

Recipe Packet: Basic Chinese Cuisine – Week Two

Tangerine Chicken

Serves 4 to 6

** recipe adapted from Chef Martin Yan*

2-inch piece dried tangerine peel (available at Asian markets)
2 fresh tangerines
1 tablespoon cornstarch
2 teaspoons soy sauce
1 teaspoon rice wine or dry sherry
12 ounces boneless, skinless chicken thighs, cut into bite-sized pieces

For the sauce:

$\frac{1}{4}$ cup orange juice
1 tablespoon soy sauce
1 teaspoon rice wine or dry sherry
1 teaspoon rice vinegar
1 teaspoon sesame oil
1 tablespoon brown sugar
pinch kosher salt
pinch white pepper

For the stir-fry:

1 tablespoon coconut oil
1 shallot, thinly sliced
1 generous pinch red pepper flakes, or crushed Chinese chiles
1-inch piece fresh ginger, peeled and julienned
2 scallions, white and green parts coarsely chopped
1 teaspoon cornstarch dissolved in 2 teaspoons water

In a small bowl, soak the dried tangerine peel in warm water until softened, for about 20 minutes. Drain, cut into narrow strips and set aside.

Use a serrated vegetable peeler to peel half the tangerine skins (make sure you only have the orange peel, leaving the white pith behind). Slice the peels into thin strips and set aside with the dried peels. Slice off the ends of the tangerines. Hold the fruit with one cut side on the cutting board, and use a paring knife to remove the peel in strips, working your way around the fruit. Cut deeply enough to remove the white pith. Slice the fruit into segments, cutting the flesh away from the membranes. Add the segments to the peels and set aside.

In a medium bowl, combine the cornstarch, soy sauce and wine. Add the chicken, and stir to coat evenly. Let stand for 10 minutes.

Meanwhile, make the sauce. In a small bowl, combine all ingredients, stirring until the sugar dissolves. Set aside.

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Heat a large skillet or wok over high. Add the oil, and swirl to coat the sides of the pan.

Add the shallot, chiles and ginger, then stir-fry until fragrant, for about 30 seconds. Add the chicken, and stir-fry until it no longer is pink at the center. Add the scallions and the dried and fresh tangerine peels; stir-fry until the green onions soften, for about 1 minute. Add the sauce, and bring to a boil.

Add the tangerine segments, and stir to coat with the sauce. Add the cornstarch mixture, and cook, stirring, until the sauce boils and thickens, for about 30 seconds. Serve immediately with steamed rice.

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Egg Rolls

Makes 48-50 pieces

1 pound ground pork
1 tablespoon light soy sauce
1 teaspoon cornstarch
1/4 teaspoon sugar
freshly ground black pepper
2 to 3 cloves garlic, very finely minced
1/2 head of cabbage, shredded
3 carrots, peeled and shredded
1 teaspoon grated fresh ginger
10 fresh shiitake mushrooms, stems discarded and thinly sliced.
1 tablespoon vegetable oil
1 tablespoon Chinese rice wine
1 tablespoon soy sauce
1/4 teaspoon sugar
1/2 teaspoon kosher salt
1 teaspoon sesame oil
Freshly ground black pepper
50 Frozen Spring/Egg Roll Wrappers (about 2 packages), defrosted
1 tablespoon cornstarch (or flour) mixed with 1/4 cup of cool water to seal egg roll
Oil, for frying

To make the filling, combine the ground pork, soy sauce, cornstarch, sugar and black pepper together in a mixing bowl. Let the filling marinate at least 10 minutes.

Heat a wok or large sauté pan over medium-high heat. Add the oil and swirl to coat. Add the pork and stir-fry until no longer pink, about 2-3 minutes. Turn heat to medium-low, push the meat to one side of the pan. Add the garlic, cabbage, carrots, ginger and the mushrooms and stir-fry for 1 minute, until the vegetables are softened. Add the rice wine, soy sauce, sugar, sesame oil and black pepper. Continue to stir-fry for another minute. Scoop out the filling to a baking sheet and spread out to cool. Prop up one end of the baking sheet so that it tilts and will allow all the moisture to drain to one end. Let cool for 15 minutes.

Discard all of the accumulated juices. Use paper towels to blot the filling to rid of extra oil or juice.

Only use 1 heaping tablespoon of filling for each egg roll. These are slender egg rolls, the width of the egg roll should only be 1.25" diameter.

Keep the rolled egg rolls in neat, single layer and covered with plastic wrap to prevent drying. If you want to stack the egg rolls, make sure you have layer of parchment paper in between the layers to prevent sticking. Keep wrappers also covered with plastic wrap to prevent drying. Refrigerate up to 4 hours until ready to fry or freeze

To fry the egg rolls, fill a wok or pot with 2 inches of high-heat cooking oil. Heat the oil to

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350°F (175°C) or until a cube of bread will fry to golden brown within 10 seconds. Gently slide in or lower the egg rolls, frying 4 to 6 at a time, turning occasionally until golden brown about 1½ minutes. Place on wire rack to drain and cool.

NOTE: To fry frozen egg rolls, do not defrost the egg rolls – just add them to the oil frozen, frying 4 to 6 at a time. Add an additional 1½ minutes to the frying time since they are frozen.

Plum Sauce

Makes about 4 cups

8 cups plums, pitted, halved (about 3 pounds)
1 cup onion, chopped
1 cup water
1 teaspoon fresh ginger, peeled and minced
1 clove garlic, peeled and minced
¾ cup sugar
½ cup rice vinegar or cider vinegar
1 teaspoon ground coriander
½ teaspoon kosher salt
½ teaspoon cinnamon
¼ teaspoon cayenne pepper
¼ teaspoon ground clove

In large heavy saucepan, bring plums, onions, water, ginger and garlic to boil over medium heat; cover, reduce heat to low and simmer, stirring occasionally, until plums and onions are very tender, about 30 minutes.

Press through food mill or sieve and return to clean pan; stir in sugar, vinegar, coriander, salt, cinnamon, pepper and cloves.

Bring to boil, stirring; reduce heat to low and simmer until mixture reaches consistency of applesauce, about 45 minutes.