

Chinese New Year

Recipe Booklet

Let's celebrate
Chinese new year!

≡ FRIDAY 09TH FEBRUARY ≡

Chinese New Year

Recipe Booklet

Chinese takeaway is standard fare for many families' weeknight dinners. Everyone has their must-order dish, from sweet-and-sour Chicken Balls to Crispy Peking Duck...But what you're getting in that familiar foil box isn't exactly the real thing. Whether you order beef, chicken, or vegetable Chinese takeaway, it all tastes the same because it's all covered in a sauce laden with much soy sauce and cornflour.

Chinese cuisine has a tremendous range of flavours and styles. It's based on colour, taste, and aroma—it should be beautiful to the eye, flavourful, and fragrant. And it offers up flavours to suit virtually any palate. There are hot, spicy notes that will set tongues tingling alongside lightly seasoned dishes that are friendly to even the most delicate taste buds.

Spicy or mild, most Chinese dishes start from a common foundation. Garlic, chili, and ginger are often called the holy trinity of Chinese cooking and no self-respecting Chinese chef would find himself without a bottle of soy sauce. Used in countless different ways, soy sauce provides much of the saltiness in Chinese cooking while adding a round, full flavour.

The Chinese diet is also a fairly healthy style of eating, when you consider the typical ratio of protein to vegetables to starch. In the UK, "one person may eat a 12-ounce rib eye, and in China that would feed four to five people in a stir-fry, Meat is used more as the flavouring than as the focal point—it's as much about the vegetables and noodles or rice.

People have a misconception that Chinese food is hard to do, but it doesn't take longer than any other type of food, You can do a lot of the prep ahead of time (like chopping the vegetables and meat), which makes it so much easier. It never takes more time than it would to make steak and chips.

Richard Nicholson, Development Chef has discovered some really delicious Chinese recipes for you to try and share when you celebrate this stunning cuisine...give them a go and let us know how you get on.

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CANTONESE CREAM CORN SOUP

SERVES



Ten

ALLERGENS



Wheat, Eggs

INGREDIENTS



- 1 ltr. Vegetable Stock
- 300g Sweetcorn
- Lo Salt, pinch, to taste
- ½tsp. Granulated Sugar
- Ground White Pepper, pinch
- 2tsp. Rice Wine Vinegar
- 1tbsp. Cornflour
- 2 Egg Whites, lightly beaten
- 2 Spring Onions, finely chopped for garnish

METHOD



1. Bring the vegetable stock to a boil in a saucepan over medium heat. Stir in the corn and bring back to a boil.
2. Stir in the salt, sugar, white pepper and rice wine. Cook for about 2 minutes to bring back to a boil again.
3. Mix the cornflour with water and pour into the boiling soup, stirring to thicken. When the soup has thickened, turn the heat down low.
4. Pour the egg whites into the soup in a steady stream, and quickly stir in a clockwise direction until they form thin shreds, approx. 3 minutes.
5. Add the spring onions for garnish.
6. Check seasoning and serve.



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CHINESE MILK BREAD

SERVES



Ten

ALLERGENS



Wheat, Milk, Egg, Gluten

INGREDIENTS



- 300g Strong White Bread Flour
- 50g Sugar
- 2g Salt
- 1 Egg, free range
- 160g Milk, semi skimmed
- 1½tsp. Yeast
- 30g Baking margarine, room temperature
- Egg wash:
- 1 Egg, free range, beaten
- 1tbsp. Water

METHOD



1. In a stand mixer, add all the ingredients of the dough except baking margarine, knead on low speed for 5-7 minutes. And then add the baking margarine in; continue kneading for approx. 5 minutes, until you get a smooth, elastic and soft dough.
2. Transfer to a large bowl and cover with a plastic wrapper and set aside for the first rise until it is doubled in size, approx. 1 hour.
3. Transfer the dough out and divide it into two halves. Press each halves to remove the inner bubbles and then shape into a round ball. Then divide one half of the dough into 8 portions and place them one by one in a cake mould and repeat into another cake mould.
4. Clingfilm and set aside for the second proving, approx. 45 minutes.
5. When the buns are almost doubled in size, pre-heat the oven to 170°C and brush with egg wash.
6. Place in the oven and bake for approx. 20 to 25 minutes.
7. Remove from oven and set aside to cool.



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VEGAN QUICK PICKLED ASIAN VEGETABLES

SERVES



Ten

ALLERGENS



None

INGREDIENTS



- 125ml Water
- 125ml White Wine Vinegar
- 60g Demerara Sugar
- 2tsp. Salt
- 2 Carrots, peeled and cut into matchsticks
- ½ Cucumber, seeded, peeled and cut into matchsticks
- 1 Red Onion, finely sliced
- 1 Red Chilli, finely sliced

METHOD



1. In a small saucepan combine water, white wine vinegar, demerara sugar and salt. Heat over medium -high heat for approx. 3-5 minutes, stirring occasionally until the sugar and salt dissolve. Remove from heat and set aside to cool.
2. Peel and cut the carrots, cucumber, red onion and chilli.
3. Place ½ of the vegetables into a ½ltr jar and the other ½ of the vegetables into another ½ltr jar. You can add as many vegetables as you'd like to pack the jar full of vegetables.
4. Pour the liquid over the vegetables in each jar. Cover and secure the lid, and refrigerate for at least 24 hours, or for a few days, then enjoy!



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Recipe Booklet

RADISH AND SESAME SOY NOODLE SALAD

SERVES



Ten

ALLERGENS



Wheat, Soya, Sesame,
Eggs, Gluten

INGREDIENTS



- 600g Egg Noodles, cooked
- 600g Radishes, washed and quartered
- 2 Cucumbers, halved lengthways, de-seeded and chopped
- 50g Black Sesame Seeds
- Coriander, small handful, picked, to garnish

For the sesame soy dressing:

- 6tbsp. Light Soy Sauce
- 6tbsp. Toasted Sesame Oil
- 6tbsp. Balsamic Vinegar
- Lo Salt, pinch
- Ground Black Pepper, pinch

METHOD



1. Place the noodles, radishes and cucumber into a large bowls and transfer to the fridge to chill for at least one hour.
2. For the dressing, combine all of the dressing ingredients together in a small bowl.
3. To serve, take out the bowl of vegetables and noodles and scatter over the black sesame seeds. Spoon the dressing over the noodles and garnish with coriander sprigs. Season and serve immediately.



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Recipe Booklet

STICKY CHINESE PORK LOIN

SERVES



Ten

ALLERGENS



Wheat, Soya, Gluten

INGREDIENTS



- 1kg Diced Shoulder of Pork
- 80ml Light Soy Sauce, plus extra to serve
- 20ml Vegetable Oil
- 4tsp. Chinese Five-spice Powder
- 2 Garlic cloves, crushed
- 5cm Piece of Fresh Ginger, grated
- 70g Honey
- 50ml Vegetable Oil
- 2 Red Pepper, sliced
- 120g Mangetout, finely sliced
- 1 Chinese Leaf, shredded
- 200g Bean sprouts

METHOD



1. Place the pork in a bowl with the soy sauce, vegetable oil, five spice, garlic, ginger and honey. Toss together and set aside for 10 minutes.
2. Heat half the oil in a frying pan over a medium heat. Add the pork with a slotted spoon and fry until almost cooked. Add the marinade and reduce for approx. 5 minutes until sticky.
3. Meanwhile, in a separate wok or frying pan, heat the remaining oil and stir-fry the pepper and mangetout with a splash of water for a few minutes. Add the Chinese leaf and cook for a further minute, then stir in the bean sprouts.
4. Toss with the pork, drizzle with soy sauce and serve.



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Recipe Booklet

GONG BAO CHICKEN

SERVES



Ten

ALLERGENS



Wheat, Soya, Gluten

INGREDIENTS



- 1tbsp. Vegetable Oil
- 1kg Chicken Thigh, diced
- 2 Spring Onions, sliced
- 5cm Piece Fresh Ginger, finely sliced
- 2 Garlic Cloves, finely chopped
- 1 Red Chilli, chopped
- 10ptns. Steamed White Rice, to serve
- For the sauce:
- 300ml Chicken Stock
- 2tsp. Soft Dark Brown Sugar
- 50ml Rice Wine Vinegar
- 100ml Dark Soy Sauce
- 40g Cornflour

METHOD



1. Put the stock, sugar, rice wine vinegar, soy and cornflour in a bowl and whisk to combine. Set aside until needed.
2. Heat the oil in a large wok set over a high heat. Add the chicken pieces and cook for 2-3 minutes, until golden. Remove and set aside.
3. In the same wok, stir-fry most of the spring onions, the ginger, garlic and chilli for 2 minutes, or until fragrant.
4. Return the chicken to the wok and pour over the sauce. Cook, stirring, for approx. 6 minutes, until the sauce is glossy and thickened and the chicken is cooked through.
5. Scatter over the remaining spring onions and a little extra chilli.
6. Serve with the steamed rice.



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PRAWN AND NOODLE STIR FRY

SERVES



Ten

ALLERGENS



Wheat, Soya, Molluscs,
Fish, Egg, Gluten,
Crustaceans

INGREDIENTS



- 4tbsp. Olive Oil
- 500g Prawns, frozen and defrosted
- 200g Pak Choi, roughly chopped
- ½ Savoy Cabbage
- 1 Chinese Leaf
- 400g Red Onions
- 1 Spring Onion
- 200g Red Peppers
- 500g Egg Noodles, cooked
- 80ml Dark Soy Sauce
- 80ml Chilli Sauce, plus extra to serve
- Lo Salt, pinch
- Ground Black Pepper, pinch

METHOD



1. Heat the oil over a high heat in a wok or large frying pan. Add the prawns, pak choi, cabbage, Chinese leaf and onions and peppers. Stir continuously for 3 mins, or until the prawns have turned pink and the pak choi has begun to wilt.
2. Add the soy sauce and chilli sauce along with the noodles, toss to coat in the sauce, then stir fry for a further 3-5 mins or until the noodles are piping hot.
3. Season and serve immediately with extra chilli sauce.



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VEGAN CHILLI & GINGER STIR FRIED BROCCOLI & PAK CHOI

SERVES



Ten

ALLERGENS

Wheat, Sesame, Soya
Gluten

INGREDIENTS



- 50ml Vegetable Oil
- 60ml Toasted Sesame Oil
- 700g Broccoli, stalks trimmed
- 4 Garlic Cloves, finely sliced
- 1 Red Chilli, deseeded, finely sliced
- 2cm Piece Root Ginger, finely shredded
- 300g Pak Choi, leaves separated
- 2 Chinese Leaf
- 40ml Soy Sauce
- Ground Black Pepper, pinch

METHOD



1. Heat the vegetable oil in a large wok or large frying pan and add the sesame oil and broccoli. Add a splash of water to help steam the broccoli then stir-fry it over quickly a high heat for around 2-3 minutes.
2. Add the garlic, chilli, ginger and stir-fry for a further 1-2 minutes. Then add the pak choi, Chinese leaf and soy sauce and fry for another minute or so, until the greens have started to wilt.
3. Remove the wok from the heat and serve the broccoli and pak choi immediately.



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SPICY VEGETABLE NOODLES

SERVES



Ten

ALLERGENS

Wheat, Soya, Gluten

INGREDIENTS



- 700g Egg Noodle Nests, cooked
- 350g Carrot, grated
- 200g Courgettes, sliced
- 200g Mushrooms, sliced
- 300g Red Onion, thinly sliced
- 250g Red Pepper, cut in to chunks
- 1 Pak Choi, thinly sliced
- 275ml Sweet Chilli Sauce
- 60ml Soy Sauce
- 4 Garlic Cloves, crushed
- 2cm Piece of Ginger, finely chopped
- 5 Spring Onions, shredded
- Lo Salt, pinch
- Ground Black Pepper, pinch

METHOD



1. Put the noodle nests in a pan of boiling water and simmer for 5 minutes.
2. Heat a little oil in a large pan or wok and add the carrot, courgette, mushrooms, red onion, red pepper and pak choi and gently cook for 4 minutes.
3. Add the garlic and ginger to the vegetable mix and cook for a further 3 minutes.
4. Drain the noodles and add to the vegetables and mix in the soy sauce and sweet chilli sauce and gently cook for 2 minutes.
5. Season and serve topped with shredded spring onion.



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ASIAN STYLE BAKED ONION & POTATO

SERVES



Ten

ALLERGENS

Wheat, Soya, Gluten

INGREDIENTS



- 2tsp. Ground Coriander
- 2tsp. Ground Black Pepper
- 2tsp. Nigella Seed
- 4 Star Anise, crushed
- Lo Salt, pinch
- 600g Onions, peeled
- 650g Potatoes, unpeeled
- 500g Sweet Potatoes, peeled
- 1tbsp. Vegetable Oil
- For the glaze:
- 4tbsp. Light Soy Sauce
- 2tbsp. Vegetable Oil
- 1 Lime, zest and juice
- Lo Salt, pinch
- Ground Black Pepper, pinch
- 4tbsp. Tap Water
- Coriander, small handful, chopped

METHOD



1. Preheat the oven to 200°C. Combine all the spices in a large mixing bowl.
2. Cut the onions into sixths, leaving a little root attached to hold the layers together. Cut the ordinary potatoes into six segments, lengthways. Cut the sweet potatoes into sixths.
3. Put all the vegetables into the mixing bowl, add the oil and toss thoroughly, using clean hands.
4. Lightly oil a large tray or two and spread the vegetables out in a single layer and bake them for approx. 15 minutes, until lightly golden.
5. Meanwhile, combine the glaze ingredients in a small bowl with the cold water. Remove the oven tray, brush the vegetables with the glaze and continue to bake for about 20-30 minutes.
6. Once crisp and golden, season and serve with chopped coriander.



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STEAMED PEARS WITH DATES & HONEY

SERVES



Ten

ALLERGENS

Sulphur Dioxide

INGREDIENTS



- 10 Pears
- 150g. Honey
- 100g Dates, chopped, softened in cold water
- 100ml Lemon Juice, to brush on the pears to prevent discolouration

METHOD



1. Wash the pears and pat dry with paper towels. Cut the top off the pears and set aside. Remove the core. If desired, cut off a small slice at the bottom so that the pear will stand straight during steaming.
2. Spoon 2 teaspoons honey into each pear. Add 1 date. Place the top back on the pear. Brush the lemon juice over the skin of the pear.
3. Place the pears on a tray and steam, covered, for 30 minutes, or until the pears are tender. Serve warm drizzled with honey.



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Recipe Booklet

BANANAS WITH CINNAMON COCONUT CREAM SAUCE

SERVES



Ten

ALLERGENS



None

INGREDIENTS



- 5 Bananas
- 800ml Coconut Milk
- 1tsp. Cinnamon, or to taste
- 4tbsp. Caster Sugar
- 2tbsp. Cornflour
- 6tbsp. Coconut Milk
- Mint Leaves, small handful, to garnish

METHOD



1. Peel the bananas and cut into quarters.
2. Steam the bananas in a covered steamer over a wok filled with boiling water.
3. Bring the coconut milk to a boil. Stir in the cinnamon and sugar.
4. Mix the cornflour and coconut milk to a paste. Add to the saucepan, stirring quickly and bring to the boil to thicken.
5. Place 2 pieces of the steamed banana into serving dishes and pour the sauce over. Garnish with mint leaves.



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Thank you, enjoy
Chinese new year!

