

# 蔡菜館

CHOY CHOY KITCHEN

GRACE 的六十道私房菜

GRACE'S 60 RECIPES

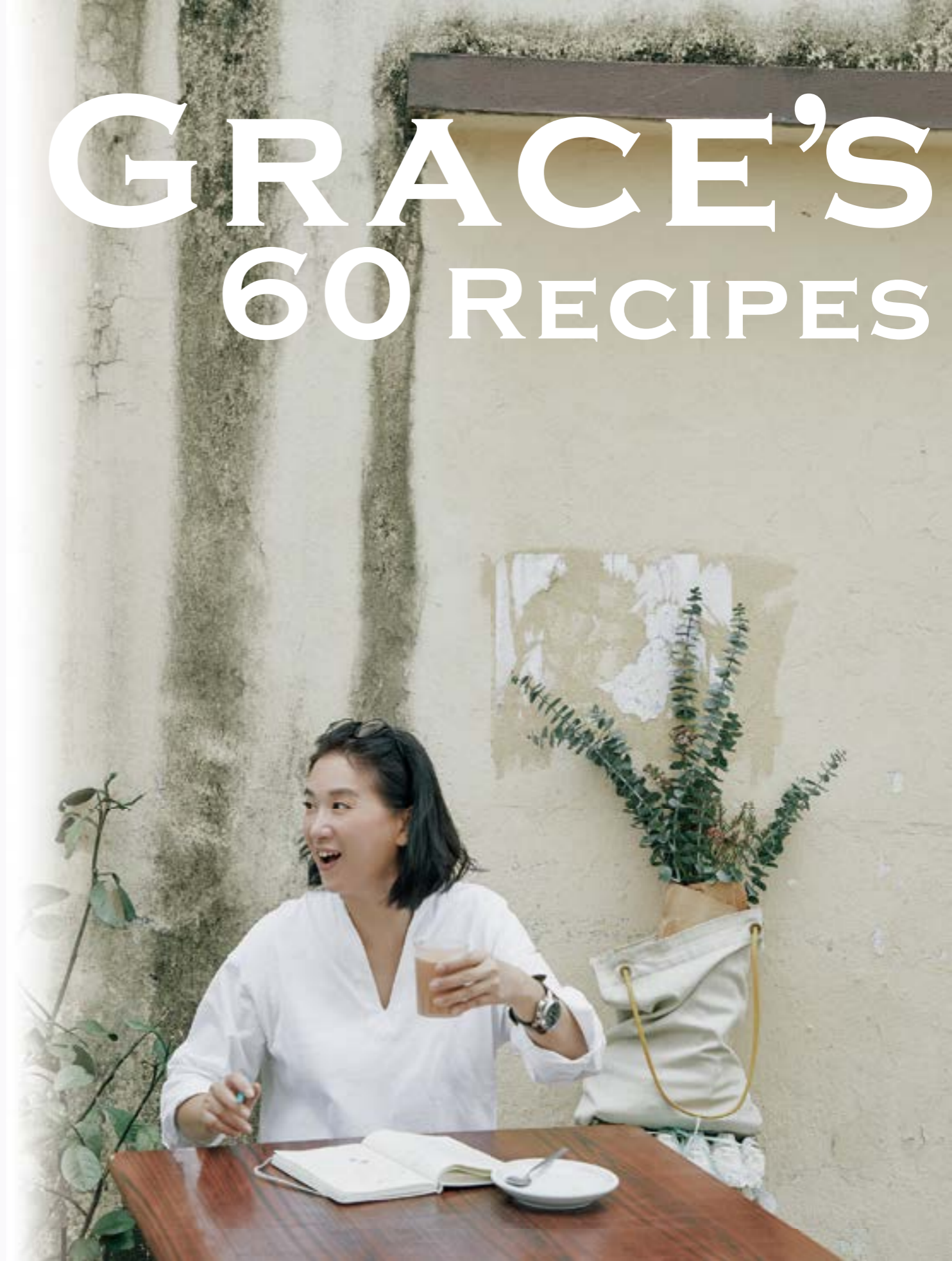


# GRACE'S 60 RECIPES

I'M DEEPLY INDEBTED  
TO MY FAMILY FOR  
THEIR SUPPORT.

AND MOST OF ALL,

I'M SO GRATEFUL FOR  
HAVING THE COURAGE  
TO PURSUE MY DREAM.





THE  
CHOY CHOY KITCHEN

COOKBOOK

《GRACE 的六十道私房菜》



THE RECIPES OF LIFE



世間上每一件小事都能啟發廚藝。

YOU CAN TAKE CULINARY INSPIRATION FROM  
ANY LITTLE THING IN THE WORLD.

GRACE

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THE  
CHOY CHOY KITCHEN  
《GRACE 的六十道私房菜》

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《GRACE 的六十道私房菜》

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WWW.CHOYCHOY.COM/MENU



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蔡菜館  
CHOYCHOY KITCHEN

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## GUEST FROM HONG KONG

### 必有新一番突破

自從 2015 年由網上認識，然後經過多次接觸及傾談合作，包括數次親自到蔡菜館享用私房菜，我被 Grace 對菜式水準之執著和恩勤對待客人的態度深深打動，難怪她有如此多量中外粉絲長年支持她。

雖然她為了健康問題，快將私房菜暫停，我相信她對烹飪的熱情是不會冷卻，小休一會必有新一番突破。

可幸這本《GRACE 的六十道私房菜》是她小休的一個好紀念註腳，粉絲們亦可以繼續從文字和圖象去另角度享受蔡菜館的六十道美食。

期待 Grace 回來！

Derek Lee

## GUEST FROM JAPAN

私がグレースと会ったのは 2016 年のこと。今っぽいけど、我々の出会いは彼女が突然 facebook でメッセージを送ってきたところから始まる。食いしん坊な私は、facebook にアップされた彼女の料理の写真を見て、まんまと一瞬にして虜になってしまった。食への想いをやり取りしているうちに、グレースが「日本に行って、トーマスさんに（私は外人にはトーマスと呼ばれている）ご飯を作っただけ！」という展開に…翌月、彼女は約束通り日本にやってきて、神楽坂のレンタルキッチンを借りて、お昼を作ってくれた。美味しいこと、美味しいこと。彼女がデカーい包丁でぶつ切りにして炒めたチキンは最高だった。その味が忘れられず、今後は私が香港へ。中心部から離れた住宅街にポツンとある彼女のキッチンに行き、ご馳走になった。

Toru Shimada



## GUEST FROM KOREA

“헤이, 토니! 굿뉴스가 있어요!”

신선한 놀라움이 가득한 목소리로 그레이스가 전화를 했습니다. 이탈리아의 유명디자이너가 그레이스와 함께 주방기구 브랜드를 만들자고 제안했다는 것입니다. 곧 이어 SNS를 통해 그레이스가 보내준 프라이팬의 디자인은 그레이스의 “G”를 모티브로 손잡이를 만들고, 이것을 빨간색으로 강조한 심플한 스타일이었습니다. 검은색과 빨간색이 조화를 이룬 샤프한 프라이팬 디자인이 반짝반짝 빛나고 있었습니다.

“오 마이 갓! 정말 축하해요 그레이스! 드디어 그동안의 노력들이 결실을 맺기 시작하는군요!”  
나는 그녀가 특유의 순진한 얼굴로 박수를 치며 환하게 웃고 있는 모습을 머리 속에 그리며 저도 함께 뿔 뜻이 기뻐해주었습니다.

그레이스는 페이스북에 45 만명에 이르는 팔로워가 있는 인터넷 스타 셰프입니다. 제가 그녀를 처음 알게 되었을 때, 간단히 자기 소개를 한 그레이스가 “페이스북에 약간의 팬들이 있어요” 하고 수줍게 웃었습니다. 세상에... 45 만명을 ‘약간이라니...’

그녀는 홍콩식 가정요리의 전문가입니다. 페이스북에 짧은 요리관련 비디오를 올리고 팬들과 성실하게 커뮤니케이션 합니다. 이미 7 년가까이 페이스북으로 꾸준히 소통해와서 그들의 커뮤니티는 스타와 팔로워같지 않습니다. 서로 친밀하게 애정을 담아서 이야기를 나눕니다. 마치 가족이나 친한 친구와 대화하듯이.

이 비디오와 페이스북의 기술적인 운영은 그레이스의 남편 켄이 헌신적으로 돕습니다. 통통한 아기같은 모습의 켄은 씩스럽다는 듯이 머리를 긁적이며, “저도 그레이스 요리의 팬이에요. 이 일이 너무 좋습니다.” 하고 활짝 웃습니다. 그레이스가 시장에서 요리의 재료를 준비하는 단계부터, 재료를 다듬고, 요리하는 모습, 스텝들과 이야기하는 모습, 요리를 어울리는 그릇에 담아내어 테이블에 정갈하게 차려내는 모습까지 마치 다큐멘터리처럼 진솔하게 담아냅니다.

이 비디오를 보면 꼭 내 눈앞의 키친에서 일어나는 일 같고, 곧 그 테이블에 합류하여 사람들과 즐겁게 웃으며 식사를 하게 될 것 같은 느낌입니다.

그레이스는 홍콩의 Yuen Long 에 있는 ‘차이차이관’ 이라고 하는 작은 레스토랑을 운영하고 있습니다. 그레이스를 SNS 로 처음 알게 된 후 상하이, 선전에서 몇 차례 만나고, 드디어 얼마전 홍콩에 가게되어 그레이스의 식당에 들르게 되었습니다. 잔뜩 기대를 품고 도착한 그곳! 그동안 상상했던 그대로의 모습이 거기에 있었습니다. 자그마하고 수수한 식당. 맛있는 홍콩 가정식 요리. 마치 시골 고향집 엄마 같은 느낌의 그레이스와 꼭 고향마을 이웃 같은 스텝들. 그레이스를 사랑하여 몇 달씩 기다렸다가 오는 손님들. 마치 가족처럼 요리를 내는 그레이스와, 웃고 떠들며 마시고 먹는 유쾌한 손님들의 즐거운 랑데뷰. 한쪽에서 아이처럼 웃고 있는 켄.

쿡 북을 만들고, 생수 브랜드와 콜라보레이션을 하고, 좋은 참깨기름을 만들기 위해 가장 좋은 참깨가 생산되는 중국의 농장을 직접 방문하는 그레이스.

저는 이 행복한 부부가 만드는 행복한 스토리가 실현되는 것을 하나하나 옆에서 지켜볼 생각입니다. 그레이스의 페이스북에서, 혹은 홍콩의 차이차이관에서 만나요!

Tony Park

## GUEST FROM UK

### SIMPLE ELEGANCE

Grace brings a simple elegance to her dishes whilst retaining a rich passion for authenticity in both techniques and ingredients. The result is some incredible local flavours and wonderfully modern dishes.

Adam O'Connor

# PREFACE

A simple countrywoman who runs a little suburb restaurant wrote a cookbook.

That's it.

The story couldn't be simpler.

That was my first version of preface for this cookbook.

I mean it.

I literally wrote that because I didn't know how and what to write.

To someone who uses her cleaver more than her pen, nothing could be more challenging than writing this preface. Even more so was the difficulty I found in fully expressing my heartfelt gratitude in mere words.

For many times the production team has asked me to rewrite this preface, but I just kept dragging on.

Eventually, on my birthday today, I mustered all my strength to complete this preface with whatever limited writing skills I have.

\*\*\*\*

My father died when I was five. My siblings and I were brought up by mother who made a living selling mahjong tiles.

Apparently we didn't grow up in a rich family. My mother and sister sent me off to attend secretary course in the UK on their savings, hoping that I could lead a smooth life in future.

After studies, I became a clerk as they envisioned. Nevertheless, it was not all smooth sailing as my mind often wandered off to the kitchen back home. Not surprisingly, I had been given notice for as many as three times during my career as a clerk.

Eventually I turned my focus to the kitchen. I felt uneasy at first because I thought I had failed my family by turning into a chef. As time went by, I finally understood that they wished for my happiness rather than a quiet and peaceful life.

Today, I am so glad I had become a chef!

The kitchen is where I can completely focus my body and mind. And I think that wherever you can focus your body and mind, it is heaven. I can be so focused in the kitchen that even time seems to stand still.

Eight years has passed by unnoticed since I had become a fulltime chef. I'd think I was living in a dream if not for the wake-up call that is the conditions of my hand.

It was for this exact reason that I have promised my family to quit my job as a fulltime chef. I was so unwilling to let go that I had lost sleep for many nights.

Finally, I have decided to write this cookbook with my ailing hands, so that the delicious dishes from Choy Choy Kitchen could be enjoyed in every household even though I was no longer at the helm of the kitchen.

In preparing for the publication, I took a bold move in raising fund on Kickstarter.

Many of my friends tried to talk sense into me saying it would be a waste of time. They said crowdfunding platforms were for hi-tech projects only, old fashioned products like this one were doomed to fail.

Turns out they were quite right. Most of my Facebook connections did not have the faintest idea what crowdfunding was.

To my surprise, however, many of my dear friends took the time to sign up for a Kickstarter account just for this cookbook. More surprisingly still, it has eventually become the top cookbook project on Kickstarter.

I am deeply grateful for everyone's trust and confidence.

It is your trust and confidence that has transcended this countrywoman, and her humble little restaurant and cookbook, from a simple story...

into a small miracle.





這裡是我最深愛的 60 個食譜，  
希望大家從中感受烹飪的樂趣，煮給您最愛的人吃。

*This is a collection of my favourite 60 recipes.  
I hope it will inspire your passion to cook for  
your loved ones.*

〈廚師推介篇〉  
CHEF'S RECOMMENDATIONS




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 CHEF'S RECOMMENDATIONS
 

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 P O A C H E D S O Y S A U C E  
 C H I C K E N
 

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## INGREDIENTS

SERVES 4

 1 whole fresh chicken, approx.  
 1.2 to 1.5kg

700ml light soy sauce

3 cloves of garlic, crushed

3 slices of ginger

50ml Chinese rose wine

2 tsps salt

1 slab of raw cane sugar

1200 to 1400ml water

Chicken Marinade:

3 Tbsps Chinese rose wine

3 tsps salt

 To prepare the poaching sauce:  
 (light soy sauce & water ratio 1:2)

Step:

 Add the light soy sauce and  
 1200 to 1400ml of water into the  
 pot. Bring to a boil on high heat.

 Add raw cane sugar, Chinese  
 rose wine, ginger and garlic and  
 stir well.

## INSTRUCTIONS

 1/Thoroughly rinse the chicken and remove the  
 lung. Pat dry.

 2/Evenly rub 3 Tbsps of Chinese rose wine on the  
 inside and outside of the chicken. Thoroughly  
 rub 1 tsp of salt respectively on the inside, the  
 back and breast of the chicken. Let marinate in  
 the refrigerator for at least 30 mins.

 3/When time is up, take out the chicken from the  
 refrigerator and let rest at room temperature for  
 10 mins. Rinse and pat dry.

 4/Heat up 2 Tbsps of cooking oil in a frying pan on  
 high heat. Brown both sides of the chicken.

 5/Take out the chicken and dunk (breast down  
 first) into the pot of poaching sauce. Keep ladling  
 the sauce on to the chicken for 5 mins. Then  
 poach for 30 mins.

 6/Afterwards, turn the chicken around to poach  
 the back. Reheat the poaching sauce on high  
 heat (turn off heat once it is hot enough). Keep  
 ladling the sauce on the chicken breast. Poach  
 the chicken with the back down for 30 mins.

 7/Reheat the poaching sauce (turn off heat once  
 it is hot enough). Dunk the chicken with the  
 breast and back down in the sauce for 10 mins  
 respectively (no need to ladle the sauce).

 8/Transfer the chicken into a large container. Carve  
 when cooled. Drizzle with the poaching sauce to  
 serve.

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 CHEF'S RECOMMENDATIONS
 

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CHEF'S RECOMMENDATIONS

## SIGNATURE STEWED BEEF BRISKET

### INGREDIENTS

SERVES 4

- 900g beef brisket
- 1 Chinese radish, approx.  
800g
- 3 pcs of star anise
- 1/4 dried tangerine peel
- 3 cloves of garlic, diced
- 3 to 4 slices of ginger
- 1 Tbsp finely chopped  
scallion, for garnishing
- 2 Tbsps cooking oil
- 1 Tbsp Shaoxing wine  
(Huadiao)
- approx. 2L hot water

Seasonings:

- 2 Tbsps light soy sauce
- 1 Tbsp oyster sauce
- 2 pcs of rock sugar
- 2 tsps salt

### INSTRUCTIONS

- 1/Rinse the beef brisket.
- 2/Rinse the Chinese radish. Peel and rolling cut.
- 3/Rinse the star anise. Soak the tangerine peel until soft and scrape away the pith, then cut into four small pieces.
- 4/Bring a pot of water to boil on high heat with the lid on. When the water boils, add the beef brisket and blanch for 5 mins. Take out and rinse in cold water. Drain and set aside.
- 5/Put a wok with oil on high heat. When the oil boils, add garlic, ginger, star anise, dried tangerine peel and beef brisket, stir fry briefly. Pour Shaoxing wine around the wok. Add light soy sauce and oyster sauce and saute for 2 mins.
- 6/After 2 mins, pour 1L of hot water into the wok and stir to mix. Cook uncovered on high heat for 3 to 4 mins.
- 7/When time is up, add the remaining hot water to cover the brisket. Add rock sugar. Put the lid on and stew on high heat for 45 mins.
- 8/After 45 mins, open the lid to add the radish. Mix well and put the lid back. Stew for another 15 mins. Turn off heat and let rest covered for 30 mins.
- 9/When time is up, bring the pot to a boil on high heat again, season to taste and stir to mix. Sprinkle scallion and serve.

CHEF'S RECOMMENDATIONS



CHEF'S RECOMMENDATIONS

## PAN FRIED LOTUS ROOT CAKE

### INGREDIENTS

SERVES 4

300g minced pork  
approx. 600g lotus root

2 Tbsps dried shrimp,  
soaked and diced

1 shallot, diced

1 Tbsp coriander stem

white of 1 egg

3 Tbsps cooking oil

Seasonings:

1 Tbsp oyster sauce

2 tps Shaoxing wine  
(Huadiao)

1 tsp salt

2 tps light brown sugar

### INSTRUCTIONS

1/Rinse and peel the lotus root. Cut out six 0.7 cm slices. Steam for 15 mins and set aside. Dice the rest of the lotus root.

2/Add the seasonings into the minced pork and mix well.

3/Add the diced dried shrimp, shallot, coriander stem, egg white and diced lotus roots to the meat. Mix well.

To prepare the meat:-

Slap the minced pork mixture into the mixing bowl until sticky, about 2 to 3 mins.

To pan fry:

1/Heat up 3 Tbsps of cooking oil in a frying pan on high heat. Scoop out some minced meat (roughly measure with the cup of palm) and form into a round cake. Fry both sides for 3 mins each.

2/Reduce heat to medium and pan fry both sides of the cake for a further 3 mins each. Turn on high heat and fry each side for 1 min. Turn off heat. Place the fried cakes on top of each steamed lotus root slice.

3/Sprinkle chopped scallion on top and serve.

CHEF'S RECOMMENDATIONS






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 CHEF'S RECOMMENDATIONS
 

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## BRAISED PORK RIBS WITH MUSHROOM AND SEA CUCUMBER

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### INGREDIENTS

SERVES 4

- 600g pork spare rib,  
cubed
- 8 pcs of frozen sea  
cucumber, approx. 60g  
each
- 12 medium-size dried  
mushrooms
- 1 Tbsp chopped garlic
- 2 slices of ginger
- 2 pcs of star anise
- 1 Tbsp diced scallion,  
optional
- 2 Tbsps cooking oil
- 1 Tbsp Shaoxing wine  
(Huadiao)
- Seasonings:
- 2 Tbsps light soy sauce
- 3 Tbsps oyster sauce
- 2 pcs of rock sugar
- 1 tsp salt

### INSTRUCTIONS

- 1/Clean the pork ribs and soak in hot water for 5 mins. Remove the bloody water, then rinse, drain and pat dry with kitchen towel.
- 2/Defrost the sea cucumber in cold water. When thoroughly thawed, rinse away any sand and dirt and remove the vein. Cut into pieces and set aside.
- 3/Rinse the mushrooms and soak in 600ml of hot water for at least 2 hours. Remove the stem and set aside. Retain the soaking water for use later.
- 4/Add 2 Tbsps of oil into the wok along with the ginger slices, diced garlic and star anise. Turn on high heat. When the oil starts to boil, add the pork ribs, Shaoxing wine, light soy sauce and oyster sauce. Saute for 2 mins, then take out the pork ribs, ginger, garlic and star anise and set aside.
- 5/Add the mushrooms to the same wok and saute for 2 mins. Then add rock sugar and mushroom water to just covering the mushrooms (add more hot water if necessary). Stir well. Put on the lid and braise on high heat for 10 mins, then reduce the heat to medium and continue to cook for another 20 mins.
- 6/When time is up, return the pork ribs, ginger, garlic and star anise to the wok (add more hot water if necessary). Give it a few stirs and put on the lid. Continue to cook for 20 mins.
- 7/When 20 mins is up, add sea cucumber to the wok. Stir and cook for another 15 mins. Season to taste and sprinkle scallion on top and serve.

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 CHEF'S RECOMMENDATIONS
 

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CHEF'S RECOMMENDATIONS

## SPICY TIGER PRAWN AND VERMICELLI CASSEROLE

### INGREDIENTS

SERVES 4

8 to 10 pcs frozen tiger  
prawn

(approx.35g each)

30 g of vermicelli

1 pc of onion

2 pcs of shallot

2 cloves of garlic

3 pcs hot chili pepper

1 tsp lemon juice

a handful chopped,  
scallion or coriander

(for garnishing)

2 Tbsps oil

1 Tbsp Shaoxing Wine

100 to 120ml water

Seasonings:

2 Tbsps Light Soy Sauce

1 Tbsp Oyster Sauce

2 tsps Fish Sauce

2 tsps Light Brown Sugar

### INSTRUCTIONS

1/Defrost and rinse the tiger prawns. Remove the antennae, rostrum and feet with scissors. Open up the prawn at the back and remove the vein. Pat dry and set aside.

2/Soak the vermicelli for 30 mins until soft. Cut into halves and set aside.

3/Peel and dice the onion, shallots and garlic cloves. Dice the hot chili pepper as well.

4/Heat up cooking oil in a wok on high heat. Saute the diced onion, shallot and garlic for 2 mins. Take out and set aside.

5/Add the tiger prawns to the wok. Pan fry on high heat until both sides turn red. Take out and set aside.

6/Heat up a casserole on high heat. Add the seasonings and stir well. Then add the fried onion, shallot and garlic, together with the diced chili pepper and vermicelli. Add water and cook covered on high heat for 3 mins.

7/When time is up, open the lid and place the prawns on top. Put the lid back on and cook on high heat for 7 mins.

8/Remove the lid when done. Pour Shaoxing wine around the edge of the casserole and a few dashes of oil on the prawns. Put the lid back on and turn off the heat. Let sit covered for 2 mins.

9/When serve, drizzle some lemon juice and sprinkle scallion or coriander on top and serve.

CHEF'S RECOMMENDATIONS







STEAMED MUD CRABS AND EGG WITH  
HUADIAO AND BLACK TRUFFLE

INGREDIENTS

SERVES 4

2 young mud crabs  
(approx. 200g each)

3 eggs

1/2 Tbsp black truffle  
paste

1 Tbsp Shaoxing wine  
(Huadiao)

2 tsps salt

2 tsps cooking oil

INSTRUCTIONS

To prepare the crabs:

1/Cut the rope binding the crab (make sure the claws remain bounded for safety). Stick a pair of scissors into the gap where the body meets the shell and pry open.

2/Chop the body into halves and remove the gills. Turn the separated shell upside down. Cut away the hard parts on both sides. Rinse under water.

To prepare the egg mixture (egg to water ratio 1:2)

Add salt to the eggs and beat thoroughly. Then add cold boiled water and cooking oil. Stir to mix.

To reassemble the crabs:

Pour the egg mixture into a deep plate. Scoop off any foam on the surface. Reassemble the crabs by placing the body parts with claws first, followed by the shells on top.

To steam:

1/Using electric steamer: steam at 100°C for 15 mins (whole process); or

2/On the stovetop: wrap in heat resistant cling wrap and put in wok when the water boils, steam on high heat for 15 mins.

3/When time is up, take out and drizzle Shaoxing wine and black truffle paste on top and serve.



## BRAISED PORK TROTTERS WITH PRESERVED PLUM

### INGREDIENTS

SERVES 4

2 pork trotters, chopped  
into pieces

4 preserved plums

3 pcs of star anise

1/4 pcs of dried tangerine  
peel, soaked and with pith  
removed

3 cloves of garlic, crushed

3 slices of ginger

1 tsp salt

2 Tbsps cooking oil

Seasonings:

100ml Shanxi mature  
vinegar

30ml white vinegar

1 Tbsp light soy sauce

2 tsps dark soy sauce

1 Tbsp Shaoxing wine

600ml cold boiled water

### INSTRUCTIONS

1/Rinse the pork trotters and blanch on high heat for 10 mins. Take out, rinse and drain.

2/Add 2 Tbsps of oil to a pot/wok along with the ginger, garlic, star anise, tangerine peel and preserved plum. Turn on high heat and add the pork trotters. Pour Shaoxing wine around the pot/wok. Add light soy sauce, dark soy sauce, oyster sauce and mature vinegar. Saute briefly for 2 to 3 mins.

3/Add 300ml of cold boiled water and stir. Cook uncovered on high heat for 5 mins.

4/Then add the remaining cold boiled water to completely cover the trotters. Stir well and put on the lid. Braise on high heat for 45 mins. Turn off heat and leave covered for 15 mins.

5/When time is up, turn the heat to medium and cook further for 20 mins. Turn off heat and season to taste and serve.



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 CHEF'S RECOMMENDATIONS
 

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## TRADITIONAL STEAMED GROUPE R

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### INGREDIENTS

SERVES 4

- 1 fresh grouper,  
(approx. 900g)
- 2 dried mushrooms
- approx. 70g lean pork  
meat
- 5 to 6 juliennes of  
ginger
- 1 stalk each of coriander  
and scallion
- 4 to 5 Tbsps cooking oil

Marinade:

- 1 tsp Shaoxing wine
- $\frac{1}{2}$  tsp oyster sauce
- $\frac{1}{2}$  tsp light soy sauce
- 1 tsp corn starch
- $\frac{1}{2}$  tsp granulated sugar
- 1 tsp cooking oil

### INSTRUCTIONS

- 1/Scale the grouper with a paring knife. Rinse inside and out and pat dry. Sprinkle a pinch of salt on both sides. Sprinkle the ginger julienne on top.
  - 2/Soak the dried mushrooms in hot water for 1 hour until soft. Remove the stem and julienne.
  - 3/Rinse the pork and cut into shreds. Mix with the mushrooms and marinade in a large bowl. Marinate for 10 mins.
  - 4/When done, briefly stir fry in a pan (no need to add oil) and pour on top of the plate of fish.
- To steam:
- 1/Using electric steamer: steam for 8 mins (whole process); or
  - 2/On the stovetop: wrap in heat resistant cling wrap and put in wok when the water boils, steam on high heat for 8 mins.
  - 3/While steaming the fish, rinse and chop the coriander and scallion.
  - 4/When time is up, take out the fish. Remove the accumulated liquid on the plate. Lay the chopped coriander and scallion on the fish and pour hot oil on top. Finally, drizzle some sweet soy sauce and serve.

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 CHEF'S RECOMMENDATIONS
 

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CHEF'S RECOMMENDATIONS

## MUTTON CASSEROLE

### INGREDIENTS

SERVES 4

- 1.5 catty mutton briskets  
(carved into chunks)
- 1 to 2 packs of fried bean curd  
sheet
- 8 dried mushrooms
- 8 to 10 pcs of water chestnuts
- 8 to 10 slices of ginger
- 1 tsp salt
- 2 to 3 pcs of star anise, soaked
- 8 to 10 cloves of garlic,  
crushed
- 2 to 3 pcs of rock sugar
- 1 Tbsp Shaoxing wine  
(Huadiao)
- 2 Tbsps cooking oil
- 800ml hot water
- Seasonings:
- 1.5 cubes of red fermented  
bean curd
- 2 Tbsps Chu Hou Paste
- 1 Tbsp light soy sauce
- 1 Tbsp oyster sauce

### INSTRUCTIONS

- 1/Rinse the mutton.
  - 2/Rinse and peel the water chestnuts. Cut into halves and set aside.
  - 3/Rinse the mushrooms and soak in hot water for 1 hour. Take out and remove the stem. Reserve the soaking liquid.
  - 4/Separate the fried bean curd sheets. Soak in cold water until soft.
  - 5/Blanch the mutton pieces for 3 to 4 mins in a pot of water with 2 slices of ginger and 1 tsp of Shaoxing wine. Take out, drain and set aside.
- To braise:
- 1/Heat up 2 Tbsps of cooking oil in a wok on high heat. Add the star anise, ginger and the seasonings. Stir to mix. Then add the blanched mutton and pour Shaoxing wine around the wok. Saute for 1 to 2 mins.
  - 2/Add 400ml of hot water to the wok. Braise uncovered on high heat for 7 to 8 mins.
  - 3/Transfer the mutton to a casserole. Add the water chestnut and mushroom. Pour in the remaining hot water until covering all ingredients. Add the rock sugar. Braise on high heat for 1 hour. Then turn off heat and let rest covered for 30 mins.
  - 4/When time is up, add bean curd sheets. Put the lid back on and braise for another 20 mins. Serve with seasonal vegetables.

CHEF'S RECOMMENDATIONS



## BRAISED PORK BELLY WITH PRESERVED VEGETABLE

### INGREDIENTS

SERVES 4

- 1 catty pork belly, whole piece
- ½ catty mui choy  
(preserved vegetable),  
approx. 2 stalks
- 2 Tbsps oyster sauce
- 1 tsp salt
- 1 tsp granulated sugar
- 120ml dark soy sauce
- 2 tsps light soy sauce
- 1 Tbsp of Shaoxing wine
- 500ml cooking oil
- 1 Tbsp finely chopped garlic

### INSTRUCTIONS

To marinate the pork belly:

- 1/Soak the mui choy for 30 mins. Tear and dice.
- 2/Rinse the pork belly and put into boiling water. Boil for 30 mins.
- 3/When done, take out the pork belly. Poke holes on the skin and around and under the meat.
- 4/Mix Shaoxing wine, sugar, salt, oyster sauce and dark soy sauce in a big container. Marinate the pork belly in the container for 30 mins.

To saute the mui choy:

Heat up 1 Tbsp of cooking oil on high heat. Add chopped garlic, mui choy, light soy sauce, sugar and 2 to 3 Tbsps of cold boiled water. Saute for 2 to 3 mins then set aside.

To shallow fry the pork belly:

- 1/Heat up 500ml of cooking oil in a pot or wok. When the oil boils, gently slide in the pork belly. Shallow fry on each side for 4 to 5 mins.
- 2/When done, take out the pork and soak in cold water for 5 mins to cool down. Then take out and cut into 1.5 cm thick slices.

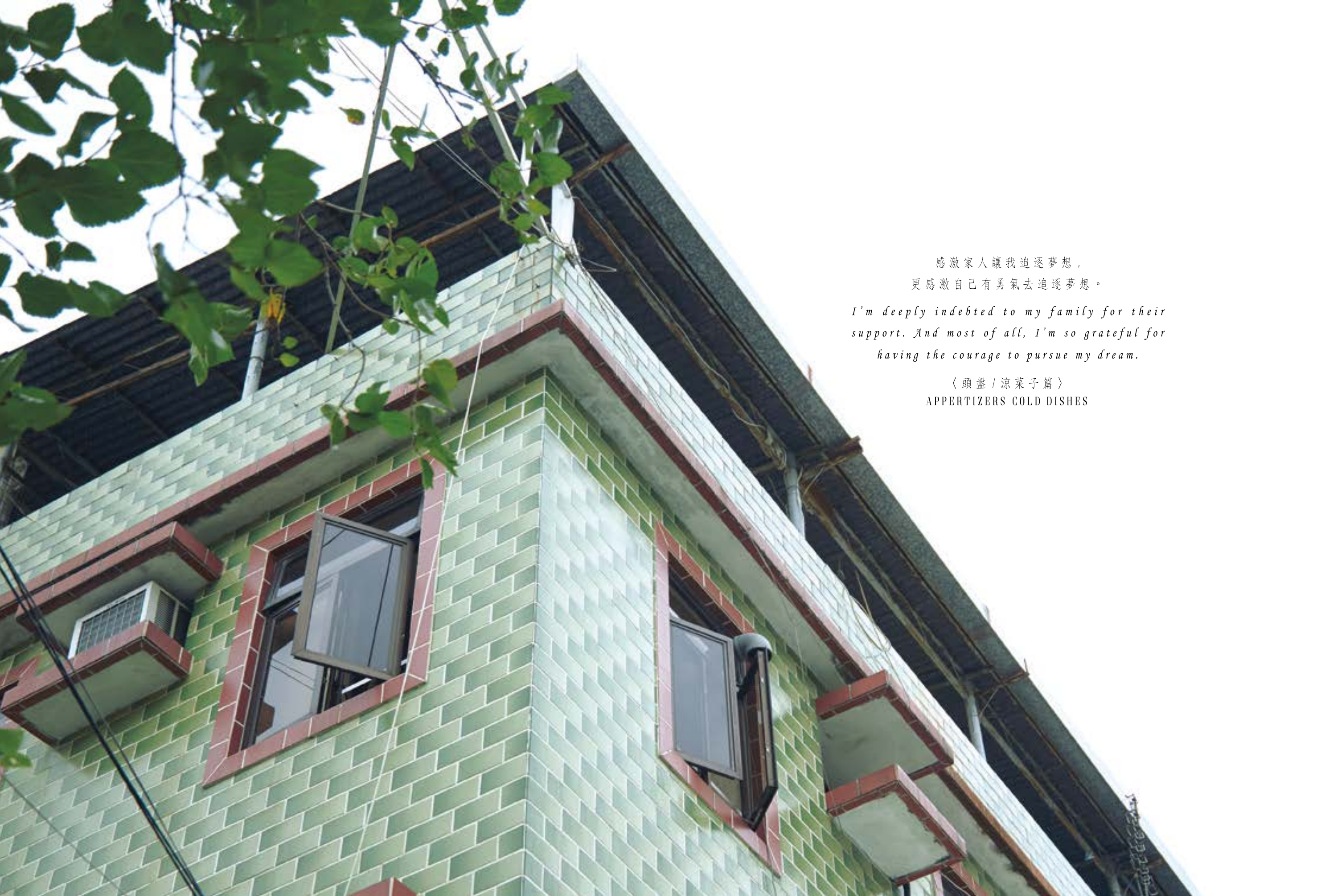
To set up for steaming:

Place the pork slices into a bowl with the skin facing downwards. Layer the sautéed mui choy on top. Sprinkle some crushed rock sugar on the mui choy.

Two-times steaming (3 hours in total):

- 1/Using electric steamer: as the first step, steam at 100°C for 1.5 hours, or
- 2/On the stovetop: put in wok when the water boils, steam on high heat for 1.5 hours. \*Remember to check and make sure there is enough water\*
- 3/When done, store in a refrigerator. Steam for a further 1.5 hours the next day.
- 4/When ready to serve, turn the bowl upside down on a plate(so that pork is on top of the mui choy).





感激家人讓我追逐夢想，  
更感激自己有勇氣去追逐夢想。

*I'm deeply indebted to my family for their  
support. And most of all, I'm so grateful for  
having the courage to pursue my dream.*

〈頭盤 / 涼菜子篇〉  
APPETIZERS COLD DISHES

## SMACKED CUCUMBER SALAD

### INGREDIENTS

SERVES 4

1 pc of cucumber

Seasonings:

3 Tbsps Shanxi mature vinegar

1 Tbsp white vinegar

1 Tbsp chopped garlic

$\frac{1}{4}$  tsp table salt

1 tsp granulated sugar

1 tsp chopped hot chili pepper, (approx. 1 pcs)

2 Tbsps drinking water

### INSTRUCTIONS

1/Rinse the cucumber. Trim the tips on both ends. Rub the tips against the trunk on the cut surface and rinse off the white foam that appears.

2/Cut the cucumber mid-length into two halves. Then cut lengthwise to yield 4 strips of cucumber.

3/Scoop out the seeds with a small spoon.

4/Put the cucumber strips into a food storage bag and smack into pieces with the flat side of a knife.

5/Put the marinade into a glass bowl. Add the smacked cucumber and mix well. Marinate for 10 mins and serve.



## S L I C E D P O R K W I T H G A R L I C S A U C E

### INGREDIENTS

SERVES 4

1/2 catty or 300g pork belly,  
whole piece

2 tsps Chinese rose wine

3 slices of ginger

6 stalks of scallion, white  
section only

1 tsp salt

1 tsp cooking oil

2 bowls of ice cube,  
for cooling

Seasoning (Garlic Dipping)

3 Tbsps mashed garlic

3 tsps dark soy sauce

3 tsps light soy sauce

3 tsps Shanxi mature vinegar

1 tsp chili, dice

2 tsps granulated sugar

1 Tbsp cold boiled water

(Mix all of the above  
thoroughly to make the  
dipping sauce)

### INSTRUCTIONS

1/Heat up a small pot of water on high heat. When the water boils, add the pork belly, ginger, scallion, salt, oil and Chinese rose wine. Stir briefly and cook for 30 mins. Then turn off heat and let rest for 10 mins. Take out the pork belly when time is up.

2/Add the ice cubes in a large bowl with water. Soak the pork belly in the ice water for 3 mins to cool down. Take out and drain.

3/Cut the pork belly into very thin slices. Roll up or lay flat on a plate. Serve with the dipping sauce.







APPERTIZERS

## CHICKEN WITH NUMB AND SPICY SAUCE

### INGREDIENTS

SERVES 4

- 2 fresh chicken thighs
- ½ Tbsp Sichuan pepper
- 1 tsp Sichuan pepper powder
- ½ Tbsp dried chili flakes
- 60g raw peanut
- 30g white sesame
- 2 hot chili peppers, diced
- 1 Tbsp Shaoxing wine
- 150ml vegetable oil
- 3 slices of ginger
- 4 to 5 sections of scallion
- 1 bunch of coriander, rinsed and  
teared up
- 1 tsp salt
- Seasonings:
- 1 Tbsp light soy sauce
- 1 tsp light brown sugar
- ½ Tbsp oyster sauce
- 1 tsp sesame oil

### INSTRUCTIONS

- 1/Rinse the chicken thighs. Marinate with a pinch of salt and Shaoxing wine for 30 mins. Then rinse and pat dry.
  - 2/Heat up 1 Tbsp of cooking oil in a frying pan on high heat. Brown both sides of the chicken thighs. Set aside.
  - 3/Bring a small pot of water to a boil on high heat. When the water boils, add the chicken thighs, 1 slice of ginger, 2 sections of scallion, Shaoxing wine and salt. Put on the lid and cook on high heat for 20 mins. Then turn off heat and let rest covered for 10 mins.
  - 4/When done, dunk the chicken thighs into cold water to cool for 10 mins. Take out and drain.
- To prepare the sesame and peanuts:-
- 1/Toasted sesame: Heat up a wok without adding oil or water, stir fry the sesame until golden. Take out and set aside.
  - 2/Toasted peanuts: Same process as toasting the sesame. When done, crush the peanuts with the back of a cleaver or roller pin.
- To prepare the numb and spicy sauce:-
- 1/Mix the Sichuan pepper powder, chili flake and hot chili pepper in a big bowl.
  - 2/Heat up the vegetable oil in a frying pan on high heat. When the oil boils, add the remaining ginger, scallion and Sichuan pepper. Cook on high heat for 3 mins. Turn off heat and discard the ginger, scallion and Sichuan pepper. Pour the hot oil into the big bowl of pepper and chili mix. Stir to mix and let rest for 1 min.
  - 3/When time is up, add the toasted sesame and ground peanut. Mix well and let rest. When cool, add the seasonings and mix well to form the sauce. Chop the chicken thigh into pieces, drizzle with the numb and spicy sauce and sprinkle the coriander and scallion on top.

APPERTIZERS



## S Q U I D   S A L A D



### INGREDIENTS

SERVES 4

- 1 squid, approx. 500g
- 3 slices of ginger  
julienne
- 4 cloves of garlic  
julienne
- 3 hot chili peppers  
diced
- 3 Tbsps fish sauce
- 5 Tbsps white vinegar
- 2 tsp granulated  
sugar
- 2 Tbsps sesame oil

### INSTRUCTIONS

- 1 / Rinse the squid and cut into halves in the middle. Score the surface in a crisscross pattern. Then slant cut into pieces.
- 2/Heat up a pot of water. When the water boils, add the squid and blanch for 2 to 3 mins. Take out and pat dry.
- 3/Mix the ginger, garlic, hot chili pepper, fish sauce, fish sauce, white vinegar and sesame oil in a large container. Add the blanched squid. Stir well and marinate for 30 mins and serve.



## TOFU CUBES WITH NUMB AND SPICY SAUCE



### INGREDIENTS

SERVES 4

- 1 soft block tofu
- 2 thousand-year eggs
- 3 hot chili peppers, finely chopped
- 3 cloves of garlic, finely chopped
- 1 bunch of coriander, rinsed and finely chopped

#### Seasonings:

- 1 Tbsp Shanxi mature vinegar
- 2 tsps white vinegar
- 1 Tbsp Sichuan pepper oil
- 1 tsp fish sauce
- 1 tsp sesame oil
- 1 Tbsp cold boiled water
- 1 1/2 tsps granulated sugar

### INSTRUCTIONS

#### Instructions

- 1/Rinse the tofu. Half horizontally and then cut into long cubes that can fit into a Chinese spoon.
- 2/Remove the rice husks and muddy dirt coating the thousand-year eggs. Peel and rinse clean. Cut into halves and then into small pieces of about 2cm x 2cm.
- 3/Mix the seasonings. Add chopped hot chili pepper, garlic and coriander and marinate for 15 mins.
- 4/Put each tofu into a Chinese spoon together with some thousand-year egg pieces. Drizzle the sauce on top and serve.



## SHANGHAI STYLE SMOKED FISH

### INGREDIENTS

SERVES 4

1 pcs of crisp flesh grass carp belly, (approx. 350g) and cut into 3 fillets of approx. 1 cm thick

700ml cooking oil

1 Tbsp corn starch

Sauce:

3 Tbsps Shanxi mature vinegar

1 Tbsp white vinegar

2 Tbsps light soy sauce

1 Tbsp dark soy sauce

1 Tbsp oyster sauce

3 pcs of star anise

3 small pcs of cinnamon

3 slices of ginger

2 cloves of garlic, crushed

3 white sections of scallion

½ slab of raw cane sugar

Marinade:

2 Tbsps Shaoxing wine (Huadiao)

3 slices of ginger

3 sections of scallion

### INSTRUCTIONS

1/Rinse the fish belly. Remove the black membrane with a piece of cloth and pat dry. Mix with 2 ginger slices, scallion sections and Shaoxing wine. Marinate for at least 1 hour.

2/Rinse the star anise and cinnamon.

3/When marinating the fish, heat up 2 tsps of cooking oil in a wok on high heat. Saute the ginger, garlic, scallion, star anise and cinnamon for 1 min.

4/Add light soy sauce, dark soy sauce, oyster sauce, Shanxi mature vinegar, white vinegar, 300ml of cold boiled water and rock sugar. Keep stirring for about 2 mins. Put on the lid and reduce the heat to medium. Cook for 10 mins.

5/When the time is up, turn off the heat and remove the solid ingredients. Retain the sauce.

6/When the fish fillets are thoroughly marinated, remove the excess liquid. Pat dry and coat with a thin layer of corn starch. Let rest for 10 mins.

7/Pour 700ml of cooking oil into a pot/wok and turn on high heat. When the oil boils, put the fish fillets in. When frying, keep moving the fish and baste with hot oil golden, about 10 mins. Take out the fish.

To serve:

Dip the fried fish fillet into the sauce to eat or drizzle the sauce on the fish fillets before eating.





在過去的八年期間，不是在街市便是在  
這個廚房，非常享受每一刻。  
*My past eight years were spent either here  
or in the wet market and I enjoyed every  
moment of it.*

〈主菜篇〉

MAIN COURSES

SWEET AND SOUR RIBS WITH STRAWBERRY  
GLAZE AND TANGERINE PEEL



## INGREDIENTS

SERVES 4

400g pork spare rib, cut into cubes

8 strawberries

2 tps lemon juice

2 tps white vinegar

160g corn starch

130ml cold boiled water

1 egg

900ml cooking oil

Corn starch mixture :

2 tps corn starch +

4 Tbsps cold boiled water

Marinade:

3 pcs of dried tangerine peel

2 tps Shaoxing wine

(Huadiao)

½ tsp salt

2 tps granulated sugar

2 tps light soy sauce

2 tps oyster sauce

## INSTRUCTIONS

1/Rinse the spare ribs and soak in hot water for 5 mins. Remove the bloody water. Rinse and pat dry.

2/Rinse the strawberries and remove the leaves and stems. Cut six of the strawberries into quarters. Add to a blender with 130ml of cold boiled water. Blend to a paste at high speed and set aside.

3/Soak the dried tangerine peels in water until soft and scrape away the pith. Dice finely.

4/Roughly chop the remaining two strawberries and set aside.

5/Beat the egg and set aside.

To marinate the ribs:

1/Mix the ribs with the tangerine peel, Shaoxing wine, salt, granulated sugar, light soy sauce and oyster sauce. Marinate in the refrigerator overnight or for at least 3 hours.

2/When done, mix the beaten egg with the ribs. Add corn starch and mix well. Let rest for 15 mins.

3/Meanwhile, pour the strawberry paste into a wok and turn on high heat. Add granulated sugar and white vinegar and stir constantly until the sugar has completely dissolved. Add lemon juice to taste and turn off the heat.

To double-fry the ribs:

1/Add the cooking oil into a pot or wok and turn on high heat. Add the spare ribs into the hot oil one by one. Reduce the heat to medium and fry for 3 to 4 mins, stirring occasionally to prevent the ribs from sticking together. Take out the ribs when time is up.

2/Turn the heat back to high. When the oil boils, return the ribs to the wok and fry on high heat for 3 mins. Turn off heat, take out the ribs and drain.

3/Add the chopped strawberries to the strawberry sauce and cook on high heat. Add corn starch mixture and keep stirring. Turn off the heat, pour the fried ribs into the strawberry glaze and mix well and serve.



## SWEET AND SOUR PORK WITH PINEAPPLE

### INGREDIENTS

SERVES 4

400g pork belly, cut into cubes  
 1 can of pineapple, slice  
 ½ of each of red, green and yellow bell peppers  
 ½ onion, sliced  
 150g dried hawthorn berries, rinse  
 water 300ml  
 150g corn starch  
 7 to 8 sections of scallion  
 700ml cooking oil  
 corn starch mixture:  
 2 tsps of corn starch +  
 3 Tbsps of water  
 1 pc of egg

Marinade:  
 2 tsps light soy sauce  
 2 tsps oyster sauce  
 2 tsps granulated sugar  
 2 tsps Shaoxing Wine(Huadiao)

Sauce :  
 3 Tbsps ketchup  
 1 Tbsp lemon juice  
 100ml water  
 3 tbsps granulated sugar  
 80 to 100 ml homemade hawthorn  
 mixture (see instructions)  
 (Mix the above except corn starch mixture  
 in a big bowl)

### INSTRUCTIONS

- 1/Rinse and drain the pork belly cubes. Marinate for 30 mins.
- 2/Rinse the bell peppers. Remove the seeds and dice.
- 3/Rinse onion, peel and cut small pcs.
- 4/To prepare the hawthorn mixture:  
 Heat up a small pot of water on high heat. When the water boils, add hawthorn berries. Stir constantly. Cook for approx. 8 mins. Reserve the cooking liquid.
- 5/Add egg liquid into the marinated belly cubes and coat with corn starch (press the corn starch on each belly cube) and let rest for 15 mins.
- 6/Heat up 1 Tbsp of cooking oil with ginger slices in a wok on high heat. Saute the onion, bell peppers and scallion sections for 1 min. Take out and set aside.
- 7/Heat up a wok with 700ml of cooking oil on high heat. When the oil boils, add the belly cubes. Reduce heat to medium and fry for 4 to 5 mins. Turn off heat and take out the meat.
- 8/Turn the heat back to high. Return the belly cubes to the wok and fry for 3 mins. Take out and drain.
- 9/Heat up 1 Tbsp of cooking oil in a separate wok on high heat. When the oil boils, add the sautéed ginger, onion, bell peppers, pineapple and scallion followed by the mixed sauce. Stir the sauce in a circular motion and cook for approx. 2 mins. Taste the sauce for the correct balance of sweet and sourness.
- 10/Add the corn starch mixture into the wok and stir until the sauce thickens. Immediately toss the fried belly cubes into the wok. Stir well to coat and plate up.



## STEAMED PORK PATTY WITH PRESERVED VEGETABLE

### INGREDIENTS

SERVES 4

300g well-marbled pork  
collar-butt

200g mui choy (pre-  
served vegetable)

Marinade:

1 Tbsp chopped garlic

2 tsps corn starch

2 tsps light soy sauce

2 tsps Shaoxing wine

2 tsps light brown sugar

2 tsps cooking oil

3 to 4 Tbsps water

### INSTRUCTIONS

1/Clean the pork collar-butt and drain.

2/Soak the mui choy in water for at least 30 mins, then rinse three times and make sure no dirt is trapped between the leaves.

3/Dice the pork then finely chop into a mince.

4/Dice the mui choy.

5/Stir the marinade into the minced pork. Add diced mui choy and mix well.

To Steam:

1/ Using electric steamer: steam at 100°C for 12 mins (whole process); or

2/ On the stovetop: put in the wok when water is boiling, steam on high heat for 12 mins and serve.





## BRAISED PORK TROTTERS WITH DRIED SQUID

### INGREDIENTS

SERVES 4

1 pork trotter, chopped  
 8 dried squids  
 1 lotus root, 300g  
 2 cloves of garlic, crushed  
 3 slices of ginger  
 1 Tbsps Shaoxing wine  
 2 pcs of rock sugar  
 2 Tbsps cooking oil  
 approx. 1L cold boiled  
 water

Marinade:

1 cube of red fermented  
 bean curd  
 2 Tbsps light soy sauce  
 2 Tbsps oyster sauce

### INSTRUCTIONS

- 1/Clean the pork trotter and blanch on high heat for 10 mins. Drain and set aside.
- 2/Soak the dried squids in cold water for 15 mins until soft. Open up with scissors and remove the cartilage. Rinse and drain.
- 3/Rinse the lotus root. Peel and slice.
- 4/Heat up 2 Tbsps of oil in the wok on high heat, add the ginger, garlic and pork trotter and saute briefly. Add the Shaoxing wine, light soy sauce, oyster sauce and red fermented bean curd, stir fry thoroughly.
- 5/Add 300ml of cold boiled water and cook uncovered for 6 mins, stirring intermittently. Then add the rest of the water (enough to cover the pork trotters). Add rock sugar, put on the lid and braise on high heat for 30 mins and serve.
- 6/When time is up, add the lotus root slices and dried squids and stir to mix. When the sauce boils, reduce the heat to medium and continue to cook for another 30 mins. Turn off the heat and let rest covered for 20 mins and serve.



STEAMED SPARERIBS AND TOFU PUFF  
WITH PRESERVED BLACK OLIVE  
AND BLACK SOYBEANS



### INGREDIENTS

SERVES 4

500g pork sparerib  
3 preserved black olives  
1 Tbsp preserved black bean  
8 tofu puffs  
3 cloves of garlic, crushed  
1 hot chili pepper, chopped  
1 Tbsp chopped scallion

#### Seasonings:

1/2 Tbsp light soy sauce  
2 tsps Shaoxing wine  
1/2 tsp salt  
1 tsp light brown sugar  
2 tsps corn starch  
2 tsps cooking oil  
50ml water

### INSTRUCTIONS

- 1/Soak the spareribs in hot water for 5 mins. Remove the bloody water and rinse. Drain and set aside.
  - 2/Rinse the tofu puffs. Squeeze dry and cut into halves.
  - 3/Rinse the preserved black olives and dice up.
  - 4/Rinse the preserved black beans and pound into paste with the handle of a knife.
  - 5/Mix the seasonings, black olives, black beans, garlic and hot chili pepper with the spareribs. Marinate for 15 mins.
  - 6/Lay the tofu puffs on the bottom of a plate and put the marinated spareribs on top.
- To steam:-
- 1/Using electric steamer: steam at 100°C for 15 mins. (whole process); or
  - 2/On stovetop: steam on high heat for 15 mins.



# STEAMED STUFFED TOFU



## INGREDIENTS

SERVES 4

1 block of firm tofu  
 100g minced pork, half-lean  
 half-fat  
 half a pack of winter mushrooms  
 1 tsp finely chopped garlic  
 a dash of finely chopped  
 scallion  
 50ml water

### Marinade:

1 tsp light soy sauce  
 1 tsp cooking oil  
 ½ tsp light brown sugar  
 1 tsp corn starch  
 2 Tbsps dried shrimp  
 (marinate the minced pork for  
 15 mins)

### Glaze:

½ Tbsp light soy sauce  
 2 tps dark soy sauce  
 1 Tbsp oyster sauce  
 1 tsp light brown sugar  
 corn starch mixture:  
 2 tps corn starch + 3 Tbsps  
 water

## INSTRUCTIONS

- 1/Rinse the tofu. Cut horizontally and then cut into big cubes. Scoop out a hole in each tofu cube.
- 2/Rinse the dried shrimps in cold water. Soak in hot water for 10 mins. Take out and chop finely. Reserve the soaking liquid.
- 3/Remove the root of the winter mushrooms. Soak in water for 20 mins. Tear into small bunches. Drain and set aside.
- 4/Stuff the marinated meat into the tofu cubes.
- 5/To Steam:
  - Using electric steamer: steam at 100°C for 10 mins; or
  - On the stovetop: put in wok when the water boils, steam on high heat for 10 mins.
- 6/Heat up the cooking oil in a pan on high heat. Add the garlic, winter mushroom and seasonings (except the corn starch mixture). Then add the water. Cook and stir for about 2 mins. Then add the corn starch mixture. Stir well and turn off heat.
- 7/Take out the tofu from the steamer. Drain off the accumulated liquid. Then pour the glaze and winter mushrooms on the tofu. Sprinkles chopped scallion on top and serve.



## E G G P L A N T C A S S E R O L E W I T H S A L T E D F I S H

### INGREDIENTS

SERVES 4

- 300g minced pork
- 2 eggplants, approx. 400g
- 1 pcs of salted fish,  
(approx. 60g)
- 3 cloves of garlic,  
chopped
- 1 shallot, chopped
- 1 hot chili pepper,  
chopped
- 2 Tbsps chopped scallion
- 1.5 Tbsp chili bean sauce
- 2 tsps light brown sugar
- 1 Tbsp Shaoxing wine  
(Huadiao)
- 80ml cooking oil
- 100ml water

### INSTRUCTIONS

- 1/Rinse the eggplants and peel in alternative strips. Then cut into strips and set aside.
- 2/Rinse the salted fish and dice up.
- 3/To “flash-fry” the eggplants, heat up the wok with cooking oil. When the oil boils, add the eggplants and stir fry briefly for 2 mins. Take out and drain.
- 4/In the same wok and without adding oil, add the minced pork and pour Shaoxing wine around the wok. Give it a quick stir and toss in the garlic, shallot, hot chili pepper, salted fish, chili bean sauce and light brown sugar. Stir to mix.
- 5/Transfer the ingredients to a casserole. Add the eggplants and water. Turn on high heat and stir briefly. When the sauce boils, put on the lid and cook on medium heat for 10 mins. When done, sprinkle chopped scallion on top and serve.



## FRIED SWEET AND SOUR VINEGAR SPARE RIBS



### INGREDIENTS

SERVES 4

300g pork spare ribs, cut  
into cubes

5 to 6 sections of scallion

3 to 4 slices of ginger

500ml cooking oil

50g flour

1 egg

Seasonings:

3 Tbsps Shanxi mature  
vinegar

1 Tbsp white vinegar

1 Tbsp Shaoxing wine

1 Tbsp light soy sauce

1 Tbsp oyster sauce

4 Tbsps light brown sugar

80ml cold boiled water

### INSTRUCTIONS

1/Rinse the spare ribs and soak in hot water for 7 to 8 mins. Remove the bloody water. Rinse under running water and pat dry.

2/Beat the egg. Dip the spare ribs in egg wash and then coat with a thin layer of flour. Set aside and let rest for 15 mins.

3/Heat up 500ml of cooking oil in a wok on high heat. When the oil boils, gently add the spare ribs and fry on high heat for 3 mins. Take out and let rest for 3 mins. Then return to the wok and fry on high heat for 3 mins more. Take out and set aside.

4/To prepare the vinegar glaze, heat up the scallion, ginger with the seasonings on high heat. Stir constantly until the sugar has completely dissolved and the sauce has thicken up.

To serve :

1/ Drizzle the glaze on to the fried spare ribs; or

2/return the spare ribs into the wok of glaze and stir fry briefly to coat.



希望將所學菜式，融會貫通，  
令廚藝更上一層樓。

*I wish I could combine everything I've learned and  
take my culinary skills to a whole new level.*

〈主菜篇〉  
MAIN COURSES



## S P I C Y C H I C K E N C A S S E R O L E



### INGREDIENTS

SERVES 4

- half a fresh chicken,  
carved into pieces
- $\frac{1}{2}$  Tbsp chili powder
- 3 hot chili peppers,  
chopped
- 10 slices of ginger
- 4 shallots, sliced
- 5 cloves of garlic, crushed
- 7 to 8 sections of scallion
- 1 Tbsp Shaoxing wine
- 3 Tbsps cooking oil
- 2 pcs of rock sugar
- 500ml hot water
- Seasonings:
- 2 Tbsps light soy sauce
- 2 Tbsps oyster sauce

### INSTRUCTIONS

- 1/Rinse the chicken pieces. Soak in hot water for 6 mins. Remove the bloody water and rinse. Drain and set aside.
- 2/Heat up 2 Tbsps of cooking oil in the wok on high heat. Saute the ginger, garlic and shallot for 1 min. Take out and set aside.
- 3/In the same wok and without adding oil, add the chicken pieces and Shaoxing wine. Saute for 1 min. Add seasonings, hot chili pepper and pepper powder. Saute for 2 mins.
- 4/Transfer the chicken pieces into a casserole. Turn on high heat and add the hot water and rock sugar. Stir well and braise on high heat for 15 mins.
- 5/When time is up, open the lid to add the fried ginger, garlic and shallot. Stir well and put the lid back. When the water boils again, reduce the heat to medium and braise for another 15 mins. Then toss the scallion into the casserole leave covered for 5 mins.



STEAMED CHICKEN WITH DRIED DAY-  
LILY BUDS AND CLOUD EAR FUNGUS

INGREDIENTS

SERVES 4

half a chicken, carved into  
pieces

30g mixed dried daylily  
bud and cloud ear fungus

8 pitted jujubes

1 Tbsp juliennes of ginger

2 Tbsps cooking oil

1/2 Tbsp diced scallion,  
optional

Marinade:

1 Tbsp Shaoxing wine

1 Tbsp oyster sauce

2 tsps light soy sauce

1 tsp salt

2 tsps light brown sugar

1 Tbsp corn starch

50ml cold boiled water

INSTRUCTIONS

1/Rinse the chicken pieces. Drain and set aside.

2/Soak the daylily buds, fungus and jujube  
together in water for 20 mins, then rinse and  
drain.

3/Mix all ingredients well with the marinade ready  
to steam.

To steam:

1/Using electric steamer: steam at 100°C for 20  
mins (whole process); or

2/On the stovetop: put in the wok when water is  
boiling, steam on high heat for 20 mins.

3/Sprinkle scallion on top and serve.





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POACHED CHICKEN THIGHS WITH  
LEMONGRASS AND SAND GINGER

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INGREDIENTS

SERVES 4

- 2 frozen or chilled chicken thighs
- 1 stalk of lemongrass (approx. 20g)
- 1 pcs of sand ginger (approx. 20g)
- 2 Tbsps Shaoxing wine (Huadio)
- 2 tsps salt
- 2 Tbsps cooking oil
- 800ml water

INSTRUCTIONS

- 1/Rinse the chicken thighs and pat dry. Thoroughly rub with Shaoxing wine and 1 tsp of salt. Marinate for 30 mins.
- 2/In the meantime, rinse and chop the lemongrass. Rinse, peel and chop sand ginger.
- 3/Rinse the marinated chicken thighs and pat dry.
- 4/Heat up 1 Tbsp of cooking oil in a frying pan on high heat. Brown both sides of the chicken thighs.
- 5/Pour the water into a small pot and bring to a boil on high heat. When the water boils, add 1 tsp of salt and half of the chopped lemongrass and sand ginger. Add the chicken thighs, cook on high heat for 15 mins. Turn off heat and let rest covered for 10 mins.
- 6/After 20 mins, poke the chicken thighs with a chopstick. If the chopstick comes out clean, the chicken thighs are cooked through and can be taken out.
- 7/Heat up 1 Tbsp of cooking oil and saute the rest of the chopped lemongrass and sand ginger. Lay on top of the chicken thighs and serve.



## BRAISED CHICKEN IN SHAOXING WINE



### INGREDIENTS

SERVES 4

half of a fresh chicken  
carved into pieces

8 pitted jujubes

8 pcs wood ear fungus

300ml Shaoxing wine  
(Huadiao)

10 slices of ginger

2 tsps salt

2 Tbsps light brown sugar

1 Tbsp cooking oil

500ml hot water

### INSTRUCTIONS

- 1/Rinse the chicken pieces and soak in hot water for 5 mins. Remove the bloody water and rinse clean. Pat dry and set aside.
- 2/Soak the jujube and wood ear fungus in cold water for 10 mins. Drain and set aside.
- 3/Saute the ginger, jujube and wood ear fungus in 1 Tbsp of cooking oil in a wok on high heat. When the oil boils, add the chicken pieces and stir fry for 3 mins. Add the Shaoxing wine while stirring. Cook for approx. 2 mins.
- 4/When time is up, add hot water and stir well. Reduce heat to medium and cook covered for 15 mins. Season to taste and serve.



## H O M E S T Y L E C H I C K E N C U R R Y



### INGREDIENTS

SERVES 4

- half of a fresh chicken  
carved into pieces
- 2 Tbsps curry powder
- ½ Tbsp chili powder
- 100ml coconut milk
- 1 onion, sliced
- 2 potatoes, cut into  
chunks
- 3 cloves of garlic, crushed
- 3 slices of ginger
- 3 pcs of bay leaves
- 100ml cooking oil
- 400ml cold boiled water
- Seasonings:
- 1 Tbsp Shaoxing wine  
(Huadiao)
- 1 Tbsp light soy sauce
- 2 Tbsps oyster sauce
- 2 tsps light brown sugar

### INSTRUCTIONS

- 1/Rinse the chicken pieces and soak in hot water for 5 to 6 mins. Remove the bloody water and rinse clean. Pat dry and set aside.
- 2/Heat up the cooking oil in a wok on high heat. When the oil boils, add the potato chunks and shallow fry for 4 to 5 mins. Take out the potato and reserve the oil in a bowl.
- 3/In the same wok without adding oil, saute the sliced onion, ginger, and garlic for about 1 min. Take out and set aside.
- 4/In the same wok without adding oil, saute the chicken pieces for 1 mins. Pour Shaoxing wine around the wok. Add light soy sauce, oyster sauce and light brown sugar. Stir well.
- 5/Add curry powder, chili powder and bay leaves and stir fry for 1 min. Pour in 200 ml of cold boiled water. Cook on high heat uncovered for 5 mins, stirring intermittently.
- 6/When time is up, add the remaining water and carrot, then mix well. Put on the lid and braise on high heat for 15 mins.
- 7/After 15 mins, add the fried potato and stir. Put the lid back and braise for another 15 mins.
- 8/When time is up, return the onion, ginger, shallot and garlic into the wok. Add coconut milk. Stir to mix. Put the lid back and continue to cook on high heat for 5 mins before turning off the heat and serve.



## BRAISED CHICKEN WITH COCONUT

### INGREDIENTS

SERVES 4

- half of a fresh chicken  
carved into pieces
- 1 fresh coconut, use only  
half of the coconut meat
- 400 to 500ml fresh coco-  
nut water
- 3 slices of ginger
- 2 cloves of garlic, crushed
- 1 Tbsp Shaoxing wine  
(Huadiao)
- 2 Tbsps cooking oil
- Seasonings:
- 2 Tbsps light soy sauce
- 2 tsps dark soy sauce
- 1 Tbsp oyster sauce

### INSTRUCTIONS

- 1/Rinse the chicken pieces and soak in hot water for 10 mins. Remove the bloody water and rinse clean. Drain and set aside.
- 2/Rinse the coconut meat (already in long strips). Cut into 2~3 smaller strips.
- 3/Add the cooking oil, ginger and garlic into a wok, stir it briefly, turn on high heat. When the oil boils, add the chicken pieces. Pour Shaoxing wine around the edge of the wok and saute on high heat for 2 mins.
- 4/Add the seasonings into the wok and saute on high heat for another 3 mins. Then add the coconut water and coconut meat. Stir well. Put on the lid and braise on high heat for 15 to 20mins and serve. (Season to taste if necessary).



自幼在郊區長大，早已習慣了。  
*Growing up in the suburb, I'm so familiar  
with everything here.*

〈主菜篇〉  
MAIN COURSES



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## T H R E E C U P D U C K

### INGREDIENTS

SERVES 4

half of a duck, carved into pieces

6 slices of ginger

3 cloves of garlic, crushed

3 shallots, crushed

1 bunch of Taiwan basil, rinsed and teared up

7 to 8 sections of scallion rinsed

3 Tbsps cooking oil  
(Huadiao)

Sauce:

80ml Shaoxing wine  
(Huadiao)

2 Tbsps light soy sauce

2 Tbsps oyster sauce

2 pcs of rock sugar

1 tsp salt

400ml hot water

### INSTRUCTIONS

1/Rinse the duck pieces. Remove the viscera. Drain and set aside.

2/Heat up a wok on high heat without adding oil or water. Add 2 slices of ginger and the duck meat. Saute for 3 to 4 mins. Take out and drain.

3/In the same wok, heat up 3 Tbsps of oil on high heat. When the oil boils, return the duck pieces into the wok. Add light soy sauce and oyster sauce and saute for 1 min.

4/Pour in 200ml of hot water and stir well. Cook uncovered for 8 mins, stirring intermittently.

5/When time is up, add the remaining 200ml of hot water. Add rock sugar and stir well. Put on the lid and braise on high heat for 20 mins.

6/When time is up, add the Shaoxing wine, Taiwan basil and scallion. Stir well. Put the lid back and braise for another 10 mins. Then turn off heat. Season to taste and serve.



## BRAISED MUSCOVY DUCK WITH TARO

### INGREDIENTS

SERVES 4

half of a muscovy duck  
carved into pieces

approx. 400g taro

5 slices of ginger

3 cloves of garlic

3 pcs of star anise

300ml cooking oil  
(for frying taro)

600ml hot water

1 Tbsp Shaoxing wine

(Huadiao)

1 Tbsp finely chopped  
scallion (optional)

Seasonings:

1 cube of red fermented  
bean curd

1 Tbsp dark soy sauce

2 Tbsps light soy sauce

2 Tbsps oyster sauce

1/2 slab of raw cane sugar

### INSTRUCTIONS

1/Rinse the duck pieces. Drain and set aside.

2/Rinse and peel the taro. Cut into thick strips  
and set aside.

3/Crush the garlics and rinse the star anises.

4/Heat up a wok on high heat without adding oil  
or water. Add 2 slices of ginger and the duck  
meat. Saute for 3 mins. Take out and drain.

5/Heat up 300ml of cooking oil in a wok on high  
heat. When the oil boils, add the taro strips.  
Deep fry for 3 mins, stirring intermittently.  
Take out and set aside. (Reserve the oil in a  
large bowl.)

6/Heat up the same wok without adding oil. Add  
ginger, garlic, star anise, red fermented bean  
curd and the duck meat. Stir well and pour in  
the Shaoxing wine, light soy sauce and oyster  
sauce. Stir fry briefly.

7/Pour in 300ml of hot water. Cook uncovered  
for 5 mins, stirring intermittently.

8/After 5 mins, add the remaining hot water and  
raw cane sugar. Stir to mix. Put on the lid and  
braise on high heat for 20 mins.

9/When time is up, add the fried taro and stir  
well. Put the lid back on. When the sauce boils,  
reduce the heat to medium and continue to  
braise for another 20 mins and serve.



# DUCK A L'ORANGE



## INGREDIENTS

SERVES 4

- half of a duck, carved into pieces
- 5 to 6 oranges, to produce approx. 300ml of juice
- 2 lemons, to produce approx. 2 Tbsps of juice
- 5 slices ginger
- 1/2 Tbsp finely chopped garlic
- 1 Tbsp Shaoxing wine
- 1 Tbsp light soy sauce
- 2 Tbsps oyster sauce
- 3 Tbsps cooking oil
- 1 tsp salt
- 2 pcs of rock sugar
- 200ml hot water
- corn starch mixture :  
2 tsps corn starch +  
3 Tbsps water

## INSTRUCTIONS

- 1/Rinse the duck pieces. Remove the viscera. Drain and set aside. Heat up a wok on high heat without adding oil or water. Add 2 slices of ginger and the duck meat. Saute for 3 to 4 mins. Take out and pat dry.
- 2/Rinse the oranges and use a grater to produce about 1/2 Tbsp of zest. Cut and squeeze the oranges to produce about 300ml of juice.
- 3/Rinse the lemon. Cut and squeeze to produce about 2 Tbsps of juice.
- 4/Heat up 2 Tbsps of cooking oil in a wok on high heat. Add the ginger, garlic and duck meat. Pour in the Shaoxing wine, light soy sauce and oyster sauce. Saute for 2 mins.
- 5/Pour in 200ml of hot water. Cook on high heat uncovered for 8 mins, stirring intermittently.
- 6/After 8 mins, add the orange juice, lemon juice and rock sugar. Stir to mix. Put on the lid and braise on high heat for 20 mins.
- 7/When time is up, add the orange zest and salt and stir well. Put the lid back on and braise on medium heat for another 10 mins.
- 8/Finally, add the corn starch mixture and stir well and serve.





## SEA SNAILS AND ABALONES IN SPICY WINE SAUCE



### INGREDIENTS

SERVES 4

- 10 fresh abalones
- 500g sea snails
- 30ml Shaoxing wine  
(Huadiao)
- 20ml Chinese rose wine
- 1 stalk of Chinese celery  
(approx. 200g)
- 1 Tbsp finely chopped hot  
chili pepper
- ½ Tbsp finely chopped  
shallot
- ½ Tbsp finely chopped  
ginger
- ½ Tbsp finely chopped garlic
- 2 Tbsps cooking oil
- 300ml hot water
- Seasonings:
- 2 Tbsps light soy sauce
- 2 tsp dark soy sauce
- 2 Tbsps oyster sauce
- 1 tsp light brown sugar

### INSTRUCTIONS

- 1/Stick a knife into the abalone between the meat and the shell and separate the two parts. Remove the viscera. Brush off the black dirt. Rinse clean and pat dry.
- 2/Add 1 tsp of salt in a small tray of water. Soak the sea snails for 20 mins. Take out and set aside.
- 3/Bring a small pot of water to a boil on high heat. When the water boils, add the sea snails and cook for 3 mins. Take out and drain.
- 4/Remove the leaves of the Chinese celery and cut the stems into 6cm sections. Soak in cold water for 20 mins. Take out and set aside.
- 5/Add 2 Tbsps of cooking oil to a wok and turn on high heat. Saute chopped chili pepper, shallot, ginger, garlic and sea snails for 1 min. Add the seasonings and further saute for 1 min.
- 6/Add Shaoxing wine, Chinese rose wine and 100ml of hot water into the wok. Cook uncovered on high heat for 5 mins, stirring intermittently.
- 7/When time is up, add the remaining hot water, abalone and Chinese celery. Stir well and put on the lid. Cook on high heat for 10 mins and serve.



## PAN FRIED LARGE YELLOW CROAKER



### INGREDIENTS

SERVES 4

1 large yellow croaker,  
(approx. 500g)  
2 shallots, sliced  
2 slices of ginger  
2 cloves of garlic, crushed  
1/2 Tbsp scallion, optional  
1/2 Tbsp corn starch  
4 Tbsps cooking oil  
a dash of salt  
50ml water

corn starch mixture: 2  
tsp corn starch +  
3 Tbsps of cold water

Seasonings:-

1 Tbsp light soy sauce  
1/2 Tbsp dark soy sauce  
1/2 Tbsp light brown sugar

### INSTRUCTIONS

- 1/Clean the large yellow croaker inside and out. Pat dry. Sprinkle some salt on it and coat with a thin layer of corn starch.
- 2/Add oil and ginger slices to a frying pan. Turn on high heat. When the oil boils, gently slide the fish in. Pan fry on high heat for 2 mins on each side. Reduce heat to medium and continue to fry until golden brown. Transfer the fish and ginger slices on to a plate.
- 3/In the same wok and without adding oil, saute the shallot and garlic for 1 min. Add the seasonings and 50ml of water. Cook and keep stirring. Then add the corn starch mixture and stir to mix in a circular motion.
- 4/Pour the hot sauce on the fish and serve.



回家真好，  
喝一口熱騰騰的湯，每一口都代表著愛。  
*Nothing beats a hot bowl of soup filled  
with nourishing love at home.*

〈經典廣東湯水篇〉  
CLASSIC CANTONESE SOUPS






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CLASSIC CANTONESE  
SOUPS

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WATERCRESS AND APRICOT KERNEL SOUP  
WITH PRESERVED DUCK GIZZARDS AND  
PORK SHOULDER

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INGREDIENTS

SERVES 6

900g watercress  
3 pcs of preserved duck  
gizzards  
600g pork shoulder  
200g mixed sweet and  
bitter apricot kernels  
2 candied jujubes  
1/4 pcs of dried tangerine  
peel  
2 tsps salt  
6L water

INSTRUCTIONS

- 1/Soak the watercress with 1 tsp of salt for 15 mins. Rinse twice and drain.
- 2/Soak the preserved duck gizzards in hot water for 10 mins then cut into thick slices.
- 3/Clean the pork shoulder. Blanch on high heat for 10 mins. Rinse and drain. Soak the apricot kernels in cold water for 30 mins and set aside.
- 4/Meanwhile, rinse the candied jujubes.
- 5/Soak the dried tangerine peel in cold water till soft, then scrape away the pith.
- 6/Add the apricot kernels into a blender with 300ml of cold boiled water. Blend at high speed for 2 to 3 mins.
- 7/Place the mashed apricot kernel into a muslin bag, squeeze and collect the juice for use later.
- 8/In a stock pot, bring 6L of water to boil on high heat. When the water boils, add pork shoulder, duck gizzards, watercress, candied jujubes and tangerine peel. Cook for 50 mins on high heat.
- 9/After 50 mins, reduce the heat to medium and continue to cook for 1 hour. When time is up take out the pork shoulder.
- 10/Immediately add the apricot juice into the pot. Keep cooking on medium heat for another 30 mins. Season to taste and serve.

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CLASSIC CANTONESE  
SOUPS



CLASSIC CANTONESE  
SOUPS

DRIED CABBAGE AND FIG SOUP  
WITH PORK BLADE BONE

INGREDIENTS

SERVES 6

- 600g pork blade bone
- 150g dried cabbage
- 300g Chinese white cabbage
- 8 dried figs, soaked in water for 10 mins
- 1 carrot, approx. 150g
- 1 cob of corn
- 20g mixed sweet and bitter apricot kernels, soaked in water for 10 mins
- 1/4 pcs of dried tangerine peel, soaked and with pith removed
- 5L water

INSTRUCTIONS

- 1/Clean the pork blade bones and set aside.
- 2/Soak the dried cabbage in water for 20 mins. Remove the root part. Rinse twice and drain.
- 3/Soak the Chinese white cabbage in water for 20 mins. Separate the stems of leaves. Rinse twice and drain.
- 4/Rinse and peel the carrot, then rolling cut into pieces.
- 5/Rinse the corn and cut into 4 chunks.
- 6/Blanch the pork bones on high heat for 6 mins, then rinse and drain.
- 7/Add the water into a stock pot and turn on high heat. When the water boils, add all ingredients except the Chinese white cabbage into the pot. Cook for 50 mins.
- 8/When time is up, add the Chinese white cabbage and reduce the heat to medium. Continue to cook for another 70 mins. Season to taste and serve.

CLASSIC CANTONESE  
SOUPS





CLASSIC CANTONESE  
SOUPS

PORK SHANK SOUP WITH YELLOW  
CUCUMBER AND BEANS

INGREDIENTS

SERVES 6

700g pork shank  
1 yellow cucumber  
(approx. 900g)  
3 Tbsps rice beans  
3 Tbsps Indian beans  
 $\frac{1}{2}$  pcs of dried tangerine  
peel  
1 tsp salt  
4L water

INSTRUCTIONS

- 1/Rinse the pork shank set aside.
- 2/Rinse the yellow cucumber. Cut lengthwise and scoop out the seeds. Then cut into chunks set aside
- 3/Soak the rice beans and Indian beans in cold water for 15 mins. Drain and set aside.
- 4/Soak the dried tangerine peel in cold water until soft. Scrape away the pith set aside.
- 5/Blanch the pork shank on high heat for 7 mins. Rinse and drain.
- 6/Pour 4L of water into a stock pot and turn on high heat. When the water boils, add the pork shank, yellow cucumber, rice bean, Indian bean and tangerine peel and cook on high heat for 1 hour. Reduce heat to medium and cook for another 45 mins. Season to taste and serve.

CLASSIC CANTONESE  
SOUPS



CLASSIC CANTONESE  
SOUPS

DOUBLE-BOILED CHICKEN SOUP  
WITH CONCH AND MUSHROOMS

INGREDIENTS

SERVES 6

half of a fresh chicken,  
carved into chunks

200g lean pork meat

6 medium-size dried  
conchs

30g blaze mushrooms

20g Cha Shu Gu (tea tree  
mushrooms)

1/2 pcs of dried tangerine  
peel

800ml hot water

INSTRUCTIONS

1/Rinse the chicken and pork. Soak separately in hot water for 10 mins. Drain and rinse clean.

2/Rinse the dried conch and soak in 200 ml of hot water for 20 mins. Take out and reserve the soaking liquid. Cut into slices.

3/Soak the blaze mushrooms and cha shu gu separately in cold water for 15 mins. Tear the cha shu gu into small bunches while leaving the blaze mushrooms whole. Drain and set aside.

4/Soak the dried tangerine peel in cold water until soft. Scrape away the pith.

5/Fill the double-boiler with all ingredients. Add hot water and the reserved soaking liquid.

To double-boil:

1/Using electric steamer: steam at 100°C for 3.5 hours (whole process)

2/On the stovetop: put in wok when the water boils, steam on high heat for 1.5 hours and then on low heat for another 2 hours (Remember to check and ensure there is enough water to steam.). Season to taste and serve.

CLASSIC CANTONESE  
SOUPS



CLASSIC CANTONESE  
SOUPS

NIGHT BLOOMING CEREUS SOUP  
WITH DRIED LONGAN AND CONCH

INGREDIENTS

SERVES 6

200g dried night  
blooming cereus

3 frozen conchs  
(approx. 300g)

500g lean pork

20 dried longans

2 slices of ginger

5L cold water

INSTRUCTIONS

1/Soak the blooming night cereus in cold water for 15 to 20 mins, rinse twice and drain.

2/Defrost the conch in cold water. Using a clean piece of cloth or brush, scrape away the black membrane. Open up its belly with a small knife and remove the viscera. Rinse and set aside.

3/Soak the dried longan in cold water for 10 mins set aside.

4/Cut the conch into thick slices. Soak in hot water for 6 mins and rinse.

5/Rinse the pork and cut into small chunks. Soak in hot water for 10 mins. Remove the bloody water and rinse the pork again.

6/Add the cold water into a stock pot and turn on high heat. When the water boils, add all ingredients and cook on high heat for 50 mins, then reduce the heat to medium and continue to cook for another 90 mins. Season to taste and serve.

CLASSIC CANTONESE  
SOUPS





CLASSIC CANTONESE  
SOUPS

## MELON AND PORK SOUP

### INGREDIENTS

SERVES 6

800g pork spare ribs  
half of a melon  
(approx. 400g)  
2 candied jujubes  
 $\frac{1}{2}$  of dried tangerine peel  
3L water  
2 tsps salt

### INSTRUCTIONS

- 1/Soak the spare ribs in hot water for 10 mins. Remove the bloody water and rinse clean. Drain and set aside.
- 2/Peel the melon and remove the seeds. Cut into pieces and set aside.
- 3/Soak the candied jujube and tangerine peel for 10 mins separately. Remove the pith of the tangerine peel.
- 4/Bring the pot of water to a boil on high heat. When the water boils, add all ingredients (except the salt) and cook on high heat for 1 hour. Then reduce the heat to medium and cook further for 30 mins. Turn off heat. Season to taste and serve.

CLASSIC CANTONESE  
SOUPS





不一定在廚房，  
世間上每一件小事物都能啟發廚藝。  
*You can take culinary inspiration from any  
little thing in the world. It doesn't always  
have to happen in the kitchen.*

〈素食及素湯水篇〉  
VEGETARIAN DISHES & SOUPS

VEGETARIAN DISHES &  
SOUPS

## STEAMED BEAN CURD WRAP

### INGREDIENTS

SERVES 4

- 1 large bean curd sheet
- 10 oyster mushrooms
- 30g winter mushrooms
- 6 baby corns
- 1/4 pcs of carrot, approx.  
100g
- 2 cloves of garlic  
finely chopped
- 1 Tbsp cooking oil
- 1/2 Tbsp Shaoxing wine
- 80ml hot water
- corn star mixture :-  
2 tsps corn starch + 3  
Tbsps cold water

#### Seasonings:

- 2 tsps light soy sauce
- 2 Tbsps oyster sauce
- 1 tsp light brown sugar
- 1/2 tsp salt

### INSTRUCTIONS

- 1/Lay the bean curd sheet open and cut out circles of 10 to 12cm in diameter (may cut along the brim of a large bowl)
- 2/Soak the oyster mushrooms and baby corns in cold water for 10 mins. Drain and cut into thin strips.
- 3/Remove the root of the winter mushrooms. Soak in cold water for 10 mins. Tear into small bunches and set aside.
- 4/Peel and julienne the carrot.
- 5/To prepare the stuffing, heat up 1 Tbsp of cooking oil in a wok on high heat. Add chopped garlic, carrot, baby corn, oyster mushrooms and winter mushrooms. Pour Shaoxing wine around the wok and saute for 1 min.
- 6/Add the seasonings and saute for 1 min. Then add 80ml of hot water, keep stirring until the sauce thickens up. Turn off the heat and separate the ingredients from the sauce.
- 7/On each piece of round bean curd sheet, put in 1 Tbsp of the cooked ingredients and roll into a cylinder. Put the rolls on a plate and cover with heat resistant cling wrap. Steam for 5 to 6 mins.
- 8/When done, take out and drain the accumulated liquid. Reheat the sauce on high heat. Add corn starch mixture and stir well. Then pour on to the bean curd rolls and serve.

VEGETARIAN DISHES &  
SOUPS





VEGETARIAN DISHES &  
SOUPS

## PRESERVED RADISH OMELETTE

### INGREDIENTS

SERVES 4

50g preserved radish

3 eggs

1 tsp salt

2 Tbsps finely chopped  
scallion

3 Tbsps cooking oil

### INSTRUCTIONS

- 1/Soak the preserved radish in cold water for 15 mins. Squeeze dry and dice finely.
- 2/Beat the eggs with salt and chopped scallion.
- 3/In a wok without oil or water, toast the preserved radish till dry. Take out and set aside.
- 4/Add cooking oil to the wok and turn on high heat. Briefly sautee the preserved radish. Reduce the heat to medium and add the egg mixture. Pan fry until both sides are golden brown and serve.

VEGETARIAN DISHES &  
SOUPS



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 DEEP - FRIED EGGS WITH  
 FIVE - VEGETABLE PICKLE
 

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## INGREDIENTS

SERVES 4

3 large size eggs  
 500ml vegetable oil

Ingredients for the  
 Five-vegetable Pickle:

$\frac{1}{2}$  Tbsp julienne young  
 ginger

$\frac{1}{2}$  Tbsp julienne ginger

3 Chinese onions (allium  
 chinense)

1 Tbsp julienne carrot

1 Tbsp julienne papaya

2 Tbsps ketchup

$\frac{1}{2}$  Tbsp white vinegar

1 Tbsp granulated sugar

100ml water

## INSTRUCTIONS

1/Crack the eggs into a bowl. No need to whisk.

2/Heat up 1 Tbsp of vegetable oil in a pan on high heat. When the oil boils, add ingredients 1 to 5 for the five-vegetable pickle into the pan. Sautee for 1 min. Then add the ketchup, water, white vinegar and granulated sugar. Keep stirring until the sugar has completely dissolved and the sauce thickened up.

3/Heat up 500ml of vegetable oil in a separate wok on high heat. When the oil boils, gently slide in the eggs. Briefly fry each side for 40 secs. until the edge of the eggs become golden and crispy. Turn off heat and transfer to a plate.

4/Reheat the five-vegetable sauce. Drizzle on top of the fried eggs and serve.



STUFFED PUMPKIN WITH GARLIC  
AND FERMENTED SOY BEAN

## INGREDIENTS

SERVES 4

- 1 pumpkin, approx. 900g
- 1 Tbsp minced garlic
- 1/2 Tbsp grated ginger
- 1 Tbsp soy bean paste
- 2 Tbsps whole fermented soy bean
- 1 Tbsp Shaoxing wine  
(Huadiao)
- 2 Tbsps light soy sauce
- 1 Tbsp chopped scallion (optional)

## Seasonings:

- 2 Tbsps light soy sauce
- 2 Tbsps oyster sauce
- 2 tsps light brown sugar
- 1 tsp salt
- 200ml hot water

## INSTRUCTIONS

- 1/To prepare the soy bean paste, soak the fermented soy bean in cold water for 10 mins, then drain. Mash 1 Tbsp of the soy bean into paste with the handle of knife. Reserve the other 2 Tbsps of whole soy bean for use later.
- 2/Cut and reserve a cap of 5 to 6 cm in diameter out of the top of the pumpkin. Carefully carve out the meat from inside the pumpkin with a paring knife. Cut the meat into bite size cubes.
- 3/Heat up cooking oil in a wok on high heat and saute the minced garlic, grated ginger and soy bean paste for 1 min. Then add the pumpkin meat.
- 4/Pour Shaoxing wine around the wok and add the seasonings. Stir briefly for another 1 min.
- 5/Add 100ml of hot water. Cook uncovered for 5 mins, stirring intermittently.
- 6/After 5 mins, add the whole fermented soy bean and remaining hot water. Stir well and put the lid on. When the sauce boils, turn the heat to medium and braise for 8 mins. When done, transfer to the pumpkin bowl and serve.





VEGETARIAN DISHES &  
SOUPS

## PERFECT TEN VEGETARIAN SOUP

### INGREDIENTS

SERVES 6

- 200g pumpkin
- 200g papaya
- 2 chayotes
- 1 carrot, approx. 200g
- 1 cob of corn, approx. 200g
- 10 chestnut kernels
- 60g black-eyed pea
- 60g red kidney bean, (soaked for 3 to 4 hours beforehand)
- 15 walnuts
- 10 lotus seeds
- 4 to 5L water

\*(Additional 1/2 pcs of dried tangerine peel, soaked and with pith removed)\*

### INSTRUCTIONS

- 1/Rinse and peel the pumpkin, papaya and chayote. Cut all into cubes.
- 2/Rinse the corn and cut into chunks.
- 3/Soak the chestnut kernels in cold water for 15 mins then peel off the skin.
- 4/Soak the black-eyed peas, walnuts and lotus seeds together in cold water for 15 mins.
- 5/Soak the red kidney beans for at least 3 hours.
- 6/Add the water to a pot and turn on high heat. When the water boils, add all ingredients including the tangerine peel. Cook on high heat for 1 hour, then reduce to medium heat and cook for 1 hour further. Season to taste and serve.

VEGETARIAN DISHES &  
SOUPS



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 VEGETARIAN DISHES &  
SOUPS
 

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 WOOD EAR FUNGUS AND APPLE  
SOUP WITH CANDIED JUJUBE
 

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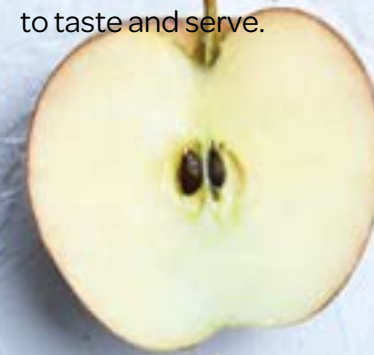
**INGREDIENTS**

SERVES 6

20g wood ear fungus  
2 apples  
3 candied jujubes  
1/2 pcs of dried tangerine  
peel  
3L water

**INSTRUCTIONS**

- 1/Soak the wood ear fungus in cold water until soft. Drain and set aside.
- 2/Rinse and peel the apples. Remove the core and cut into chunks.
- 3/Soak the candied jujube and tangerine peel. Remove the pith of the tangerine peel.
- 4/Pour the water into a pot and turn on high heat. When the water boils, add all ingredients. Cook on high heat for 40 mins, then reduce heat to medium and cook for another 30 mins. Season to taste and serve.




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 VEGETARIAN DISHES &  
SOUPS
 

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VEGETARIAN DISHES &  
SOUPS

## CHINESE PEAR AND CARROT SOUP WITH APRICOT KERNELS

### INGREDIENTS

SERVES 6

- 2 Tbsps mixed sweet and bitter apricot kernels
- 3 Chinese pears
- 1 carrot, approx. 300g
- 3 candied jujubes
- 1/2 pcs of dried tangerine peel
- 3L water

### INSTRUCTIONS

- 1/Soak the apricot kernels in cold water for 15 mins. Drain and set aside.
- 2/Rinse and peel the pears. Remove the core and cut into pieces.
- 3/Rinse and peel the carrot, then rolling cut into pieces.
- 4/Soak the candied jujube and dried tangerine peel in cold water for a while. Remove the pith of the tangerine peel.
- 5/Bring a pot of water to boil on high heat. When the water boils, add all ingredients and cook on high heat for 40 mins. Then reduce the heat to medium and cook for another 30 mins and serve.

VEGETARIAN DISHES &  
SOUPS





烹飪要有好奇心，  
才可令廚藝更進步。

*Curiosity makes a better cook.*

〈小吃分享篇〉

SNACKS



## GOLDEN TOFU WITH SESAME



## INGREDIENTS

SERVES 4

- 1 block of firm tofu  
(approx. 200g)
- 3 pcs of salted egg yolks
- 1 egg
- 1/2 Tbsp toasted white  
sesame
- 1/2 Tbsp toasted black  
sesame
- 30g unsalted butter
- 50g corn starch
- 400ml cooking oil
- 1/4 tsp light brown sugar

## INSTRUCTIONS

- 1/Rinse the tofu and pat dry. Cut horizontally and dice into cubes.
  - 2/Steam the salted egg yolks for 10 mins. Take out and mash into paste. Mix well with 1/4 of light brown sugar.
  - 3/Beat the eggs.
  - 4/Coat the tofu cubes with a thin layer of egg wash and then coat with corn starch. Let rest for 10 mins.
  - 5/Heat up the oil in a wok on high heat. When the oil boils, add the tofu cubes while gently stirring. Fry on high heat for 3 mins and take out. Reserve the oil into a bowl.
  - 6/Heat up the same wok on high heat. When the wok is hot enough, reduce heat to medium and add the butter and salt egg yolk paste. Keep stirring until thoroughly mixed. Turn off the heat.
- To serve:
- 1/ Return the fried tofu cubes into the wok to coat with egg yolk sauce; or
  - 2/drizzle the egg yolk sauce on to the tofu cubes. Sprinkle white and black sesame on top.



SNACKS

## FRIED CHICKEN WINGS WITH GARLIC

### INGREDIENTS

SERVES 4

6 chicken wingettes

1 egg

150g corn starch

500ml cooking oil

Marinade:

2 Tbsps minced garlic

2 Tbsps ginger juice

1 Tbsp oyster sauce

a dash of black pepper

 $\frac{1}{2}$  tsp salt

1 tbsp granulated sugar

### INSTRUCTIONS

1/Defrost and rinse the chicken wings. Pat dry and set aside.

2/Beat the egg.

3/Add marinade ingredients into the chicken wings and marinate for 30 mins. Add egg liquid into it and stir it well. Coat with a thin layer of corn starch and let rest for at least 10 mins.

4/Heat up oil on high heat. When the oil boils, add the chicken wings and deep fry for 3 mins. (stir chicken wings intermittently) Turn off heat and take out the chicken wings

5/Turn on high heat again. When the oil boils, fry the chicken wings for 2 mins again and serve.

SNACKS



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## T E A E G G S

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### INGREDIENTS

SERVES 4

8 eggs

1 pcs of pork fat  
(approx. 100g, optional)

Tea Spice Bag:

2 black tea bags

2 Tbsps Tieguanyin tea  
loose leaves, put in a tea  
bag

1/4 pcs of dried tangerine  
peel

3 small pcs of cinnamon

3 pcs of star anise

3 pcs of bay leaves

Seasonings:

4 Tbsps light soy sauce

3 tsps dark soy sauce

2 Tbsps Shaoxing wine

1/2 slab of raw cane sugar

3 tsps salt

2L water

### INSTRUCTIONS

1/Put the eggs in a pot of water (enough to cover the eggs) and turn on high heat. When the water boils, put on the lid and reduce heat to medium. Cook for 10 mins, gently stirring intermittently. Then turn off heat and leave covered for 10 mins.

2/Rinse the pork fat and put in a muslin bag.

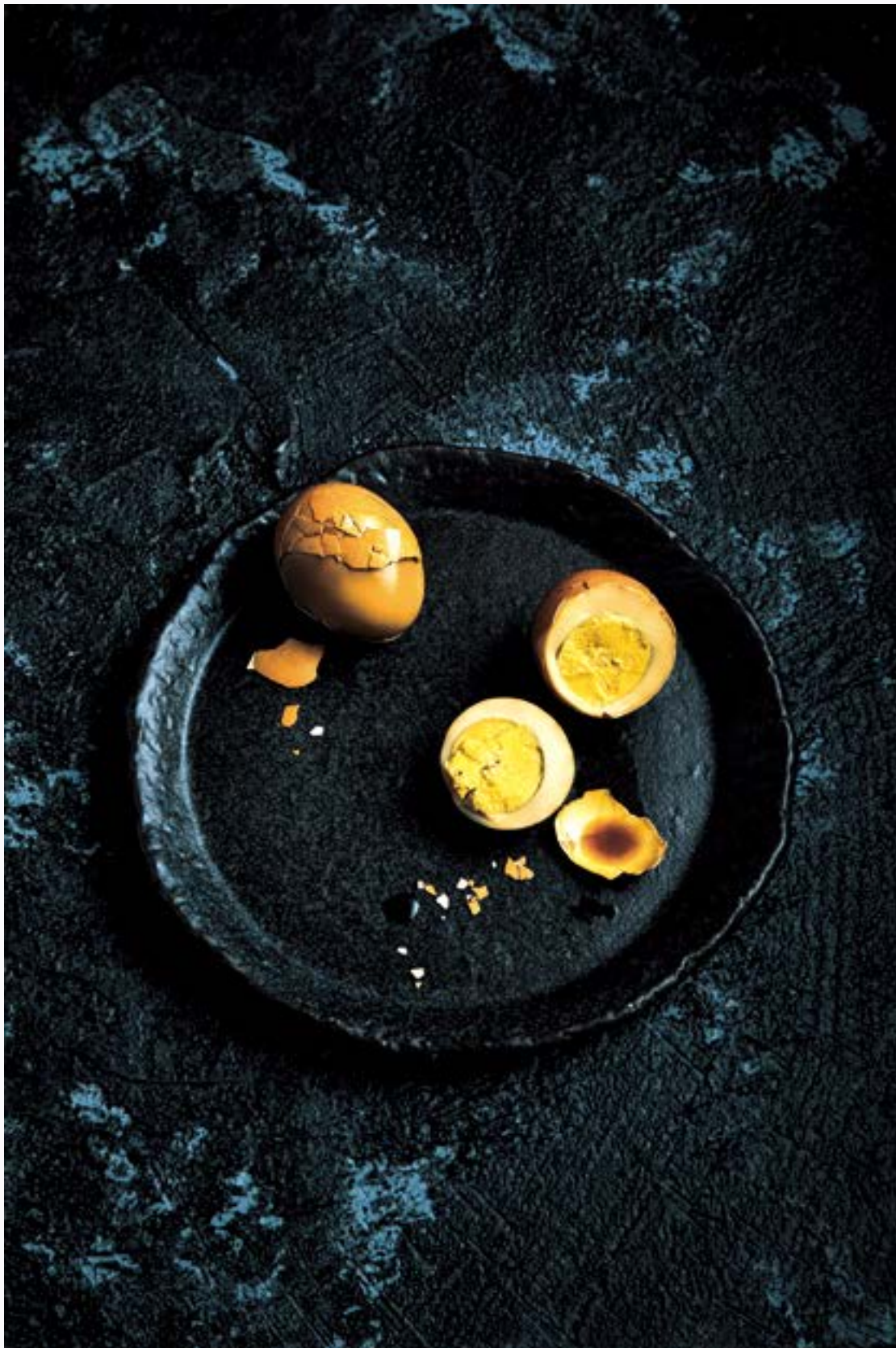
3/Put the tangerine peel, cinnamon, star anise and bay leaves in a muslin bag and give it a quick rinse.

4/To prepare the marinade, put 2L of water in a separate pot and turn on high heat. When the water boils, add the black tea bags, the Tieguanyin tea bag, the bag of spices and the pork fat into the pot together with the seasonings. Stir well and cook covered on medium heat for 10 mins.

5/Take out the eggs from the first pot and cool them down in cold water.

6/Tap the eggs with the back of a metal spoon or chopsticks to create cracks around the eggs.

7/Remove the tea bags and the bags of spices and pork fat from the marinade pot. Bring the marinade to boil on high heat. Add the cracked eggs and simmer for 30 mins. Turn off the heat and leave covered for 3 hours and serve.





SNACKS

# ONION RINGS

## INGREDIENTS

SERVES 4

1 onion

150g flour

150g bread crumb

1 egg

500ml vegetable oil

## INSTRUCTIONS

1/Remove the skin of the onion. Cut and separate into approx. 1cm thick rings.

2/Beat the egg.

3/Dip the onion rings in order in egg wash, flour and then bread crumb. Let rest for 15 mins.

4/After 15 mins, heat up the oil in a wok on high heat. When the oil boils, deep fry the onion rings for 30 to 35 sec. Turn off heat and plate up.

SNACKS



## C O L D   S L I C E D   P O R K   H O C K



## INGREDIENTS

SERVES 4

1 fresh pork hock, approx. 800g

White Marinade:-

3 pcs of star anise

1 tsp Sichuan pepper

6 pcs of sand ginger

3 small pcs of cinnamon

6 pcs of bay leaves

1 Cao Guo (red cardamom), slightly crushed

Seasonings for Cooking the Hock:

2 slices of ginger

1 Tbsp salt

1 tsp granulated sugar

2 Tbsps fish sauce

100ml double-distilled rice wine

(to be added in three batches)

1600ml water

Garlic Vinegar Dipping:

2 tsps finely chopped garlic

¼ tsp salt

½ tsp granulated sugar

2 tsps white rice vinegar

1 Tbsp drinking water

½ tsp finely chopped hot chili pepper

## INSTRUCTIONS

1/Rinse the pork hock and blanch on high heat for 10 mins. Take out and set aside.

2/Put the ingredients for white marinade into a muslin bag and give it a rinse.

3/To cook the pork hock, bring a large pot of water to boil on high heat. When the water boils, add the marinade bag and seasonings into the pot. Pour in 30ml of the double-distilled wine, then add the pork hock making sure it's fully immersed in water. Stir well. Turn to medium heat when the water boils and cook for 40 mins.

4/When time is up, turn off heat and add 40ml of double-distilled wine into the pot. Put the lid on and leave it untouched for 8 hours or overnight.

5/To prepare the dipping, simply mix all ingredients together and refrigerate.

6/After at least 8 hours, bring the pot of pork hock to boil then turn off the heat. Add the remaining 30ml of double-distilled wine into the pot. Stir and let cool.

7/When the hock is completely cooled, take out and debone with a paring knife. Wrap up the hock very tightly in 5 to 6 layers of cling wrap in different directions.

8/Place the wrapped hock in the refrigerator. When ready to serve, remove the wrapping and cut into slices. Serve along with the garlic vinegar dipping.



## P R A W N T O A S T

### INGREDIENTS

SERVES 4

8 to 10 prawns  
30g pork lard cubes  
2 eggs  
5 to 6 slices of baguette  
600ml cooking oil

Marinade:

a dash of ground pepper  
 $\frac{1}{2}$  tsp granulated sugar  
a dash of sesame oil  
white of 1 egg  
1 tsp salt  
2 tsps corn starch

### INSTRUCTIONS

- 1/Peel the prawns. Open up the back with scissors and remove the vein. Rinse and pat dry. Then pound into a paste with the handle of a cleaver.
- 2/Add salt to the minced prawn paste and stir in one direction. Pick up the prawn paste and slap hard into the bottom of the mixing bowl for several times. This step should take approx. 3 mins.
- 3/When the prawn paste is ready, add ground pepper, granulated sugar, corn starch, egg white, pork lard cubes and sesame oil in sequence and mix thoroughly. Refrigerate the mixture paste for 20 mins until firm.
- 4/Whisk the eggs with a pinch of salt. Then dunk one side of each bread slice into the egg mixture.
- 5/Evenly spread the mixed prawn paste on the soaked side of the bread.
- 6/Deep Fry: Heat up the wok of cooking oil on high heat. When the oil boils, add the bread with the coated side facing down. Fry on medium to high heat until golden brown, about 4 to 5 mins. Serve with mayonnaise.

\*For presentation as shown in picture, reserve 5-6 prawns without removing the shell on the tail. When ready to deep fry, stick the tail-on prawn paste with egg wash. Deep fry the bread with the uncoated side facing down, keep basting the prawn with hot oil until cooked\*







甜品令一頓飯更完美。  
*A sweet ending for a perfect meal.*

〈甜品篇〉  
DESSERT



## TARO PASTE WITH GINKGO NUTS



### INGREDIENTS

SERVES 4

400g taro

8 ginkgo nuts

2 shallots, sliced

100g granulated sugar

120 to 150ml vegetable oil

### INSTRUCTIONS

- 1/Rinse and peel the taro. Dice up and steam for 20 mins until tender.
- 2/Blend the taro into a paste in a blender at high speed. Set aside.
- 3/Crack the hard shell of the ginkgo nut with the back of a cleaver. Take out the kernels and boil for 15 mins on high heat. Rub off the membrane. Cut the kernels lengthwise and remove the bitter embryo inside.
- 4/Put the ginkgo kernels in a bowl with 2 tsps of granulated sugar and 6 Tbsps of hot water. Stir and marinate for at least 2 hours or overnight.
- 5/Heat up the vegetable oil in a wok on high heat. When the oil boils, fry the shallot slices until golden. Turn off heat and transfer to a container for use later.
- 6/Heat up 3 Tbsps of shallot oil in the wok on high heat. When the oil boils, add the taro paste and sugar. Keep stirring for about 2 mins.
- 7/Reduce the heat to medium. Add 3 to 4 Tbsps of shallot oil and keep stirring for about 2 mins, until the sugar has dissolved and the oil fully incorporated into the taro paste. Turn off heat. (Add more shallot oil and cook longer if needed)
- 8/Transfer the taro paste into a bowl and serve with the marinated ginkgo nuts on top and serve.



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## C O C O N U T M I L K P U D D I N G

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### INGREDIENTS

SERVES 4

350ml coconut milk

80ml fresh milk

25g gelatine

150ml hot water

50g rock sugar, may vary  
according to preference

### INSTRUCTIONS

- 1/Pour coconut milk, fresh milk and rock sugar into a saucepan. Cook on medium heat and keep stirring until the sugar has completely dissolved. Turn off the heat.
- 2/Pour hot water over gelatine and stir until completely dissolved. When the gelatine solution is cooled down, pour into the coconut milk mixture and mix well.
- 3/Pour the mixture into a container and refrigerate for 3 to 4 hours. Slice and serve.



## GINGER MILK CURD

## INGREDIENTS

SERVES 2

200g old ginger

450ml full-fat milk

30g granulated sugar

## INSTRUCTIONS

1/Peel the ginger then grate into a paste. Put in a muslin bag and squeeze out the juice. Divide the ginger juice evenly in two bowls. Stir well.

2/Heat up the milk and sugar in a sauce pan on high heat. Keep stirring. When small bubbles begin to form, turn off heat and immediately pour into the bowls of ginger juice. Let rest for about 1 min until completely set and serve.



## CHINESE JUJUBE PUDDING

### INGREDIENTS

SERVES 4

- 300g pitted red jujubes
- 1/2 slab of raw cane sugar
- 30g water chestnut flour
- 20g glutinous rice flour
- 130g tapioca flour
- 600ml water

### INSTRUCTIONS

- 1/Soak the red jujube in cold water for 20 mins. Blend with 300ml of water at high speed into a jujube paste. Press the paste through a sieve with a tablespoon and collect as much jujube water as possible. Do this twice if necessary.
  - 2/Mix the water chestnut flour with 2 to 3 Tbsps of water into a paste.
  - 3/Add the jujube water, 300ml of water and the cane sugar into a small pot. Turn on high heat and cook stirring until the sugar has completely dissolved. Turn off heat and let cool. When cool enough, add the water chestnut flour mixture and stir to mix.
  - 4/Sieve the glutinous rice flour and tapioca flour into the pot. Stir to mix thoroughly. Then pour the mixture into a container for steaming.
- To steam:
- 1/Using electric steamer: steam at 100°C for 45 mins; or
  - 2/On stovetop: put in wok when the water boils, steam on high heat for 40 to 45 mins.
  - 3/Take out when time is up. Wait for the moisture to disperse and serve warm or cold.



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HONEY GLAZED LOTUS ROOT  
WITH JUJUBE AND OSMANTHUS

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INGREDIENTS

SERVES 4

1 lotus root  
(approx. 400g)  
approx. 100g glutinous  
rice  
10 pitted red jujubes  
 $\frac{3}{4}$  slab of raw cane sugar  
800ml water

Osmanthus Syrup:

1 Tbsp dried osmanthus  
3 Tbsps honey

INSTRUCTIONS

- 1/Rinse the lotus root. Trim off and reserve the tips as lids later on. Peel the lotus root.
- 2/Soak the jujube in water for 15 mins. Drain and set aside.
- 3/Soak the glutinous rice in water for 3 to 4 hours (soak overnight in winter). Drain and set aside.
- 4/Stuff the lotus root with soaked glutinous rice with the help of a chopstick. When done, put the tips back in place and secure with toothpicks.
- 5/Soak the dried osmanthus in water for 5 mins. Drain and set aside.
- 6/Bring a pot of water to a boil on high heat. When the water boils, add the jujube and cane sugar. Stir briefly then add the lotus root and cook on high heat for 45 mins. Reduce the heat to medium and cook for another 30 mins. Turn off heat and let rest covered for 15 mins. (This produces the lotus root and jujube soup.)
- 7/Take out the lotus root and cool down in cold water for 10 mins. When cooled, take out and cut into 2 cm slices. Lay evenly on a plate.
- 8/To prepare the osmanthus syrup, add approx. 1 bowl of the soup to a pan and turn on high heat. Add the osmanthus and honey, stir constantly until thoroughly mixed.
- 9/Pour the hot syrup on the plate of lotus root slices and garnish with jujube and serve.





DESSERTS

## STEAMED EGG PUDDING WITH FRESH MILK

### INGREDIENTS

SERVES 4

400ml fresh milk

2 eggs

30g rock sugar

### INSTRUCTIONS

1/Add the fresh milk and rock sugar into a saucepan, cook on medium heat and keep stirring until the sugar has dissolved completely. Turn off the heat and let cool.

2/Beat the eggs and add to the cooled milk mixture. Stir well and skim off any bubbles with a spoon.

3/Pour the mixture into individual bowls and cover with foil.

To steam:

1/Using electric steamer: steam at 100°C for 13 mins (whole process); or

2/On the stovetop: put in the wok when water is boiling, steam on high heat for 9 mins and serve.

DESSERTS





感激家人讓我追逐夢想，  
更感激自己有勇氣去追逐夢想。

*I'm deeply indebted to my family for their support.  
And most of all, I'm so grateful for having the  
courage to pursue my dream.*