Meishi Chinese Cookbook
Favorite Recipes from the Confucius Institute’s Meishi Chinese Cooking Classes for U-M students
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= Vegetarian or Vegetarian Option

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Confucius Institute at the University of Michigan

Launched in November 2009, the Confucius Institute at the University of Michigan (CIUM) is an integral component of former president Mary Sue Coleman’s “China Initiatives” and U-M’s global arts program and activities. CIUM’s mission is promotion of China’s arts and culture within the U-M community and beyond, providing opportunities for students, faculty, staff, and other community members to experience China’s finest examples of architecture, calligraphy, ceramics, dance, music, painting, theatre, and more. To further promote cultural understanding, CIUM regularly invites Chinese artists and scholars to Ann Arbor while also sending U-M faculty and students to China.

Meishi Chinese Cooking Class

The “Meishi 美食” Chinese Gourmet Cooking Class is sponsored by the Confucius Institute at the University of Michigan. This popular cooking class is a great way for U-M students to learn to cook easy and healthy Chinese cuisine while immersed in Chinese culture—right in their own dorm’s community kitchen. These classes facilitate the understanding of Chinese culture through a most universal medium—food. By becoming better informed about the history and context behind various Chinese dishes, students are able to gain a deeper understanding and appreciation of Chinese culture.

Meishi classes are open to U-M students, and are regularly held at South Quadrangle Demo Kitchen, North Quadrangle Bowman Kitchen, Mosher-Jordan South Kitchen, and Alice Lloyd House Kitchen during the academic year. Classes may be arranged at other residential halls if requested by a resident assistant for a group of 10 - 15. If you are a U-M student and interested in participating, please send your request to confucius@umich.edu.

Meishi Chefs: Angela Yang and Shih-Wen Wu

Angela Yang holds a Master of Science in Biology from Western Michigan University. For 30 years she worked as a research specialist in molecular medicine and genetics, at the Howard Hughes Medical Institute and at the Life Sciences Institute at the University of Michigan. In her spare time, Angela enjoys watercolor painting, gardening, and teaching Chinese language and healthy Chinese cooking. Angela is active in the Chinese community and leads fund raising for many local charities. She is involved in church activities and loves to serve breakfast for the needy at St. Andrew’s Church. She is a Garden Ambassador at the University of Michigan’s Matthaei Botanical Gardens. Angela's extensive knowledge about health and nutrition translates perfectly for this workshop. She is passionate about demonstrating and sharing healthy cooking techniques in the Meishi classes.

Shih-Wen Wu holds a Master of Education in Counseling from Eastern Michigan University and currently works at Rackham Graduate School at the University of Michigan as a senior business system analyst. Her love of cooking has been a lifelong interest spurred by watching her mother cook when she was young. In addition to teaching the Chinese language for the last 20 some years, she enjoys taking walks, gardening, volunteering for church activities, and entertaining friends and family—always with food, of course. Shih-Wen also teaches Chinese cooking at Zingerman’s Bakehouse as a guest instructor. The Meishi cooking classes provide her an opportunity to combine her lifelong passions of teaching and cooking.
Chinese Cooking as a People Unifier
By Danielle Sarns, U-M Communication Studies & Asian Studies

I had the opportunity to attend the Meishi Chinese Gourmet cooking class in November 2016. When entering the demo kitchen at South Quad, two Chinese cooks and their student assistants greeted us with warm welcomes, their hairnets and aprons in tow. I realized then that it was going to be a fun and messy night. The class was very hands-on as we kneaded dough, mixed ingredients, and molded designs. Besides learning how to create authentic Chinese dishes, we got to know the cooks, Angela Yang and Shih-Wen Wu, as well as the other attendees. The two cooks shared stories about their passion for cooking and how they learned to cook. Shih-Wen learned how to cook from her mother. When she immigrated to the U.S., she realized her passion for cooking and rediscovered her mother’s lost Chinese recipes. She also enjoys teaching and holds a Master of Education in Counseling. Angela has a background in science biology and molecular medicine, which influences her passion and teaching of cooking. She was happy to share nutritional information as well as the chemical reactions that occurred during cooking. It was fascinating to hear how two people found a common love for the art of cooking in two distinctly different ways. Their passion for cooking reminded me very much of my grandmother. She loves cooking Chinese food and gains a genuine sense of satisfaction and pride when others say her food tastes good. Her passion stems from being able to make others happy. She is from southern China and cooks many healthy dishes. Her garlic chives, spareribs, and shrimp with lobster sauce are among the best I have ever tasted. The dishes created at the November event were just as delicious and healthy. We created traditional dishes such as red bean mooncakes and some that I have never tried before, such as steamed meatballs covered with egg and rice. Although they were referred to as meatballs, the taste was completely different from what one would think. Mixed with scallions and soy sauce, they had a distinctly Chinese taste to them. All the dishes were flavorful and enjoyable. The experience of learning how to cook these dishes taught us more about the Chinese culture and brought us together in a fun and comfortable environment. We had lots of fun getting our hands into the food by mixing ingredients and assembling mooncakes. Although some did not turn out perfectly, they tasted great and it was a great experience. People often say that food is a universal unifier, and I believe this is very fitting as food can be used as a way to unite cultures and people.
Sweetened Red Bean Paste 甜豆沙 tián dòushā is a paste made of boiled azuki beans with mashed cooked beans, sugar, and butter or lard. It is commonly used in Chinese cuisine as a filling for deserts and pastries.

Rice Noodle 米粉 mǐfěn is a food of southern China, popular in Fujian, Guangdong, and Taiwan Provinces. Similar to angel hair pasta, rice noodles cook fast; they soften in less than a minute in boiling water. They are made from rice flour and are gluten free.

Pickled Vegetable 榨菜 zhà cài is a fist-sized green tuber, originating in Sichuan, China. The stem is salted, pressed, dried, and rubbed with hot red chili paste, then fermented in an earthenware jar. Zhà cài is generally washed prior to use to remove the chili paste. Excess salt is leached out by soaking in fresh water. It is generally sliced into thin strips to make noodles with pork, or chopped to make mapa tofu.

Sesame Oil 芝麻 zhīmáyóu Derived from sesame seeds, sesame oil is thought to have originated in North India, then spread from there throughout Asia through the Silk Road more than two thousand years ago. Besides being used as a cooking oil, it is often used as a flavor enhancer. It is comprised of 80% unsaturated fatty acids so it is good for our health.

Kewpie Mayonnaise 美乃滋醬 dánhuáng jiàng is made with rice vinegar rather than distilled vinegar. It is often used on top of vegetables or as a dressing on salads or sandwiches. It is creamier, sweeter, and smoother than mayonnaise. Adding a little bit of sugar to store-bought mayonnaise produces a similar taste.

Soy Sauce 醬油 jiàng yóu is made with soybeans through natural fermentation. Fermentation releases numerous flavor compounds of amino acids, enzymes, and proteins. Soy sauce in its current form appeared about two thousand years ago during the Western Han dynasty and spread throughout East and Southeast Asia where it is still used today for cooking and as a condiment.

Shiitake Mushroom 香菇 xiāng gu is a fist-sized green tuber, originating in Sichuan, China. The stem is salted, pressed, dried, and rubbed with hot red chili paste, then fermented in an earthenware jar. Zhà cài is generally washed prior to use to remove the chili paste. Excess salt is leached out by soaking in fresh water. It is generally sliced into thin strips to make noodles with pork, or chopped to make mapa tofu.

China Pantry Basic Ingredients

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Ginger 生姜 shēngjiāng is a common ingredient in Chinese cuisine for flavoring dishes. Ginger is a flowering plant whose rhizome (underground stem) is thought to have originated on the Indian subcontinent. Scientific research reveals that ginger possesses therapeutic properties including antioxidant and anti-inflammatory effects that have powerful benefits for our body.

Chinese Rice Wine 中国米酒 zhōngguó m˘ ijiǔ is made from fermented rice. It is a common ingredient in Chinese cooking. Rice wine typically has a relatively low alcohol content compared to Western wines.

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Dumplings & Potstickers - Wrappers 餃子 Jiăo zi

Makes 40 - 45 dumplings.

Don’t be afraid to make your own dumplings! Making your own allows you to customize fillings and control the ingredients. Although homemade dough is easy to make, store-bought dumpling wrappers are also available and can cut down on preparation time.

Ingredients - Wrappers

Store-bought:
A good brand is Twin Marquis Dumpling Wrappers (Shanghai style)

Or homemade:
3 cups flour
1 1/2 - 1 3/4 cups cold water
Pinch of salt

Homemade Wrapper

Put flour into a stand mixer. Add 1 1/2 cups cold water and turn the mixer on low to start mixing, then mix on high speed until the ingredients form a dough. Add a little more water if needed. The dough should be shiny, with no flour sticking to the bowl. Flour a pastry board liberally and knead the dough until smooth. The dough should have the consistency and feel of an ear lobe. Set aside until ready to form the dumplings.

Dumpling-forming Directions

Liberally flour a work surface, and place the dough on the flour. Using a dough cutter, cut off about a quarter of the dough. Knead lightly, then roll the piece into a roll about 1 inch thick.

Using the dough cutter, cut the rolled dough into slices about 1/2 - 3/4 inch wide. Roll the dough in your hands to make a ball, then place on the surface and push down with your palm to make a flattened circle of dough.

Using a thin wooden rolling pin, roll the dough from the outside of the ball to the center, to make a flat circle about 3 inches in diameter. This method of moving outside to inside will help to ensure the edges are thinner than the center.

Place the flattened dough circle in your palm and add about 1 tablespoon of filling in the center of the circle. Fold the dough up over the filling, sealing the edge at the top, then working from the outside of the package to the top center to make a neat, pleated, crescent-shaped package.

NOTE: For homemade dough, you will not need to use water to seal the edges as you do for the store-bought wrappers.

Repeat the dumpling-forming process until all the filling is used.

Dumplings & Potstickers - Meat Filling 餃子 Jiăo zi

Makes 40 - 45 dumplings.

Dumplings are one of the most important foods eaten during Chinese New Year. They resemble the golden ingots used as money during the Ming dynasty. Serving them on the first day of the new year gives hope of receiving prosperity.

Ingredients - Meat Filling

2 pounds green cabbage
2 tablespoons oil
1 teaspoon salt
1/4 teaspoon black or white pepper
1 pound ground pork *

Seasonings

1/8 teaspoon ground pepper
6 tablespoons soy sauce
1 tablespoon Chinese rice wine
1/2 cup green onion, finely minced
1/2 tablespoon ginger, finely minced or grated
3 tablespoons sesame oil

*Substitute Meats

1 pound of any one of the following:
Very lean ground pork
Ground turkey breast
Ground chicken breast
Very lean ground beef

Meat Filling Directions

Mince the cabbage.
In a wok, heat 2 tablespoons oil for 1 minute, then add the cabbage. Add 1 teaspoon salt and 1/4 teaspoon pepper and stir-fry on high heat for 3 - 5 minutes or until the cabbage is soft.

Remove from heat and set aside to cool.

Mix the meat with the seasonings (except the sesame oil), stirring only in one direction to keep the consistency of the ground meat. Add the sesame oil last to seal in the seasoning.

Combine the meat with the cooled cabbage and mix well.
Appetizers

Dumplings & Potstickers - Vegetarian Filling 餃子 Jiao zi
Makes 40 - 45 dumplings.

Dumplings are a versatile food. They can be cooked in multiple ways and with a variety of fillings. Here we’ve provided a vegetarian version; it’s so good, your carnivore friends will want to share!

Ingredients - Vegetarian Filling
2 tablespoons cooking oil
1 box medium firm tofu (12 - 14 ounces), crumbled
1 teaspoon cornstarch, mixed with 1 tablespoon water to make a slurry
1/4 teaspoon salt
1/4 teaspoon white or black pepper
1 package frozen chopped spinach (10 ounces)
1/2 cup dried shiitake mushrooms
1 bundle (1.1 ounces) mung bean noodles
1 tablespoon soy sauce
3 tablespoons sesame oil

Vegetarian Filling Directions
In a wok over high heat, add 1 tablespoon oil. Crumble the tofu into the wok and stir-fry for 3 – 4 minutes until the water released by the tofu evaporates. Add the salt and pepper and then add the cornstarch slurry, a little at a time and stir it in to thicken the mixture slightly. Turn off the heat and set the mixture aside to cool.

Defrost the frozen chopped spinach, squeeze out the excess liquid, and chop a few times to break apart.

Soak the mushrooms in water for 30 minutes or until soft. Cut into strips and mince finely.

In a wok over high heat, add 2 tablespoons cooking oil. Stir-fry the mushrooms for 2 - 3 minutes until they smell fragrant. Then add 2 tablespoons soy sauce to season.

Add the spinach.

Turn the heat off and add the mung bean noodles while the mixture is warm.

Add the cooled tofu mixture then the sesame oil and combine well.

NOTE: Make sure there is no extra liquid in the vegetarian filling. If there is extra liquid, use a strainer to drain, or squeeze the filling to get rid of excess moisture.

Dipping Sauce

In a bowl, combine:
2 tablespoons soy sauce
1 tablespoon vinegar
(white wine or apple cider) (optional)
A few drops sesame oil
1 teaspoon ground cumin (optional)
1 teaspoon garlic, minced, or to taste (optional)

Mix all ingredients together. Serve with dumplings.

Three Cooking Options:

Steamed Dumplings
Place a cabbage leaf on the bottom of a steamer to avoid the dumplings’ sticking to the bottom.

Boil a large pot of water and put the steamer on top. Steam for 10 - 15 minutes until done.

Boiled Dumplings
Bring a large pot of water to a boil and add the dumplings to the pot. Gently stir in one direction to avoid their sticking to the bottom of the pan.

Cover until boiling again; add 2/3 cup of cold water until boiling. Repeat 3 times until the dumplings are floating.

Pan Fried Dumplings

Place 1 tablespoon oil in a nonstick pan and arrange the dumplings clockwise.

Fry with medium heat until the bottom is golden brown (about 3 minutes).

Add 1 cup cold water mixed with 1 tablespoon flour.

Cover and cook with high heat until the water is gone.

Present the potstickers upside down on a serving plate.

Dumplings & Potstickers - Cooking 煎饺 Jiān jiăo
Makes 40 - 45 dumplings.

Dumplings may be divided into various types depending on how they are cooked: Steamed Dumplings 蒸饺 zhēng jiăo, Boiled Dumplings 水饺 shui jiăo, and Pan Fried (Potstickers) 煎饺 jiān jiăo.
**Fried Tofu and Peanut-Sesame Sauce 煎豆腐沾花生芝麻醬 Jiān dòufu zhān huā shēng zhī ma jiàng**

Serves: 3

Tofu is made with soymilk (from soybeans) and solidified by calcium. Soybeans have complete protein with no cholesterol or saturated fat, making them good for our health.

This dipping sauce is an Asian fusion sauce. Peanut butter is rich in protein and unsaturated fatty acids that lower LDL (low density lipoprotein), also known as "bad cholesterol." We flavor it by combining sesame oil to make it very tasty.

**Ingredients**
- 1 box firm tofu (12 - 14 ounces)
- 1 tablespoon cooking oil
- Garnish greens, spring salad mix, or asparagus

**Mix the following in a cup:**
- 1 tablespoon soy sauce
- 1 tablespoon water
- 1 tablespoon hot chili sauce
- 1 teaspoon sugar

**Dipping Sauce**
- 1/2 cup creamy peanut butter
- 1/2 cup warm water
- 2 tablespoons sesame oil
- 2 tablespoons soy sauce
- 2 tablespoons red vinegar
- 1 tablespoon sugar

**Directions**
- Cut the tofu by making 2- or 3-inch-long cuts, each 1/2 inch thick. Leave them on a cutting board on an angle to drain excess water for 10 minutes. During this 10 minutes, make the dipping sauce.
- Place the peanut butter in a medium bowl, add a tablespoon of hot water, and stir in one direction vigorously. Add more water and continue stirring until smooth and creamy. Stir in the rest of the water so the sauce becomes pourable.
- Pan fry the tofu strips in 1 tablespoon of oil, 5 minutes on one side or until they become golden brown, then turn to the other side to fry for a few more minutes.
- Sprinkle the tofu evenly with the ingredients in the cup and cook until the liquid is dried up.
- Serve on a plate garnished with greens.

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**Scallion Pancakes 蔥油餅 Cōng yóu bĭng**

Serves: 4

Scallion pancakes are a classic Chinese appetizer, popular at restaurants and from street vendors. A few ingredients make this a crispy, flaky, chewy, savory, and addictive dish good for breakfast, dinner, and anytime in between.

**Ingredients**
- 3 cups all-purpose flour
- 1 teaspoon sugar
- 1 tablespoon oil
- 1 cup boiling water
- 1/2 cup cold water
- 5 tablespoons oil (reserve for frying the pancakes)

**Seasoning**
- 4 tablespoons oil, divided, for dough
- 1 teaspoon sea salt, divided
- 1 cup scallions, thinly sliced

**Directions**
- Sift the flour into a large bowl. Add the sugar and 1 tablespoon oil. Pour in the boiling water and using a fork or chopsticks, quickly stir together until just mixed. The dough will be lumpy. Slowly add the cold water and stir until the mixture forms a soft dough. The dough is ready when it is soft like your earlobe, but not sticky.
- Knead the dough in the bowl for 5 minutes, until it is smooth to touch and does not stick to your hands. The dough is ready when it leaves your hands smoothly, the sides of the bowl are clean, and it is elastic.
- Cover the bowl with plastic wrap or a damp cloth and set aside for 30 minutes.
- Place the dough on a lightly floured work surface and divide into 4 equal parts.
- Roll one part of the dough into a thin circle about 10 inches in diameter. Using as little flour as possible, make sure the dough does not stick to the surface.
- Brush the top of the dough with 1 tablespoon of oil, then sprinkle on 1/4 teaspoon salt and 1/4 cup of scallions.
- Roll the dough tightly into a long scroll, like a jelly roll. Coil the scroll into a round dough bundle and tuck the end underneath. The dough will look a little like a cinnamon bun. Repeat with the remaining 3 doughs.
- Cover the bundles with a towel and let rest 10 minutes.
- With a rolling pin gently roll out the bundles into flat pancakes, about 6 inches around.
- In a nonstick pan, heat 2 tablespoons oil over high heat. Lower the heat to medium and place one pancake in the pan and cover. Cook 2 minutes. Flip the pancake and cover. Cook 3 more minutes, or until both sides are golden in color. Repeat with the other 3 pancakes.
- Cut into wedges and serve.
**Spring Rolls (Non-Fried) 潤餅 Rùn bĭng**

**Serves: 12**

These customizable non-fried spring rolls are a common street food in Taiwan, where customers can choose the ingredients and the vendor will wrap their spring roll up on the spot. The basic stuffing includes various spring vegetables, thinly shredded meat, and sugar with peanut powder. This recipe allows you to reproduce the street food experience in your own kitchen.

### Ingredients

- 5 tablespoons oil, divided
- 6 shiitake mushrooms
- 1/2 head cabbage (about 11 ounces), shredded
- 3 carrots, shredded
- 1/2 pound bean sprouts
- 1/2 teaspoon apple cider vinegar
- 4 eggs
- 1 package Chinese frozen spring roll wrappers (defrost to room temperature when ready to make spring roll)*
- 1 cup peanuts, roasted and crushed - mixed with 1/2 cup powdered sugar
- 1 bunch cilantro, chopped
- Sweet chili sauce

**NOTE:** These spring rolls are the Chinese frozen spring roll sheets. Do not use the Vietnamese rice paper wrappers. Keep the wrappers covered with a damp towel to prevent the edges from drying and cracking. The wrappers dry quickly.

### Directions

1. Soak the mushrooms in warm water until soft. Remove any woody ends or stems. Cut into strips.
2. Stir-fry the mushrooms in 2 tablespoons of oil on high heat until fragrant. Add the shredded cabbage and carrots with salt and pepper to taste. Set aside.
3. Cook the bean sprouts in 1 tablespoon oil on high heat and add the vinegar and salt (to taste). Set aside.
4. Beat the eggs with a dash of salt. In a separate pan, pour some egg mixture into the pan to create a thin layer. Cook until firm. Remove the sheet of egg and cut into thin strips. Repeat until all the egg mixture is cooked. Set aside.
5. Pile the vegetable mixture, cooked bean sprouts, egg strips, and cilantro on a serving platter. Each person can choose their own ingredients and customize their spring rolls.

### Assembly

Take a spring roll wrapper. Place a small portion of the stir-fried vegetable mixture in the corner of the wrapper. Sprinkle with peanut-sugar mixture, top with strips of egg and some cilantro, and roll. You can seal the roll with sweet chili sauce, if you desire.

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**Spring Rolls (Fried) 春捲 Chūn juăn**

**Serves: 12**

Found in every Chinese restaurant, these savory spring rolls are a crispy snack! They are typically filled with vegetables and either pork or shrimp, then deep-fried. Spring rolls get their name from the Spring Festival; the bite-sized rolls are easy to carry and eat.

**To Fry Spring Rolls:**

Use the same ingredients as the non-fried spring rolls (page 16), but omit peanut sugar and cilantro. Follow the non-fried spring roll recipes for the rest of ingredients.

Use hands to squeeze excess moisture from stir-fried vegetable mixture. Let juices cool in a colander. (Note: Hot soggy filling makes soggy spring roles.)

Add cooked shredded chicken or small shrimp to the vegetables (optional).

Add 2 cups of oil to a wok and heat to 350°F.

Gently slide the spring rolls into the heated oil in batches, being careful not to crowd the pan, and fry until they are golden brown.

Place them on paper towels or a wire rack to drain.
Wontons  餛飩  Hún tún

**Serves:** 10

A wonton is a type of dumpling found in many Chinese dishes. Wontons can be served fried, as is, or boiled in soup. Keep some in the freezer for a quick dinner or snack!

**Ingredients**
- 1 or 2 packages of wonton wrappers
- 1/2 pound shrimp
- 1 pound ground pork (or chicken, turkey, or beef)
- Small bowl of water for forming the wontons
- Cooking oil for frying

**Seasonings**
- 1 tablespoon sesame oil
- 1/2 teaspoon salt
- Dash of ground black (or white) pepper
- 3 tablespoons water
- 2 tablespoons soy sauce
- 1 tablespoon Chinese rice wine
- 1 tablespoon cornstarch
- 1 egg white
- 1/4 cup green onion, finely minced
- 1 tablespoon ginger, finely minced or grated
- 1 cup water chestnuts, finely minced

**Vegetarian Option**
Replace the shrimp and meat with:
- 1 package frozen chopped spinach (10 ounces)
- 1 box medium firm tofu (12 – 14 ounces)

**Directions**

**Roughly chop the shrimp into chunks.**

In a large bowl, combine the chopped shrimp with the meat. Mix well with seasonings.

**To Assemble the Wontons**
Place 1 teaspoon of the meat mixture in the center of a wonton wrapper. Dip a finger in a bowl of water and spread the water along the edges of the wrapper. This helps the wrapper seal itself.

Fold the wrapper in half diagonally from one corner to the opposite corner to form a triangle, and press the edges together to form a secure seal, making sure there are no air pockets.

Fold the longer two triangle points together and pinch them together to make the wonton shapes.

Place the wonton on a floured baking sheet. Keep wrapping wontons until all the meat mixture is used.

**Wrap any leftover wontons in an airtight floured container and store in the refrigerator for up to 3 days. You can freeze wontons by laying them out on a floured flat sheet and placing them in the freezer until frozen solid. Once frozen, put them in a freezer bag. To cook later, place frozen wontons in boiling water. No need to thaw in advance. (Frying frozen wontons is not recommended.)**

**For Fried Wontons**
Add 2 cups of oil to a wok and heat on medium heat until the temperature reaches 350°F.

Gently slide the wontons into the heated oil in batches, being careful not to crowd the pan, and fry until they are golden brown.

Place them on a piece of paper towel or wire rack to drain and cool.
### Zesty Tofu Dip 涼拌豆腐 Liángbàn dòufu

Serves: 6

This colorful and healthy dip is good for year-round enjoyment. It is inspired by a traditional tofu dish, 涼拌豆腐 Liángbàn dòufu, a simple cold tofu salad that is flavored by soy sauce and sesame oil with 麻辣 zhàlā, a pickled vegetable made from the stem of a type of mustard green, and 滷 zhusun, spicy bamboo shoots. This dish also can be served as a side dish or salad.

**Ingredients**
- 1/2 cup dried Chinese mushrooms or shiitake mushrooms finely chopped (optional)
- 2 - 14-ounce boxes soft tofu
- 1/2 cup Chinese preserved vegetables, finely chopped (optional)
- 1/2 tablespoon sugar (optional)
- 1 tablespoon cooking oil
- 1 stalk green onion, chopped
- 1 cup frozen green peas, thawed
- 1 cup red pepper, finely diced
- 1/2 teaspoon salt, or to taste
- 1 bag low-salt tortilla chips

**Sauce**
- 2 tablespoons soy sauce (low-salt)
- 1 tablespoon sesame oil
- 1 1/2 tablespoons Chinese hot chili sauce (or your favorite hot chili sauce)

**Directions**

1. Soak the mushrooms in hot water for 30 minutes (or more than 3 hours in cold water). After they are soft, cut into strips and then chop into small pieces.
2. Transfer the tofu from the box to a flat plate to drain the excess water.
3. Rinse the preserved vegetables and chop. Sprinkle with sugar and microwave for a minute, covered.
4. In a medium saucepan, add 1 tablespoon oil and the green onion. Swirl to coat the pan, then cover and heat for 1 minute. Then add the green peas, red pepper, mushrooms, and salt. Stir-fry for 2 minutes and put pan aside, uncovered.
5. Mix the sauce ingredients in a small bowl.
6. Transfer the tofu from the flat plate to a shallow plate. Make 5 cuts lengthwise and then 6 cross cuts. Gently lay them down to fill the plate.
7. Pour the sauce evenly over the tofu and sprinkle with the chopped Chinese vegetables. Add the stir-fry mixture on top. Chill in refrigerator and mix well before serving.
8. Serve with tortilla chips.

### Egg Drop Corn Soup 玉米湯 Yù mǐ tāng

Serves: 6

A twist on the classic egg drop soup found in Chinese restaurants, this soup offers a heartier option that is great for a cold winter night. Simple and quick, you can easily make this soup with items you have in your pantry. It is famous for its “flower effect.” The secret is to slowly drip the egg into the boiling soup and turn off the heat right away, allowing the flowers to emerge.

**Ingredients**
- 2 eggs, beaten
- 2 cans chicken broth (14.5 ounces)
- 1 can whole kernel corn (15 ounces)
- 1 can cream style sweet corn (15 ounces)
- 2 cups water
- 1/4 or 1/2 tablespoon salt
- 1 1/2 tablespoons cornstarch mixed with 4 tablespoons water
- White or black pepper, to taste
- Sliced scallions (optional)

**Directions**

1. Beat the eggs in one direction to prevent too many air bubbles and mix thoroughly to prevent big chunks of egg.
2. In a medium soup pot, add the whole kernel corn, cream style corn, broth, and water. Stir until combined, and bring to a boil.
3. Season with salt and pepper to taste.
4. Mix cornstarch with 4 tablespoons of water until dissolved and gradually stir into the hot broth. Wait until the soup is boiling again.
5. Only add the egg mixture to boiling soup. Stir the boiling soup in one direction while slowly adding the egg mixture. When the egg hits the boiling soup, it will cook right away, creating a “flower effect.” Turn off the heat right away after the egg is added.
6. Garnish with scallions if desired.
Hot and Sour Soup  酸辣湯 Suān là tāng

Serves: 6

Hot and sour soup is a Chinese comfort soup claimed by the cuisines of Beijing and Sichuan. With or without meat, it usually contains daylily buds, bamboo shoots, and tofu. Red or white peppers make the tasty broth “hot” (spicy) while vinegar adds a touch of sour. We’ve added ginger root to the broth for its health benefits. Ginger is among the healthiest (and most delicious) spices on the planet.

Ingredients
1 or 2 cans vegetable or meat broth (16 ounces)
6 - 8 cups water
5 large slices ginger root
5 Chinese dried black mushrooms, dehydrated and shredded
1 cup Chinese dried lily flowers, dehydrated, cut in half, tough head removed (optional)
1/2 cup Chinese pickled mustard green, shredded
1 cup bamboo shoot strips
1 cup carrots, shredded
1 box smooth tofu (12 - 14 ounces), cut in thin strips
2 eggs, blended
Green onion, chopped

Sauce
2 tablespoons soy sauce
Salt, to taste
5 tablespoons rice vinegar
2 tablespoons Chinese hot chili sauce, to taste
1 tablespoon sugar
4 tablespoons cornstarch in some water
2 green onions, chopped, for garnish
1 tablespoon sesame oil

Directions
Prepare ginger water (this can be done ahead of time). In a Dutch oven, add broth and water, or just water. Add the ginger root slices. Cover and boil for 5 minutes. Then simmer 15 minutes.

Add all main ingredients except eggs and tofu. Cook until boiling. Prepare the sauce and add to broth. The broth will thicken on the stove.

Add the blended eggs and set 1 minute, then stir in one direction to make a thread-like pattern.

Add the tofu and cook until boiling. Remove from heat and stir in the sesame oil, then sprinkle with chopped green onion.

NOTE: You can add marinated chicken and pork strips to the soup while cooking. Marinade: soy sauce, cooking wine, sugar, and cornstarch.

Wonton Soup  餛飩湯 Hún tún tāng

Serves: 4

This classic Chinese soup is served in almost every Chinese restaurant in the US, but you can make your own, using your own homemade wontons (see wonton recipe on page 18).

Ingredients
1 can chicken broth (14.5 ounces) or vegetable broth for vegetarian option
5 cups water
4 thin slices ginger root (optional)
1 small carrot, sliced (optional)
12 uncooked wontons
Handful of bok choy or baby spinach
Salt and pepper, to taste
1 green onion, thinly sliced
1/2 teaspoon sesame oil

Directions
In a large pot, bring the broth and 2 cups of water with the ginger and carrots to a boil, then lower heat to simmer.

Carefully drop the wontons into the simmering liquid. When the water returns to a boil, add 1 cup cold water. Once the water is boiling, add another cup of cold water. Repeat for a total of 3 times. Lower heat to a simmer.

Add the Chinese bok choy or baby spinach
Salt and pepper, to taste
To serve, ladle soup and 3 wontons into a soup bowl. Add chopped green onion and drop of sesame oil to each bowl.
Wonton Soup, Shanghai Style 上海餛飩湯
Shànghăi hún tún tāng  Serves: 4

The Shanghai Style variation, which is popular in China, is not as readily available unless you make it yourself. Traditionally, the broth in this wonton soup is unsalted. If you prefer more seasonings in your soup, add salt or soy sauce to taste before serving.

Ingredients
2 eggs
Dash of salt
1 can of chicken broth (14.5 ounces) or vegetable broth
5 cups water
12 uncooked wontons
1 tablespoon seasoned seaweed
1/2 tablespoon Chinese pickled mustard green, shredded
White or black pepper, to taste
1 green onion, thinly sliced
1/2 teaspoon sesame oil

Directions
Egg Strips
Before starting the soup, cook the egg strips as follows: beat eggs in a bowl with a dash of salt. In a nonstick frying pan over medium heat, pour the egg mixture into the bottom of the pan and swirl the pan to create a very thin layer. Cook gently until the egg is firm. Let cool and cut into thin strips. Set aside.

Soup
Place the seaweed, Chinese pickled mustard green, and egg strips in the soup bowl. Set aside.

In a large pot, bring the broth and 2 cups of water to a boil over high heat, then reduce the heat to simmer.

Carefully drop the wontons into the simmering liquid. When the water returns to a boil, add 1 cup cold water. Once the water is boiling, add another cup of cold water. Repeat for a total of three times. Lower heat to a simmer.

To serve, ladle broth and wontons into the soup bowl with the seaweed, pickled mustard green, and egg strips. Add chopped green onion and a drop of sesame oil to each bowl. Add salt and white pepper to taste. Serve immediately.

Beef with Broccoli and Red Pepper 芥蘭牛肉
Jiè lán niú ròu  Serves: 3 - 4

One of the most popular Chinese stir-fry dishes is beef with Chinese broccoli 芥蘭 jiè lán. Since it is difficult to find jiè lán in the United States, especially outside of Chinatowns, we substitute with broccoli. Broccoli and jiè lán both belong to the genus Brassica. In this dish, broccoli and red pepper offer a variety of healthy antioxidants.

Beef and Marinade
3/4 - 1 pound flank steak or sirloin tip, thinly sliced, semi-frozen
2 tablespoons light soy sauce
2 tablespoons cooking wine (or sherry)
1/2 teaspoon sugar (optional)
1/2 teaspoon cornstarch (or flour)
1/2 teaspoon black pepper

Additional Ingredients
4 cups broccoli florets, divided into 2 cups
1/2 teaspoon salt, or to taste
2 tablespoons cooking oil, divided
3 or 4 large slices of fresh ginger root
1/2 small onion, thinly sliced
1 or 2 garlic cloves, minced or crushed (optional)
1/2 red pepper, cut into strips

Directions
In a medium bowl, toss the beef in the marinade and set aside for 20 minutes.

Place 2 cups broccoli in a bowl, sprinkle with salt and microwave for 2 or 3 minutes. Repeat the same process for the other 2 cups of broccoli, then transfer to a plate.

Heat 1 tablespoon oil in a wok or frying pan over medium heat, and swirl to coat the pan. Add the ginger root and cover the pan for 1 minute. Add the onion and garlic and cover for 1 minute. Switch to high heat, add the red pepper, and stir for 1 minute. Push the vegetables to the edges of the pan, clearing the center for the beef.

Add another tablespoon of oil to the pan, then add the beef to the center. Stir-fry until the color turns brown, about 2 – 3 minutes. Remove from heat. Stir a bit more, then discard the ginger. Add half the broccoli and mix. Add the other half of the broccoli to the top of the dish.

Serve with rice, pasta, or biscuits.

You can replace broccoli with other vegetables, such as snow peas or asparagus.
Main Dishes

Mapo Tofu 麻婆豆腐 Má pó dòu fu
Serves: 2 - 4

This popular dish is from Sichuan Province, a Chinese region famous for its spicy cuisine. "Ma" comes from the word ma zi, which means "pockmarks," and "po" comes from po po, meaning "elderly woman." The name of this dish comes from a Chinese folktale about an old woman with pockmarks who made this spicy dish. Ma can also be a verb meaning "numb." This dish is supposed to make your tongue numb!

Meat and Marinade
1/4 - 1/3 pound ground turkey or extra lean ground beef or pork
2 or 3 garlic cloves, crushed or chopped (optional)
2 or 3 tablespoons light soy sauce
2 or 3 tablespoons cooking wine or sherry
1 teaspoon sugar
1 tablespoon flour or cornstarch
1/2 teaspoon black pepper

Additional Ingredients
1 box soft tofu (16 - 19 ounces), sliced into 3/4 inch cubes
1 1/2 tablespoons hot chili sauce, or to taste
1 teaspoon cornstarch in 1/4 cup of water to make a paste
1 tablespoon cooking oil
3 or 4 slices ginger root
2 stalks green onion, chopped into 1/4 inch pieces and divided by color, white and green.
1 teaspoon sesame oil (optional)

Directions
Marinate the ground meat. Place the tofu cubes into a pot of boiling water and cook for a couple of minutes, then drain the water. Place the pot with the tofu back on the heat. Add hot chili sauce and cornstarch paste to thicken. Remove pot from heat. Place the oil and ginger root in a pan on medium heat. Cover for 2 minutes to flavor the oil. Turn the heat to high and add the white green onions and the marinated meat. Cook for 2 or 3 minutes. Discard the ginger root. Remove the pan from the heat and fold the tofu into the meat mixture. Add the sesame oil and sprinkle with green onion. Serve over rice or pasta. This dish can also be eaten with biscuits.

Vegetarian Version
In place of the meat: 1/2 cup chopped carrot, 1/2 cup sliced shiitake mushrooms, 1/2 cup chopped celery, and 1/2 cup Chinese preserved vegetables. Add 1 tablespoon of oil to a pan on medium heat. Add the above vegetable mix, along with the green onion, chopped garlic, and ginger. Cook for 2 minutes. Add soy sauce and sugar, then fold the tofu into this mixture.

Cashew Chicken 辣味腰果雞丁 Là wèi yāo guǒ jī dīng
Serves: 4 - 6

This dish offers a unique take on a classic dish, kung pao chicken, which originated in Sichuan Province of southwestern China. Kung pao chicken is a spicy stir-fried dish made with chicken, peanuts, vegetables, and hot chili peppers. We have modified the dish by adding cashews and mixed vegetables, which provide vitamins and fiber.

Ingredients
1 1/2 - 2 pounds boneless and skinless chicken breast, cut into 1/2 inch cubes
2 tablespoons cooking oil, divided
3 or 4 slices ginger root
2 cloves garlic, crushed
1 small onion, cut into 1/2 inch cubes
2 tablespoons Szechuan (or Hunan) hot chili sauce or your favorite hot chili sauce, to taste
1 teaspoon sesame oil
2 stalks green onion, chopped
12 - 16 ounces frozen mixed vegetables, thawed
1 teaspoon salt
1/4 - 1/3 pound jumbo cashews, roasted

Chicken Marinade
2 - 3 tablespoons reduced sodium soy sauce
2 - 3 tablespoons cooking wine
1/2 tablespoon sugar (optional)
2 teaspoons cornstarch (or flour)

Directions
Marinate the chicken for at least 20 minutes (overnight is okay, too). Add 1 tablespoon of oil and the ginger root to a pan. Swirl to coat the pan. Place pan on medium heat, cover, and wait 2 minutes. Add garlic and onion and stir for 1 minute. Add the hot chili sauce and chicken. Stir-fry until the chicken changes color, then fry for 1 extra minute. Add the sesame oil, then take pan off heat. Discard ginger root. Heat 1 tablespoon oil in a Dutch oven (or wok) over high heat with green onion. Cover for 1 minute to an aroma. Add the vegetables and salt; stir-fry 2 minutes and remove from heat, then fold the cooked chicken into the vegetables. Put half into a 12-inch dish, and mix the other half with cashews and add on top of the dish. Serve over rice.

Vegetarian Version
Replace the chicken with 2 12-ounce boxes of firm tofu. Cut the tofu into bite size pieces and add 2 tablespoons water, 2 tablespoons soy sauce, 1/2 tablespoon sugar, and 1 tablespoon hot chili sauce. Cook until the juice is dried up, then add a teaspoon of sesame oil for flavor.
Chinese Hot Pot  中国火锅  Zhōngguó huǒguō

Serves: 4 - 6

The history of the Chinese hot pot goes back more than one thousand years. It originated in Mongolia then spread to southern China during the Song dynasty and spread further across the continent during the Mongolian Yuan dynasty. Today the traditional coal- or wood-heated hot pot has been replaced by an electric wok. In many areas of China, hot pot meals are eaten in the winter, especially around Chinese New Year. Hot pot is a versatile meal. It can be simple or fancy. It’s also healthy and delicious!

**Ingredients**

- 3/4 pound flank steak or sirloin tip, sliced thin
- 1 pound fresh large shrimp, peeled, deveined, and butterflied
- 1 quart chicken broth (optional)
- 2 slices fresh ginger root
- 1 package fishcake tempura (6 ounces), sliced
- 1 package cuttlefish balls (8 ounces)
- 1 box hard tofu (16 ounces), sliced into strips
- 12 leaves napa cabbage, trimmed and cut into strips
- 8 ounces baby spinach, washed

**Spice and Seasonings**

- Shacha sauce (prefer Bullhead brand)
- Soy sauce
- Sesame oil
- Chili garlic paste or hot chili sauce (optional)

**Special Equipment**

- Electric wok or electric cook pot

**Directions**

Hot pots are cooked in a wok placed at the center of the table and surrounded by bowls of individual ingredients, which guests add to the wok to be cooked. Bean noodles are added at the end to soak up the broth and finish the meal.

1. Soak the bean noodles in cold water for 15 minutes and drain.
2. Cook a pot of water with the ginger root until boiling, then transfer to the wok in the center of the table. Add fishcake, fish balls, tofu, napa, and spinach. Cook until the soup is boiling, then it is time to cook meat, shrimp, and any of the optional ingredients.
3. The key ingredient that goes into individual bowls is the dipping sauce made of a spoonful (or two) of barbecue sauce mixed with soy sauce and sesame oil.

Sesame Chicken with Asparagus 芝麻雞  Zhī má jī

Serves: 4

This homemade dish uses less batter for coating chicken, but tastes as good as General Tso’s chicken. We pair the chicken with asparagus, a good source of B vitamins, especially B9, folic acid.

**Ingredients**

- 1 pound chicken breast or tenders, sliced to approximately 1 1/2 x 1 x 1/2 inches
- 3/4 - 1 pound fresh asparagus, or as much as you like
- 1 egg white, blended with a fork
- 1/4 cup flour and 1/4 cup cornstarch mixed well on a plate
- Roasted sesame seeds
- 1/3 cup cooking oil

**Marinade Chicken in**

- 1 tablespoon soy sauce
- 1 tablespoon cooking wine
- Dash of salt

**Sweet and Sour Sauce**

- 3 tablespoons soy sauce
- 3 tablespoons rice vinegar
- 5 - 6 tablespoons sugar
- 1/2 cup water
- 2 teaspoons cornstarch
- 1 teaspoon sesame oil

**Directions**

1. Mix together the marinade ingredients and marinate the chicken for at least 30 minutes (longer is okay).
2. Add the blended egg white to the chicken and coat with the mixture of flour and cornstarch.
3. Place the oil in a small sauce pot on high heat to fry half of the chicken pieces, then reduce the heat and cook until the chicken is light golden brown.
4. Remove the chicken and place on paper towel.
5. Drain the oil into a bowl and combine all the chicken in the pan with heat on and add the sweet and sour sauce to cook until thick.
6. Turn the chicken pieces so they are coated in sauce.
7. Turn the heat off.
8. Pinch off the tough top parts of the asparagus and save them for other purposes (such as making cream of asparagus soup). Cut the tender asparagus into 2-inch pieces and sprinkle with salt. Microwave no more than 2 minutes and transfer to a platter.
9. Place chicken on top of the asparagus and sprinkle with roasted sesame seeds.
10. Serve with steamed rice.

**NOTE:** You can replace the asparagus with broccoli and snow peas. Both are rich in B vitamins.
Soy Sauce Chicken 酱油鸡 Jiàng yóu jī
Serves: 4 - 5

This traditional homestyle chicken dish is surprisingly easy to make. The chicken cooks in a sweet soy sauce. It can then be covered and placed on the table while you prepare rice and a steamed vegetable to complete the meal.

Ingredients
6 - 8 chicken drumettes or bone-in chicken thighs with skin
Sesame oil (optional)
1 bunch broccoli (optional side dish)

Sauce
1 cup water
1 cup rice wine or sherry
1/2 cup soy sauce
1/2 cup sugar

Directions for Chicken
Lightly coat the chicken with salt a few hours before cooking the chicken.
Combine sauce ingredients in a large pot.
Place the chicken in the pot in a single layer, careful not to overlap.
Cover the pot and bring the sauce to a boil over high heat.
Once boiling, lower to simmer for 5 minutes (covered). Turn off the heat and let stand, covered, for 5 minutes.
Open the cover and flip the chicken over. Cover again, raise the heat to boiling, then lower heat and simmer for 5 minutes.
Turn off the heat and let stand, covered, for 25 minutes.
Remove the chicken from pot and brush it with sesame oil, if desired.
Pour some of the braising sauce over the chicken.

Barbecue Pork 叉燒 Chā shāo
Serves: 8

This dish is sometimes called “fork-roasted pork,” referring to a method of hanging strips of marinated meat on skewers then roasting it over open fire. This method is not practical in a home kitchen. Instead, the pork is roasted on a cooling rack on a cookie sheet pan to allow air circulation.

Ingredients
2 pounds boneless pork shoulder, pork butt, pork loin, or boneless chicken thighs. Sliced into 2 x 5 inch strips.
2 tablespoons honey

Marinade Ingredients
5 tablespoons char siu sauce (Lee Kum Kee brand)
2 tablespoons water
1 1/2 tablespoons hoisin sauce

Marinade Directions
In a gallon size Ziploc bag, mix together the marinade sauce, then add the meat. Seal the bag and marinate in the refrigerator for 4 - 5 hours (overnight is better). Turn the meat a few times while marinating.

Directions
Preheat the oven to 375°F. Place an oven rack on the upper middle position for the roasting pan. To catch drips, place aluminum foil on the rack below the roasting pan rack.
Fill the roasting pan or large cookie sheet with a cup or two of water and place a cooling rack in the roasting pan over the water.
Remove the meat, gently removing any excess marinade. Place the meat pieces on the cooling rack and place the roasting pan in the oven.
Bake for 20 minutes. Remove from the oven, flip the meat and baste with marinade. Return to the oven for 20 minutes.
Take the pan from the oven. Baste the meat with honey on both sides and bake for 5 - 10 minutes, or until the meat is at 145°F - 160°F internal temperature.
NOTE: If using chicken, the cooking time may be shorter; if using pork, the cooking time may be longer.
Take the pan out of the oven and let the meat cool. Slice the meat to serve immediately, or dice to use in stir-fried rice or for Taiwanese hamburgers.
Taiwanese Taco 台灣叉 intoxicating 台灣叉 intoxicating 台灣叉 intoxicating (bua bao) Serves: 6

Xihau or gua bao is a common street snack found in Taiwan. Like Chinese tacos, gua bao can be stuffed with all kinds of fillings. The different textures and flavors—savory barbecued pork (or pork belly), sweet peanut, and pickled mustard greens—come together in a symphony of flavors. Bet you can’t eat just one!

**Ingredients**
- 10 ounces Chinese pickled mustard greens
- 1 tablespoon cooking oil
- 3 tablespoons sugar, or to taste
- 1 package lotus leaf buns or gua bao
- 3 cups sliced barbecued pork or char siu
- 1 cup roasted peanuts, crushed
- 1/2 cup powdered sugar
- 1 bunch cilantro, chopped
- Sweet and sour sauce (optional)

**Directions**
To prepare the Chinese pickled mustard greens, wash in warm water several times to rinse off the salt and sour flavor. Cut the greens into julienne strips. In a medium skillet over medium heat, add the cooking oil and the chopped greens. Add the sugar. Cook and stir 3 - 5 minutes, until the greens are soft.

To prepare the buns, from frozen, fill a large pot with 1 inch of water and bring to a boil over high heat. Place the buns in a steamer that fits over the pot and steam over medium to high heat according to package directions. Alternatively, place the buns on a microwaveable plate, cover with a damp paper towel, and microwave 90 seconds, or according to package directions.

To assemble the hamburgers, open the bun and sprinkle with peanuts and powered sugar. Add the chopped mustard greens and cilantro, then place the sliced barbecue pork on top. Add sweet and sour sauce, if desired. Serve immediately.

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Pearl Meatballs 珍珠丸子 Zhēn zhū wán zi Serves: 10

The filling in these meatballs is delicately seasoned with a surprising and refreshing crunch of the water chestnuts and ginger. The sticky rice wrapping is lightly sweet and a perfect vehicle to create many decorative variations. People will wonder how to make these pretty treats.

**Ingredients**
- 2/3 cup glutinous rice (sweet, round grain)
- 1 pound ground pork
- Grated carrot for garnish or parsley or cilantro
- Meat Seasonings
  - 1 tablespoon sesame oil
  - 3 tablespoons water
  - 2 tablespoons soy sauce
  - 1 tablespoon Chinese rice wine
  - 1 tablespoon cornstarch
  - 1/2 teaspoon salt
  - 1/4 teaspoon black or white pepper
  - 1 egg white
  - 1/4 cup green onion, finely minced
  - 1/4 cup green onion, finely minced (optional)
  - 1 tablespoon ginger, finely minced

**Equipment**
Steamer
Small bowl of water to moisten hands when shaping balls
2 leaves of Chinese cabbage or parchment paper

**Directions**
In a bowl, cover the rice with water (2 inches of water over the rice) and soak for at least 2 hours.

Mix the pork with seasonings in a bowl. Stir in only one direction to maintain the integrity of the meat, until well blended. The mixture will be sticky.

Drain the water from the rice and pour the rice into a shallow bowl.

To prepare the meatballs, dip hands in a small bowl of water, then shape the meat mixture into balls 1 1/2 - 2 inches in size. Roll each meatball in the soaked sweet rice to coat evenly. Garnish the top of each meatball with grated carrot or leaf, if desired.

Arrange the meatballs in the bamboo steamer. Bring a large pot of water to a boil over high heat. Place the steamer over the boiling water. Cover and steam the meatballs for 15 minutes. Remove from heat and serve immediately.

**Variation**
Instead of rice, wrap the meatballs in egg strips. See Shanghai Wonton Soup recipe on page 24 for egg strip instructions.
**4321 Pork Short Ribs 4321排骨 4321 pái gū**

Serves: 4

Barbecue ribs aren’t just an American dish. This simple riblet recipe gives an Asian twist to barbecue and is great for parties or a quick dinner. The 4321 in the name represents the proportions of the four seasonings. Paired with rice or served on their own, these riblets are a favorite in our house and are sure to be a hit in yours.

**Ingredients**
- 2 pounds pork spareribs cut with the bone about 1 inch in length. (Ribs usually come with about 3 – 4 inches of bone and are sold in a slab, but you can ask the butcher to cut them specifically for this recipe. Separate them by cutting along the bone.)
- 4 tablespoons sugar
- 3 tablespoons apple cider vinegar (white vinegar can be used as a substitute)
- 2 tablespoons soy sauce
- 1 teaspoon Chinese rice wine (optional)

**Directions**

In a large stock pot, mix the sugar, vinegar, soy sauce, and rice wine together.

Add the ribs to the pot and stir to coat them in the seasoning.

Heat on high until boiling.

Once the mixture begins to boil, reduce the heat to medium. Stir occasionally to prevent burning.

Cook for about 20 minutes. (To make ahead of time, cook ribs until this point, then put them aside and complete following steps when you are ready to serve.)

After 20 minutes, pay close attention to the pot (it can easily burn at this point!). The sauce should be thick and syrupy, coating the riblets. When the sauce has reduced to a syrup-like consistency, remove pot from heat.

Garnish with broccoli or orange slices.

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**Ants Climbing a Tree 螞蟻上樹 Mǎ yĭ shàng shù**

Serves: 4

This is a famous spicy dish from Sichuan Province. Its name comes from the pieces of minced meat (the “ants”), which cling to the noodles and green onion (the “tree”). This is a very tasty dish to serve over rice.

**Pork and Marinade**
- 1/2 cup ground pork (about 4 ounces)
- 1/2 tablespoon soy sauce
- 1 teaspoon cornstarch
- 1 teaspoon sesame oil

**Additional Ingredients**
- 3 bunches Chinese vermicelli (4.8 ounces), also known as mung bean noodles
- 2 tablespoons cooking oil
- 1/2 tablespoon ginger, peeled and finely minced
- 1/2 tablespoon garlic, finely minced
- 1/2 tablespoon green onion, thinly sliced
- 1 tablespoon Chinese red chili bean paste (optional)
- 2 cups of water (or chicken stock)
- 2 tablespoons soy sauce
- 1/4 teaspoon sugar

**Garnish**
- 2 teaspoons sesame oil
- 1 tablespoon green onion, thinly sliced
- Black pepper

**Directions**

Marinate the pork.

Soak the vermicelli noodles in water until soft (20 – 30 minutes). Once soft, cut each bunch into 3 or 4 pieces and drain in a colander.

Heat the oil in a wok or large skillet on high heat. Add the ginger, garlic, and green onion. (Add the hot chili paste for a spicier version). Stir on medium heat until fragrant (1 – 2 minutes).

Add the pork to the pan. Stir until pork breaks apart and is no longer pink, about 2 minutes.

Add the water, soy sauce, and sugar to the pan. Heat until the liquid boils.

Once the liquid boils, add the noodles to combine all ingredients and soak up the flavor. Stir well until the noodles turn transparent and the water has been absorbed, about 7 minutes. Once no liquid remains, take the pan off the heat.

Sprinkle with garnishes. Serve immediately.
**Barbecue Pork Fried Rice 叉焼炒飯 Chā shāo chăo fàn**

Serves: 2

Fried rice is a crowd pleaser, and it has the added bonus that it can be served with leftovers in the freezer or refrigerator. In fact, for fried rice it's better to use leftover rice, since leftover rice is drier than fresh.

**Ingredients**
- 2 large eggs
- 1/2 teaspoon salt
- 5 tablespoons cooking oil, divided
- 1 cup green onion or scallions, chopped
- 1/2 cup frozen peas (or corn or mixed vegetables)
- 2 cups leftover cooked rice (1 or 2 days old)
- 1/2 cup barbecued pork, (char siu) diced
- 3 tablespoons soy sauce
- White or black pepper (optional)

**Directions**
Be sure to chop the onions and pork before starting to cook.

In a small bowl, beat the eggs with the salt.

Heat 2 tablespoons of the oil in a wok over medium heat for 1 minute.

Pour in the beaten eggs and stir until they are almost firm but not hard, about 1 minute.

Remove the eggs from the wok and set aside.

Clean the wok and add 3 tablespoons oil over medium heat for 1 minute.

Add the green onion and cook for 1 - 2 minutes, until softened and translucent.

Add the frozen vegetables and stir-fry for 2 minutes, then add the rice. Break up the rice, adding a little water if necessary, and cook for another minute.

Add the barbecued pork and heat through.

Add soy sauce and stir to mix well.

Add the cooked eggs and stir to combine, breaking up the egg to distribute evenly. Add pepper to taste.

Serve immediately.

**Pan-Fried Noodles 兩面黃 Liăng miàn huáng**

Serves: 4

This is a Cantonese dish with egg noodles. Restaurants deep-fry these noodles, but at home, we lightly pan-fry them until crispy. This vegetarian version includes Chinese napa cabbage, which is in the same family as broccoli, and therefore rich in antioxidants.

**Ingredients**
- 3 rolls of egg noodles (8 ounces)
- 4 cups Chinese Napa cabbage, white stems and leaves divided
- 1/2 cup fresh mushrooms or dried shiitake mushrooms (dehydrated), sliced
- 1/2 cup baby carrot, sliced
- 1/2 cup baby corn
- 1 box fried tofu (12 ounces), sliced
- 1 green onion, chopped
- 2 tablespoons oil, divided
- 1 teaspoon cornstarch in 2 tablespoons water
- Salt, to taste

**Directions**
Place the rolls of egg noodles in boiling water and cook about 2 minutes. Drain, rinse in cold water, and shake off the excess water.

Heat a nonstick pan, add 1 tablespoon oil, and toss the noodles in the pan until coated with oil.

Let the noodles settle and fry. Stir in one direction occasionally until the bottoms of noodles are lightly browned.

Turn the noodles over and fry the other side until crispy and golden brown. Transfer to a platter, cut in half, and keep warm.

Place 1 tablespoon of oil and green onion in a pan, then cover for 1 minute to generate an aroma.

Add the cabbage stems, carrots, mushrooms, corn, and fried tofu. Cook for 2 minutes. Add the remaining cabbage leaves and cook for an additional 3 minutes.

Add the cornstarch mixture to thicken the liquid.

Place the stir-fried vegetables on top of the pan-fried noodles.

**NOTE:** You can also make meat or seafood with vegetables as the topping.
**Rice - White Rice 白饭 Bái fàn and Brown Rice 糙米飯 Cāo mǐ fàn**

Serves: 2 - 4

Rice is the staple food of over half the world's population. In Chinese rice is called 米 mǐ. When cooked it is called 饭 fàn. White rice, produced in the US, is usually fortified with vitamins and minerals. Vitamin B1 (thiamine) was the first vitamin discovered, isolated from rice husk. It was discovered by Christiaan Eijkman, who received the 1929 Nobel Prize in Physiology or Medicine for his contributions to the discovery of antineuritic vitamins. Rice does not contain gluten and is suitable for those on a gluten-free diet.

**Ingredients**

- 2 cups white rice, all short grain or long grain or 1 cup short grain and 1 cup long grain
- 2 cups brown rice, all short grain or long grain or 1 cup short grain and 1 cup long grain
- 2 1/2 cups water

**NOTE:** Cooked short (or medium) grain rice is very sticky, so to make rice with an ideal texture, we recommend using 1 cup of short grain and 1 cup of long grain rice.

*If you’re going to cook a lot of rice, you may want to buy an electric rice cooker, which will cook rice perfectly and keep it warm and tasty for several hours.*

This photo is the original model from the Tatung Company, which still manufactures rice cookers. It takes 30 - 60 minutes for most rice cookers to complete cooking.

**Directions**

**Cooking in a Pot**

**White rice:**

Put 2 cups rice and 2 1/2 cups water in a pot and boil for 5 minutes. Reduce heat to very low and simmer 30 minutes. Turn off the heat and leave covered for 10 - 15 minutes.

**Brown rice:**

Put 2 cups of brown rice and 3 cups of water in a pot, soak for 30 - 60 minutes, then heat to boil for 5 minutes. Reduce heat to very low and simmer 30 minutes. Turn off the heat and leave covered for 20 minutes.

**Cooking in a Rice Cooker**

Follow the instructions that come with the rice cooker.

**White rice:**

Put 2 cups of rice and 2 1/2 cups water in the rice cooker. Place 1/4 cup water in outer layer and turn on. Cook 30 minutes.

**Brown rice:**

Put 2 cups of brown rice and 2 1/2 cups water in the rice cooker. Soak for one hour. Place 1/4 cup water in the outer pot, and cook for 45 minutes. Turn off the rice cooker and leave covered for 10 - 15 minutes.

**Vegetarian Version**

Replace the chicken with scrambled eggs and shredded shiitake mushrooms and use vegetable broth.

**NOTE:** Celery and bean sprouts also go well with this dish.

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**Rice Noodles 米粉 Mǐ fěn**

Serves: 2 - 4: 2 servings as a main dish or 4 servings as a side dish

Rice noodles are a southern Chinese dish, popular in Fujing Province and Taiwan. They are made from rice flour and are gluten free. This rice noodle dish includes fresh vegetables. Cabbage, like broccoli, is in the Brassica family and contains antioxidants. Carrots, squash, and zucchini are rich in vitamins A, B, and C, and contain fiber. A light sauce preserves the vegetables’ beautiful color.

**Ingredients**

- 1 package rice noodles (14 - 17.5 ounces)
- 2 tablespoons oil, divided
- 2 stalks green onion, shredded
- 2 cups green cabbage, julienned
- 1 teaspoon salt
- 1 cup carrot, julienned
- 1 small yellow squash, julienned
- 1 small zucchini, julienned
- 1 roasted chicken breast, shred by hand or cut into strips
- 1/2 cup chicken broth with 1 or 2 tablespoons of soy sauce, mixed well

**Vegetarian Version**

Replace the chicken with scrambled eggs and shredded shiitake mushrooms and use vegetable broth.

**NOTE:** Celery and bean sprouts also go well with this dish.

**Directions**

Soak the rice noodles in cold water for 10 minutes, then transfer to a cutting board and make 2 cuts horizontally.

Heat a frying pan (or wok) and add 1 tablespoon of oil and the green onion for 1 minute, covered. Add cabbage, carrot, and salt, and stir-fry for 2 minutes. Add squash and stir-fry for 1 minute. Add zucchini and stir-fry 1 more minute. Set aside, uncovered.

Fry the rice noodles in frying pan (or wok) with 1 tablespoon of oil and toss to coat the noodles. Add the chicken and toss for 1 more minute, then add broth and stir 2 minutes (or until liquid has evaporated).

Combine vegetables and noodles. Toss until mixed. Transfer to a platter and serve.
Fish in Tomato Sauce 茄汁魚 Qié zhī yú
Serves: 6
This fish has a light sweet and sour flavor, and it is delicious served with rice. Cooking fish can be intimidating, but this recipe comes out perfectly every time.

**Ingredients**
- 1 to 1 1/2 pounds flounder fillet, or other firm white fish
- 1/3 teaspoon salt
- 1/2 tablespoon cooking wine or sherry
- 1 egg white
- 1 tablespoon cornstarch
- 1 tablespoon plus 1 cup oil for frying
- 1 small onion, cut into bite-size pieces
- 2 tomatoes, cut into eighths
- 1/4 cup frozen peas
- 2 green onions, cut into bite-size pieces (optional)

**Seasonings**
- 3 tablespoons ketchup
- 6 tablespoons water
- 3 tablespoons sugar
- 2 tablespoons apple cider vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon sesame oil
- 1 teaspoon cornstarch

**Directions**
Mix the seasonings and set aside.
Cut the fish fillets into 1/4 inch thick slices. Place the slices into a bowl with salt, cooking wine, egg white, and cornstarch. Stir to blend the ingredients, then let rest to marinate 30 minutes or longer. Meanwhile, cut up the vegetables and have all the ingredients ready to add to the stir-frying step.
Add 1 tablespoon oil to the fish mixture and stir to blend before frying. This step helps the slices to separate easily during frying.
Heat the wok over high heat and add 1 cup oil. When the oil is sizzling, add the fish and fry for 10 minutes, or until golden brown. Remove the fish and place on a plate with a paper towel to drain. Carefully pour the excess oil into a clean dry bowl, leaving about 1 tablespoon of oil in the wok.
Reheat the wok and add the onion until fragrant, about 1 - 2 minutes. Add the tomato and frozen peas, stir-fry for about 2 minutes, then add the seasoning mixture.
Add the fried fish slices back to the wok. Bring to a boil, and add green onion. Stir to mix and heat through, about 30 seconds. Serve immediately.

Honey Walnut Shrimp with Fruit 水果核桃蝦 Shuǐ guŏ hé táo xiā
Serves: 6
Crispy shrimp coated in a creamy sweet dressing with candied walnuts. This dish can be prepared ahead of time; just quickly stir-fry the shrimp when your guest arrives. You can also add seasonal fruit for a splash of color.

**Ingredients**
- 1 pound shrimp
- 1/2 teaspoon salt
- 1 tablespoon cornstarch or potato starch (for coating the shrimp)
- 1 can Dole pineapple chunks (20 ounces), in heavy syrup
- 1 cup fresh strawberries, cut into chunks
- 3 fresh kiwi (soft ones), peeled and cut into chunks
- Cooking oil

**Candied Walnuts**
- 1 cup walnut halves
- 2 cups water
- 2/3 cup granulated sugar

**Sauce**
- 1/2 to 2/3 cup mayonnaise (prefer Kewpie brand)
- 2 tablespoons honey (don’t need if using Kewpie mayonnaise)
- 1 tablespoon lemon juice (optional)

**Directions**
Gently wash the walnuts and add 1 cup of cold water. Boil, drain, and set aside.
Place 1 cup water and the sugar in a pot and boil until the sugar is dissolved.
Add the walnuts to the sugar-water mixture and boil for 15 minutes on medium heat until the sugar water becomes syrupy. Turn off the heat and soak walnuts in the sauce for 10 - 15 minutes. Drain and place the walnuts on wax paper to cool.
Peel and devein the shrimp. Rub with salt for a few minutes then rinse and pat dry.
Coat the shrimp with the cornstarch and place in the refrigerator for at least 30 minutes.
Drain the juice out of the canned pineapple and dry the pineapple with paper towel.
Cut the strawberries and kiwi into chunks. Keep fruit in the refrigerator until ready to serve.
Heat the oil in a wok over high heat and fry the shrimp until it turns pink and gains a golden coating. Remove from the wok.
In a bowl, stir together the sauce and toss with the shrimp and fruit. Transfer to a serving plate and garnish with the candied walnuts.
**Desserts**

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**Almond Tofu 杏仁豆腐 Xìngrén dòufu**

Serves: 5

Chinese meals typically end with fruit rather than with a sweet dessert because Chinese kitchens have not traditionally been equipped with Western ovens. This light and modern Chinese desert is perfect after a heavy meal.

**Ingredients**

1 cup cold water  
2 envelopes unflavored gelatin  
3/4 - 1 cup sugar, to taste  
3 cups milk (skim or any % milk will do, but the higher %, the creamier)  
3 - 4 teaspoons pure almond extract  
1 can fruit cocktail (15 ounces) in fruit juice or your favorite fresh berries

**Directions**

Place 1 cup of cold water in a small sauce pan. Add gelatin and stir until dissolved. Heat on low constantly stirring.  
Add sugar and stir until dissolved. Turn off heat. Add 1 cup milk and mix well.  
Transfer to a bowl or casserole dish and add 2 more cups milk, then add the almond extract. Mix well and put into refrigerator for a few hours to become jello-like.  
Cut into 1-inch squares and serve with fruit cocktail or fresh berries.

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**Chinese New Year Red Bean Cake 紅豆年糕 Hong dòu nián gāo**

Serves: 12

The Chinese word nian means both "sticky" and "year." The word gao means both "cake" and "tall." People eat nian gao during Chinese New Year to encourage promotion or prosperity in the coming year. According to legend, this sticky sweet dessert is offered to the domestic Kitchen God, who reports to the emperor of the heavens, describing the activities of each household over the past year. The dessert is offered so that the Kitchen God’s mouth will get stuck from the sticky sweetness, and he will only speak sweet words in his annual report. This is a "must eat" dessert during the Chinese New Year.

**Ingredients**

A

1 bag glutinous rice flour (16 ounces) or sweet rice flour  
1 1/2 cups sugar (white or brown)  
2 cups milk  
3 eggs  
1 teaspoon baking powder  
1 teaspoon vanilla extract  

B

1 can or bag of red bean paste (18 ounces)  
Two choices of topping: Handful of white or black roasted sesame seeds or 1/2 cup of sliced blanched almonds and 1/2 cup coconut flakes

**Directions**

Preheat the oven to 365°F.  
Grease a 9 x 13 inch baking pan and dust with a thin layer of flour.  
Mix all ingredients A together.  
Put 2/3 of the batter into the baking pan.  
Bake for 20 minutes, then remove from oven and spread the red bean paste on top of the batter. Avoid spreading the red bean paste along the edge of the pan.  
Put the remaining batter on top of the red beans.  
Sprinkle the roasted sesame seeds evenly on top.  
Bake another 40 minutes or until a toothpick comes out clean when inserted into the center of cake.  
Cool the pan on a wire rack.  
Serve warm or cold.

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**Almond Tofu 杏仁豆腐 Xìngrén dòufu**

Serves: 5

3/4 - 1 cup sugar, to taste  
3 cups milk (skim or any % milk will do, but the higher %, the creamier)

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**Almond Tofu 杏仁豆腐 Xìngrén dòufu**

Serves: 5

3/4 - 1 cup sugar, to taste  
3 cups milk (skim or any % milk will do, but the higher %, the creamier)
Eight Treasures Sweet Rice 八寶飯  Bā bǎo fàn
Serves: 10

Eight treasures rice is traditionally served during Chinese New Year celebrations and festival banquets. The eight treasures are actually eight different kinds of dried fruits and candied seeds. You can customize your ingredients.

**Ingredients**

- 3 cups sweet rice
- 3 cups water
- 1/2 cup sugar or brown sugar
- 1 tablespoon butter plus more to grease bowl
- 8 Treasures: Your choice of any or all of the following
  - Candied lotus seeds
  - Dried red dates
  - Black raisins
  - Golden raisins
  - Candied red or green cherries
  - Dried pineapple slices
  - Candied winter melon
  - Dried kiwi slices
  - Dried papaya slices
- 1 cup red bean paste

**Syrup**

- 2 tablespoons sugar
- 1 cup boiling water
- 2 tablespoons cornstarch mixed with 1 tablespoon water

**Directions**

Put the rice and water into a microwaveable dish and soak 2 hours. Cover the dish and place in a microwave. Cook on high 5 minutes then let it rest 4 minutes. Microwave another 3 - 5 minutes on high or until done. Check to see if the rice is cooked through. If the rice is still crunchy, microwave a minute at a time until done.

Add the sugar and butter promptly and stir to blend. Taste the rice to make sure it’s not too dry. If it is dry, add a little warm water.

Brush butter on the bowl and decorate with fruit, then gently layer the rice. Make a well in the center of the rice and put in the red bean paste. Top with the rest of the rice.

Heat the steamer with boiling water over high heat. Place the bowl in the steamer and cover with steamer lid. Steam for 30 minutes or until the rice is soft.

Remove from the steamer. Place a serving plate on top of the bowl and carefully flip the dishes so the bowl is on top. Gently remove the bowl from the rice mixture.

Syrup: Cook the sugar in the boiling water and stir until dissolved. Add the cornstarch mixture. Stir until thick and pour evenly on top. Serve warm.
Red Bean Turnover 紅豆派 Hóngdòu pài

Serves: 9

Using store bought pastry sheets, you can easily make this dessert at home. It requires only a short amount of time and doesn’t make a mess. Your guest will enjoy this delightful sweet!

Ingredients
1 box (2 sheets) Pepperidge Farm Puff Pastry Sheets, thawed
1/4 cup flour
1 bag of red bean paste (14 ounces)
1 egg yolk
1 tablespoon water
Black sesame seeds for garnish

Directions
Preheat the oven to 350°F.
Lightly sprinkle flour on the table. Take out the thawed pastry sheet and unfold the sheets. Gently roll the whole pastry sheet a few times.
Use a knife or pizza cutter to cut the sheets, making 9 rectangles per sheet.
Place each turnover on a baking sheet.
Mix the egg yolk and water to make an egg wash. Brush each turnover with the egg wash. Sprinkle black sesame seeds on top of each turnover.
Bake in the oven for 18 – 20 minutes or until golden.

Red Bean Mooncakes 紅豆酥 Hóng dòu sū

Serves: 12

Red bean paste is commonly used in Chinese sweets. These delectable desserts are a special treat and are traditionally made for the Moon Festival in the fall. Store-bought mooncakes are made in fancy molds. This version can easily be shaped by hand.

Ingredients
Crust
1 stick unsalted butter, softened
3 ounces plain original cream cheese, room temperature
1 cup all-purpose flour
Filling
4 ounces red bean paste
Garnish
Black or white sesame seeds
1 egg yolk, lightly beaten

Directions
Preheat the oven to 375°F.
Shape the red bean paste into 12 balls, about 1 tablespoon each and set aside.
In a medium bowl, add the butter, cream cheese and flour. Mix until just blended (be careful not to over mix). Spread a little flour on your work surface, and knead lightly. The texture of the dough should be slightly moist—not dry, but also not sticky.
Divide the dough into 12 pieces (1 ounce each) and roll each of them into a ball. Flatten each ball of dough on your palm into a round disc.
Place a red bean paste ball into the center of the flattened dough round and wrap the dough around the red bean paste ball, shaping with fingers to make a larger ball.
Arrange the pastry balls on a lined baking pan.
Brush the balls with egg yolk and sprinkle sesame seeds on top.
Bake for 25 - 30 minutes until lightly golden brown.