the sugar and gelatin are completely dissolved; pour mixture into a 9 x 13 pan. Refrigerate until firm, 3 to 4 hours. Cut into small (1") squares. Serve with fruit, such as lychees, pineapple, or canned fruit cocktail.

Pineapple (凤梨; fènglí) symbolizes wealth, luck, excellent fortune, gambling luck

Lychee (荔枝; lìzhī) symbolizes close family ties



Asian Lettuce Wraps



Scallion Cilantro Pancakes



Glass Noodles with
Shrimp, Sausage,
and Mushrooms

Chinese Broccoli
(Gai-lan)

