

Recipe Packet: Basic Chinese Cuisine – Week Three

Beef with Broccoli

Serves 4

2 teaspoons light soy sauce
2 teaspoons Xiao Shing rice wine
½ teaspoon sugar
½ teaspoon salt
1 teaspoons minced garlic
1 teaspoon cornstarch
2 tablespoons vegetable oil (or coconut oil)
1 slice of peeled, fresh ginger
salt and pepper
1 pound boneless sirloin, cut across the grain into ¼-inch thick slices
1 pound broccoli, cut into florets
¼ cup homemade black bean sauce

In a small bowl, mix together the soy sauce, Xiao Shing, sugar, salt, garlic and cornstarch with the sliced beef. Let the beef marinate for 20-30 minutes.

Heat a wok over medium-high flame until the wok starts to slightly smoke. Add the oil and ginger slice. Let the ginger season the oil and sprinkle in a pinch of salt. Stir fry the beef in batches, sautéing half the beef at a time. Remove the first batch to a plate before adding the second batch.

Transfer the second batch of beef to the plate. Stir fry the broccoli for one minute and add 2 tablespoons of water. Cover the wok and steam the broccoli until it is crisp-tender.

Add the beef back into the wok and sauté everything together. Stir in the sauce until coated and heated through. The sauce may thicken slightly – and that's ok.

Transfer to a platter and serve over steamed rice.

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Steamed Whole Fish with Sizzling Ginger Oil

Serves 4

I like steaming any type of bass, red snapper, yellowtail snapper, rock fish, trout, halibut (basically any white fish). I've also steamed salmon this way too with great success.

1 whole fish, about 1 pound
½ cup kosher salt (for cleaning)
kosher salt and ground white pepper
3-4 scallions, sliced into 3-inch pieces
4" piece of peeled ginger, sliced into ¼-inch slices
½ bunch cilantro
2 tablespoons Xiao Shing rice wine
kosher salt and ground white pepper
1 tablespoon sesame oil
2 tablespoons light soy sauce
3 tablespoons vegetable oil
2 scallions, thinly sliced on the bias
2 tablespoons peeled fresh ginger, finely julienned into thin strips

Special Equipment:

Large, wide skillet pan with straight sides and lid
Steamer basket, or shallow pan
Wide, rimmed plate for the fish

If the fish still has scales remaining on its skin, run a sharp knife in the opposite direction to flake off any remaining scales – do this against towards the wall (and tape a paper bag across the wall to protect the finish of your wall!) Clean the fish by rubbing it inside and out with kosher salt. Rinse the fish and pat dry with paper towels.

Season the fish inside and out with salt and pepper. Make a bed on the steaming plate with half of the scallions, cilantro and ginger and lay the fish down. Stuff the remaining half inside the fish. Pour the Xiao Shing wine over the fish.

Pour 2 inches of water into the wide skillet and bring to a boil. Do not cover the skillet – the steam condensation shouldn't collect and drip down over the fish when cooking. That would dilute the flavor of the fish.

Place the fish into the pan and cover. Steam the fish on medium heat for 12 minutes (add 2 minutes for every half pound more). To check, poke the fish with a chopstick near the head – if the flesh flakes, it's done. If the flesh still sticks together, steam for 2 minutes more. Warm the soy sauce, sesame oil in a small pan and set aside.

When the fish has cooked, gently lift the fish off the steaming plate and transfer to a clean platter. Pour the warm soy sauce mixture over the fish (you want to discard the cooking juices and aromatics).

Prepare the sizzling oil by heating the vegetable oil in a small saucepan. Just before it

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starts to smoke, add the ginger and scallions and fry for 10 seconds. Pour the hot sizzling oil over the top of the fish. Garnish with remaining scallions and cilantro.

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Singapore Noodles

Serves 6

½ pound dried rice vermicelli noodles (soaked in cold water until pliable)
24 – 30 small shrimp, peeled and deveined
3 tablespoons coconut oil
1 small white onion, lyonnaised
1 cup frozen peas, thawed
2 teaspoons curry powder
½ pound Char Shiu (Chinese roast pork), sliced into thin strips
2 tablespoons fish sauce
Kosher salt and freshly ground black pepper
8-10 sprig cilantro, trimmed

Bring a large pot of water to boil over high heat. Remove the noodles from the soaking water and cook until they are tender and firm, about 10 seconds. Don't drain the noodles – use a scoop strainer to remove the noodles from the cooking water. Set aside in a mixing bowl. In the same cooking water, cook the shrimp until they are opaque (about 1 minute). Drain and set aside.

Heat 1 tablespoon of coconut oil in a wok over high heat. Stir fry the onion until they are soft, about 3-5 minutes. Add the remaining oil and add the noodles and peas. Sprinkle the curry powder over the noodles and stir fry until combined. Toss well and make sure all of the noodles have turned yellow. Add the pork, shrimp, fish sauce and season with salt and pepper. Garnish with cilantro.