

# ASIAN

## ALMOND COOKIES

1 c. shortening  
1 c. sugar  
1 egg  
1 tsp. almond extract  
3 c. flour  
1 tsp. baking soda  
1 tsp. salt  
1 egg, beaten  
24 whole almonds

Cream shortening with sugar until light. Add egg and almond extract and mix well. Add dry ingredients and mix well. Shape into 1 inch balls, place on ungreased cookie sheet. Flatten with palm of hand. Place half an almond in center of cookie. Brush top of cookie with beaten egg. Bake at 375° for 10 minutes or until medium brown. Makes about 4 dozen cookies. (Dough will be rather dry; do not add anything. Rolling into balls will make it smooth.)

## BEEF & BROCCOLI STIR-FRY

Sherrie Apperson\*

1 lb. boneless beef, sliced thin  
2 cloves garlic, sliced thin  
1 lb. broccoli, cut into florets  
1 onion, sliced in thin wedges  
1/2 lb. mushrooms, sliced  
1 Tbsp. "BTB" beef soup base dissolved in 2 c. water  
2 Tbsp. soy sauce  
1 Tbsp. sugar  
2 Tbsp. cornstarch oil

Steam vegetables for about 5 minutes. Stir together beef broth, soy sauce, sugar, and cornstarch. Quickly stir-fry beef in small amount of oil with garlic until no longer pink; add steamed vegetables. Stir in liquid, simmer until thickened. Serve immediately over rice.

## CASHEW NUT CHICKEN

Sherrie Apperson\*

2 chicken breast halves, cooked, diced  
2 Tbsp. soy sauce  
2 Tbsp. sugar  
1/2 tsp. garlic powder  
2 Tbsp. cornstarch  
oil  
1 Tbsp. "BTB" chicken soup base in 2 c. water  
1 onion, 1/2" wedges  
1/2 lb. snow peas, deveined (or frozen)  
1/2 lb. mushrooms, sliced  
1 c. cashew nuts  
1 Tbsp. soy sauce  
1 Tbsp. sugar  
2 Tbsp. cornstarch

Mix together soy sauce, cornstarch, garlic powder, and sugar; it should be the consistency of cream. Marinate chicken in mixture for 20 minutes. Stir-fry chicken in small amount of oil; remove from pan. Stir-fry onions, snow peas and mushrooms in small amount of broth, adding more as needed. Add nuts and chicken when vegetables are crisp-tender. Mix soy sauce, sugar and cornstarch into remaining chicken broth; pour into wok and stir until thickened. Serve immediately over rice.

## CHINESE CUCUMBER SALAD

Karen Kerrigan

2-4 cucumbers  
1/2 c. rice vinegar  
1/4 c. sugar  
1 Tbsp. soy sauce  
1/2 tsp. sesame oil

Peel cucumbers and score with a fork. Remove seeds and slice.. Combine all ingredients in ziploc bag. Chill 1/2 to 2 hrs., drain and serve.

## CHOW MEIN

Sharon Rich

1 stewing chicken, boiled, skinned, deboned, & diced  
8 stalks celery (cut diagonally)  
3 onions (cut in wedges)  
1 lb. mushrooms (sliced)  
1 lb. pea pods (rinse & remove ends)  
1 can water chestnuts, sliced  
3 Tbsp. cornstarch + water  
soy sauce  
cashews  
crisp Chinese noodles

When broth is boiling place onions and mushrooms in and cook till onions are almost transparent, or cook onions and mushrooms in a little oil. Add the rest of the vegetables and almost immediately (so the veggies don't overcook), put corn starch mixed with a little water to thicken. Add soy sauce and cashews. Serve over crisp noodles or soft noodles or over brown rice for Chop Suey.

## EGG FOO YUNG

Sharon Rich

6 eggs  
1/2 tsp. salt  
dash soy sauce  
1 onion, diced

1 c. mung bean sprouts  
1 pkg. brown gravy mix  
4 green onions, chopped)

Beat egg with a fork. Add salt, soy sauce, onion and sprouts to egg mixture. Pour in a 9x13 cake pan. Bake at 350° for 35 minutes or fry in a small amount of oil like an omelet. Top with gravy and green onion. (Opt. – add 1 cup cooked brown rice to egg mixture before cooking.)

## EGGROLLS

Karen Kerrigan

1/2 lb. chicken or pork, cooked and shredded  
1 Tbsp. cornstarch  
3 Tbsp. soy sauce  
1/2 c. water  
1 Tbsp. sugar  
1 tsp. garlic powder

2 c. mung bean sprouts or shredded cabbage  
1 onion, thinly sliced  
1/2 c. water chestnuts  
1/2 c. bamboo shoots  
1 pkg. eggroll wrappers

Mix together cornstarch, soy sauce water, sugar, and garlic powder. Stir fry onions, sprouts, water chestnuts, and bamboo shoots. Add chicken. Stir until hot, add sauce and stir until thick. Let cool. Place approximately 3 Tbsp. meat mixture on one corner of wrapper, roll like a burrito, sealing edge with water. Deep fry until golden brown. Serve with sweet and sour sauce or plum sauce.

## FRIED RICE

Sherrie Apperson

4–6 slices bacon, cooked & crumbled  
1–2 eggs, scrambled (opt.)  
1 onion  
1–2 c. frozen peas

2–3 c. cooked rice  
2–3 Tbsp. plum sauce, to taste  
1 Tbsp. hoisin sauce, to taste  
2 Tbsp. soy sauce, to taste

Cook egg and onion in bacon grease, if available. Add peas and 1/4 c. water, simmer until cooked. Add rice and seasonings, and enough water to keep from sticking to pan. Stir constantly until heated through.

## ORANGE CHICKEN

Sherrie Apperson

Sauce:  
1 + 1/2 c. water  
1 c. dark brown sugar  
1/2 c. rice vinegar  
1/4 c. orange juice concentrate  
1/4 c. lemon juice  
3 Tbsp. soy sauce  
1 tsp. minced fresh ginger  
1 tsp. minced fresh garlic  
4 Tbsp. cornstarch  
red pepper flakes to taste (opt.)  
3 green onions, sliced

Batter:  
1 c. flour  
1 c. ice water  
1 egg  
1/4 tsp. baking soda  
1/4 tsp. salt

6–8 boneless, skinless chicken breasts, cut into about 3/4" cubes.  
oil for frying

Stir all "sauce" ingredients except green onions into a saucepan. Bring to a boil until thickened, remove from heat, stir in green onions, and set aside. Heat about 1" of oil in a large skillet or pan. Mix all "batter" ingredients together until smooth. Dip chicken pieces in batter and cook in hot oil until cooked through and golden brown. Place on paper towels to drain. Stir together until chicken is coated. Serve with rice

## PAN FRIED DUMPLINGS

Karen Kerrigan

2 + 1/2 c. flour  
2/3 c. boiling water  
1/3 c. cold water  
2 Tbsp. sesame oil  
2 c. ground pork  
1 c. Chinese cabbage, chopped  
1 stalk green onion, chopped

1 tsp. ginger, minced  
1/2 tsp. garlic powder  
3 Tbsp. chicken broth  
2 Tbsp. cornstarch  
2 Tbsp. soy sauce  
1 tsp. sesame oil  
1 egg

Add boiling water to flour, mix with fork, then add cold water and oil, and knead it well. Cover with damp cloth and let stand 15 minutes. (Also good for Moo Shoo Pork Pancakes) Mix remaining ingredients well (separately). Put dough on floured board, knead again until smooth. Divide dough into 30 pieces. Flatten each piece with hand and roll into 2 1/2 inch round thin pancake. Fill center of each pancake with 1 Tbsp. pork filling. Fold over into a half-moon shape. Pinch edges together at center, making pleats on one edge. Seal well by pinching edges together. To cook dumplings, heat flat frying pan till hot, add 2 Tbsp. oil, lower heat to medium, add dumplings in a single layer with pleated side up; cook 2 minutes; add water, cover and cook until water has evaporated (about 7 minutes) or until dumplings are golden brown on the bottom. Serve hot with dumpling dip.

### DUMPLING DIP:

1 Tbsp. red wine vinegar  
3 Tbsp. light soy sauce

1 tsp. shredded ginger root  
1 tsp. sugar  
1 tsp. water

### PHAD THAI

Karen Kerrigan\* & Sherrie Apperson\*

rice noodles  
oil for stir-frying  
1 onion, diced  
1 c. frozen peas  
1 c. bbq pork, sliced thin  
2 eggs, scrambled

1/2 c. ketchup  
1/4 c. plum sauce  
2 Tbsp. hoisin sauce  
1 tsp. garlic salt  
1/4 tsp. sesame oil  
2 green onions, sliced thin

Soak noodles in hot water for 20 minutes; drain well just before using. Stir-fry onion and peas until onions are transparent. Add pork, noodles and egg. Stir-fry until hot all the way through. Add sauce and cook until all noodles are coated well and sauce is hot. Garnish with sliced green onion. Serve immediately.

### SHAO MAI (Potstickers)

Karen Kerrigan

1/2 lb. lean ground pork  
3 c. shredded zucchini (4 medium)  
3 green onions, sliced  
2 Tbsp. soy sauce

1 Tbsp. cornstarch  
1 tsp. garlic powder  
1 pkg. gyoza wrappers

Mix together all ingredients but wrappers. Place 1 rounded tsp. in center of wrapper. Fold together, sealing edges well with water, pressing tightly. Spray steamer baskets with oil, then place dumplings in a single layer and steam for 20 minutes. Serve with dipping sauce. (May also be cooked by dropping into 4 quarts COOL water; bring to a boil. Add 1 c. cold water, return to boil; remove from water immediately.)

POTSTICKERS: Pan fry steamed shao mai in oil & butter until lightly browned on all sides. Serve with dipping sauce.

### DIPPING SAUCE:

soy sauce      rice vinegar      hot chile sesame oil (or plain sesame oil)  
Each person mixes their own sauce individually in a small bowl. Start with equal amounts of soy sauce and rice vinegar. Add oil according to taste.

### STIR FRY (Chicken or Beef)

(Low Fat and Delicious) Sharon Rich

1/2 tsp. bouillon, chicken or beef  
1/2 c. water (to start)  
1 pound snow peas, cleaned & ends removed  
2 large onions, cut in thin wedges  
1 lb. mushrooms, sliced  
2 lbs. chicken breast, no skin, no bone, or beef, diced in 1" cubes  
2 envelopes gravy mix (either turkey or brown)

Cook each ingredient in bouillon and water until still crisp, but done. Add more water as needed and a little bouillon (bouillon is salty so don't add too much). Cook chicken last. When cooked add gravy mix to the liquid in the wok, or use extra bouillon and thicken with cornstarch. Add other ingredients back into wok to mix with gravy and chicken. (Opt. – Broccoli and/or carrots, green peppers, and water chestnuts are good additions also. Serve with steamed brown rice and Chinese cucumbers.)

### SWEET AND SOUR CHICKEN (or Pork)

Karen Kerrigan

1 lb. boneless chicken or pork, 1/2" cubes  
1/3 c. cornstarch  
2 Tbsp. water  
2 Tbsp. soy sauce  
1 tsp. garlic salt  
1 tsp. baking powder  
1 egg  
1 onion, cubed 1/2"  
1 green pepper, cubed 1/2"  
1 (16 oz.) can pineapple tidbits  
1 c. pineapple juice  
1/4 c. sugar  
3 Tbsp. rice vinegar  
3 Tbsp. cornstarch  
1 c. water

Mix together cornstarch, water, soy sauce, garlic salt, baking powder, and egg; it should be the consistency of thick cream. Add cubed meat and marinate for 20 minutes. Deep fry until golden brown, drain on paper towels. Put pineapple juice (add water to make 1 c. if necessary) sugar and vinegar in medium saucepan and bring to a boil, add onion and pepper chunks; boil until almost tender; add pineapple. Mix cornstarch into water and pour into boiling mixture; stir until thickened. Add pork, heat through. Serve immediately over rice.

## TEMPURA VEGETABLES

Sherrie Apperson

### BATTER:

1 c. cornstarch	1 Tbsp. baking powder
1 c. flour	2 eggs
2 tsp. garlic salt	1 c. ICE water (or more if needed)

Mix ingredients together until the consistency of heavy cream. Nestle bowl of batter in larger bowl of ice to keep batter cold.

### VEGETABLES:

green beans	(* = my favorites)
asparagus	*snow or snap peas
broccoli	*mushrooms
*carrots	*yams
cauliflower	*potatoes
	*onions (green & white)
	zucchini

Slice heavy vegetables fairly thin. Others may be cooked whole, in florets, or in rings. Dip vegetables in batter; deep fry until golden brown.

### DIPPING SAUCE:

1/2 c. chicken broth	1 Tbsp. sugar
1/4 c. soy sauce	

Stir together over low heat just until sugar dissolves. Serve warm.

## THAI CHICKEN SATAY

Karen Kerrigan

1 can coconut milk (set aside 1/2 c. for peanut sauce)	2 tsp. turmeric
1 tsp. Thai red curry paste	garlic to taste (opt.)
	2–3 lb. boneless chicken breast strips

Cut chicken into long strips about 3/4" wide. In a saucepan over medium heat, mix coconut milk, curry paste, turmeric, and garlic. Heat just until warm and infused. Cool and pour over chicken strips in a ziploc bag. Marinate for at least 2 hours. Soak bamboo skewers in warm water. Put each chicken strip on a bamboo skewer and barbecue, turning once, until cooked thoroughly. Serve with peanut dipping sauce.

### PEANUT DIPPING SAUCE:

1/2 c. creamy peanut butter	1/2 tsp. Thai red curry paste
1/2 c. coconut milk	

In a saucepan over medium heat, mix peanut butter, coconut milk and curry paste. Heat until thoroughly warmed and smooth, stirring constantly.

## THAI STICKY RICE

Karen Kerrigan

3/4–1 lb. Japanese sweet rice (can substitute arborio rice)  
1 can sweetened coconut creme  
1/2 gallon vanilla ice cream

Soak rice in hot water for at least 2 hours (8 hrs. makes more tender rice). Steam rice 20–25 minutes. Rice will be translucent when done. Mix rice with coconut creme in a bowl. Serve hot over vanilla ice cream.

## VEGETABLES & SOFT NOODLES

Sherrie Apperson

long Chinese egg noodles ( <u>or</u> spaghetti), cooked al dente	garlic, minced ginger (opt.)
onions, quartered & sliced end to end 1/4"	sugar
cabbage, quartered & shredded 1/4"	soy sauce
celery, sliced diagonally, 1/4"	cornstarch in chicken broth

While noodles are boiling, stir-fry vegetables till crisp-tender; add garlic and ginger at end for 2 minutes; stir in noodles. Combine sugar, soy sauce, cornstarch & chicken broth; stir into hot pan with noodles and vegetables.

## WONTONS

Karen Kerrigan

1 pkg. wonton skins (square)	1 Tbsp. olive oil
1/2 lb. chicken, ground	1/2 tsp. garlic powder
2 green onions, sliced	1/4–1/2 tsp. fresh ginger, minced fine
1 Tbsp. cornstarch	2 tsp. sugar
1 Tbsp. soy sauce	

Mix all filling ingredients well in a small bowl. Put 1 scant teaspoon of meat mixture in center of wonton skin. Fold in half to create triangle; moisten a spot on the folded edge of wonton on each side of the meat bulge; fold these to spots together, one side slightly overlapping the other, and press to connect (creates a sort of tri-cornered hat shape). Deep fry, turning once, until lightly golden brown. Serve with sweet and sour sauce &/or plum sauce for dipping.

WONTONS FOR SOUP: Use 1 full teaspoon meat mixture. Moistened all edges of wonton skin, and fold to create a triangle. Seal edges by pressing together tightly, expelling as much air as possible. Set aside for a few minutes to let seal adhere well before dropping into boiling soup.

## WOR WONTON SOUP

Karen Kerrigan

6 c. chicken broth  
24 raw wontons (see wonton recipe)  
1 c. ham or bbq pork, thinly sliced  
1/2 c. shrimp (opt)  
1/2 c. mushrooms, sliced  
1/2 c. snow peas, deveined  
1/2 c. bamboo shoots or water chestnuts, sliced into matchsticks  
1/2 c. bok choy or swiss chard, chopped large  
1 Tbsp. soy sauce  
1/4 tsp. sesame oil  
2 green onions, sliced

Bring broth to boil, add wontons. Return to boil for 5 minutes. Add meat, vegetables, soy sauce and sesame oil; simmer for another 5–7 minutes. Garnish with green onion. Serve immediately. Serves 4–6.