

Chinese Cooking Class with Ning and Xin

Know More about China

1) Traditional Chinese Spring Roll (from East China)



Chinese cabbage, shrimps, chives, white and smoked bean curd, starchy flour, sesame oil, sugar, chicken essence, salt, Spring roll wrapper, Chinese rice vinegar.

Steps:

1. Slice cabbage and chives, chop shrimps, white and smoked bean curd, mix starchy flour with water (1:2);
2. Add sesame oil, sugar, chicken essence and salt into 1;
3. Roll up;
4. Fry rolls (mid fire);
5. Serve with Chinese rice vinegar.

2) Marbled Meat, Beef and Brown Egg (from North China)



Egg, Bacon belly, beef, Chinese cooking wine, sugar, water, ginger, star anise, fennel, plum, and, chicken essence, salt, soy sauce.

Steps:

1. Hard boiled egg;
2. Marinate chopped meats with Chinese cooking wine and salt for 20 minutes;
3. Fry #2 mix till golden colored, add sugar and fry two more minutes;
4. Add water and stew the #3 mix with hard boiled egg, ginger, star anise, fennel, plum, chicken essence;
5. Add sugar, salt, soy sauce and water, high fire until it boils and then turn to lower mid-fire for 1 hour and adjust taste before taking off the heat.

3) Tingzai Chou (Mixed Meat & Peanut Congee) (from South China)



Dried fish, dried jellyfish, dried shrimp, chicken breast, ginger, green onion, and 100g peanuts, rice, water, salt, sugar.

Steps:

1. Watering all the dried seafood to the normal size (usually it takes more than 5 hours);
2. Slicing fish, shrimp, jelly fish, ginger, and chopping chicken breast;
3. Boil the rice with water (1:10);
4. Put 2 into 3 with salt and sugar, add peanuts and stew it for 30 minutes;
5. Put off the fire and put some chopped green onion before serve.