

Chinese Cooking Class Recipe List: Spring 2009

Special Ingredients:

Star Anise



Bean curd cakes (tofu)



Dried seaweed



Chinese mushrooms



Dumpling/Wonton wrappers



Sesame oil



Black rice vinegar



Rice wine vinegar or Sake



You can use your imagination and substitute different ingredients; i.e., you can use sake to substitute rice wine vinegar.

Address of Chinese grocery stores in Charlottesville:

1. Charlottesville oriental food market (206 Carlton Rd. Suite # 4. Tel: 434-984-4903.) Usually, Friday is the best day for shopping because the vegetable will be fresher than other days.
2. Asian market on route 29: 1417 Emmet St N # B, Charlottesville, VA 22903
Tel: (434) 972-9888



Side Dish (Appetizer)

Material A:

Star Anise (several)
Ginger (sliced)
Soy sauce (two or three cups)
Sugar
Salt
(The following ingredients are optional)
Rice wine
Chili Sauce or pepper (if you like spicy)
Scallions

Material B:

Eggs
Bean curd cakes (firm tofu)
Dried Seaweeds
Chicken wings and/or chicken feet
Dried Chinese Mushrooms

Material C:

Scallions
Cilantro
Red pepper

Directions:

1. Dried seaweed and Chinese dried mushrooms need to be soaked in water for about one hour (if you use warm water, the time can be reduced). Boil the eggs and peel the shells.
2. Fill a big pot $\frac{1}{4}$ full with water; boil while doing step 1, and then put material A in the pot. After it has boiled again, put material B in the pot.
3. After 60 to 90 minutes, turn off the burner. Let ingredients sit in the pot until it's time to serve (depending on your preference, the food can be served either warm or cold).
4. Slice the eggs, bean curd cakes, seaweed, and mushrooms and put all Material B in a big plate).
5. Use material C to decorate your side dishes.

Dumplings and Won Ton

Material A:

Dumpling Wrappers
Won Ton Wrappers
(need to be defrosted when use them):

Material B:

Chinese Cabbage (or Leeks)---finely chopped

Ginger (only when using Cabbage)---ground
Ground meat (Pork or Turkey)
Scallions---finely chopped
Carrot (optional)---finely chopped
Chinese black mushroom (optional)---finely chopped

Material C:

Eggs (one or two, mix in B)
Salt
Sugar
Soy sauce
Pepper
Sesame oil

Material D:

(Sauce for Dumplings)
Garlic (finely chopped)
Ginger (finely chopped)
Scallions (finely chopped)
Rice vinegar
Soy sauce
Sugar
Sesame oil

Directions:

For dumplings:

1. Mix material A and B in a big bowl. Use a spoon or chopsticks to put the mixture in the center of the wrappers and wrap them.
2. Boil water in a large pot. Put dumplings in the boiled water. When the dumplings are floating on the top, pour in a cup of cold water. After the dumplings are floating again, turn off the burner. Take out the dumplings and put on a big plate. The dumplings cannot be piled up (because they will stick together).
3. Mix D in a bowl for the dumpling sauce.
4. Keep the leftovers in the refrigerator. You can microwave them or fry them like when you fry pancakes (i.e. only put a little oil in the pan).

For Won Ton:

1. Same procedure as making dumplings.
2. Same procedure as dumplings but only put a less of the mixture in the center and than wrap it. After boiled, put in any kind of soup you already prepared and it becomes Won Ton soup.
3. Alternatively, you can deep-fry the Won Ton (use ketchup as the dip).

*****Note:**

1. Using processor to chop cabbage and leeks is a good alternative, but don't chop the vegetable too fine. I personally feel that manual chopping produces better texture. Also, in class we did not use leeks, but I would suggest using leeks if you can find them.
2. You can use any ways to wrap the dumpling but you need to keep the mixes inside the wrapper and don't leave any opening.
3. For vegetarians, you can use chopped bean curd cakes to substitute the ground meats.

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Sour Sweet Soup

Material A:

Shredded Wood ear

Shredded Carrots
Sliced Chicken (or pork)
Shredded Chinese cabbage
Scallions (fine chopped)
Soft Tofu (cut into pieces of cubes)

Material B:

Sesame oil
Rice Vinegar
Sugar
Salt
Soy Sauce
Pepper
Chili sauce (optional)
Cornstarch (mix it with cold water in a bowl)

Material C

Eggs
Cilantro and chopped Scallions (for decoration)

Directions:

1. Boil water in a pot. While doing so, season the chicken with salt, sugar, pepper, and corn starch. Also, shred or cut other materials.
2. Put material A (except chicken) in the pot. Cook until all the materials are very soft.
3. Put material B into the pot. When it boiled, stir eggs in a bowl and pour it into the pot (use forks or chopsticks to stir it in the soup).
4. Turn off the burner and decorate with cilantro and chopped scallions.

Vegetable Fried Rice

Material A

Cooked rice (if you have leftover plain rice, it is the best for fried rice)

Material B

Carrot (sliced)
Chinese dried mushroom (sliced)
Onion (sliced)

Material C

Salt
Pepper
Sugar
Ketchup or sour sauce (optional)

Material D

Green onion (chopped)

Eggs

Directions:

1. Mix two or three eggs in a bowl. Fry the mixture in a pan and use spatula to separate it into pieces. Set the eggs aside on a plate.
2. Put a little oil in the pan, and stir fry material B until all materials are softened.
3. Add A into pan and mix the rice and the vegetable together.
4. Add the cooked egg and material C into the pan to add to flavor. Lastly, add chopped green onion for some green color.

***Note: you can use any kind of vegetable and follow the same procedure. Beans (green beans or long beans) and corn (in the can) are good materials for fried rice. The tip is that the rice cannot be too soft, otherwise the fried rice will be too sticky). Also, you need to fry the eggs first and take them out and set them aside when you fry other vegetables. You can visualize the color in your mind: red (carrot) , white (onion), yellow (eggs and/or corn), dried mushroom (brown), and green (green onion and/or green bean). If you like, even you can add fresh chopped pineapple into the fried rice. If you'd like to make a fancy dish for a party, you can put your colorful fried rice in half a shell of pineapple (take out the meat of the pineapple before use).