

Wok on the Wild Side

Chinese Recipes

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Scallion Pancakes with Ginger Dipping Sauce

Ingredients:

2 cups all purpose flour
1/2 tsp baking soda
1 cup boiling water
1/2 cup sliced scallions
1 tablespoon sesame oil
Toasted sesame seed
1/4 cup canola oil
Salt and black pepper to taste
1/2 cup ginger dipping sauce, recipe to follow

Directions:

In a bowl, sift flour. Slowly add water in a steady stream while mixing with a wooden spoon. Keep adding water until a ball is formed. With the same procedure, one can use a food processor with a metal blade. Let ball of dough relax for about 30 minutes and cover with damp cloth.

On a floured surface, roll out dough into a thin rectangle. Brush on oil mixture, cover with scallion and season with salt, pepper and sesame seeds. Carefully roll dough like a sponge cake. Cut into 4 pieces. Take one piece and twist 3 times. Make a spiral out of this and roll again and flatten to achieve a 5 to 6 inch pancake. In a hot non-stick pan, coat with canola oil and pan sear both sides until golden brown. Cut into wedges and serve immediately with dipping sauce.

Ginger Dipping Sauce

1/4 cup thin soy sauce
1/4 cup Chinese Chinkiang vinegar or rice wine vinegar
1/4 cup sliced scallions
1 teaspoon minced ginger
1/2 teaspoon red pepper flakes
1 teaspoon sugar
Combine all ingredients.

Modification of Ming Tasi Recipe

Santa Barbara Pot Stickers

You can either make your own using the recipe below, or purchase Wiechuan or Shirakiku brand frozen dumplings.

Pot Stickers:

1 bunch watercress
4 dried black mushrooms
½ lb raw shrimp, shelled, de-veined and very finely minced.
½ lb ground chicken, turkey or veal
6 water chestnuts, finely minced
2 green onions, finely chopped
1 tbs light soy sauce
2 tsp dry sherry
1 tsp sesame oil
2 tsp finely minced fresh ginger
pinch of sugar
½ tsp salt

1 egg white
3 tbs peanut oil
30 round won ton skins

Sauce:

½ cup chicken stock
1 tbs oyster sauce
½ tsp chili paste with Garlic (hot, be careful)
2 tbs dry sherry
2 tsp finely minced orange or tangerine skin
¼ tsp sugar
1 tsp hoisin sauce

Garnish:

toasted sesame seeds
minced cilantro
minced green onion

Drop watercress into rapidly boiling water. Blanch 10 seconds. Dump into colander, rinse under cold water. Press out all water with your hands and mince finely. Soak black mushrooms in warm water for 1/2 hour. When mushroom soften, discard stems and mince finely. Combine and mix all filling ingredients thoroughly.

Combine sauce and set aside.

Place 1 tbs filling in the center of won ton. Moisten edges with egg white. Fold skin over filling. Press edges together, with a crimping pattern. Place on wax paper dusted with corn starch. Refrigerate or freeze (up to six months) until ready to use.

Heat oil in a 12 inch pan. Add dumplings. When dumplings are brown on bottom, add water, cover and steam until dumpling begin to turn translucent. Add sauce, cover and continue cooking 2 minutes. Remove cover and continue cooking, gently stirring dumplings, until sauce glazes dumplings. Place on platter. Sprinkle with sesame seeds, cilantro, and green onions. Serve.

Chicken Curry Dumplings

You can either make your own using the recipe below, or purchase Wiechuan brand frozen dumplings.

Filling:

1 12-ounce bunch spinach, stemmed
6 water chestnuts or 5-ounces jicama
2 green onions, finely chopped
1 lb ground chicken, turkey or veal
2 tsp finely minced fresh ginger
1 tbs light soy sauce
1/2 tsp Chinese chile sauce/paste
1 egg, beaten

1 egg white
2 tbs peanut oil
30 round wonton skins

Sauce:

1/3 cup unsweetened coconut milk
1/3 cup chicken broth
2 tbs dry sherry
2 tsp oyster sauce
1 tbs curry powder
1/2 tsp sugar

Garnish: minced cilantro minced green onion

Drop spinach into rapidly boiling water. Blanch 10 seconds. Dump into colander, rinse under cold water. Press out all water with your hands. Mince finely. Peel water chestnuts or jicama. Mince water chestnut or jicama finely. Combine and mix all filling ingredients thoroughly. Combine sauce ingredients and set aside. Place 1 tbs filling in the center of won ton. Moisten edges with egg white. Fold skin over filling. Press edges together, with a crimping pattern. Place on non-stick cookie sheet. Refrigerate or freeze.

Heat oil in a 12 inch pan. Add dumplings. When dumplings are brown on bottom, add water, cover and steam until dumpling begin to turn translucent. Add sauce, cover and continue cooking 2 minutes. Remove cover. Continue cooking, gently stirring dumplings, until sauce glazes dumplings. Place on platter. Sprinkle with cilantro and green onions. Serve.

Note: Pre-made dumplings from Chinese market work very well in this dish. The sauce is very flavorful.

Noodles in Thick Gravy

1/4 lb ground chicken or pork
1 lb fresh noodles
1 tbs peanut oil
5 dried black mushrooms
4 pieces wood ears or cloud ears
2 green onions, sliced
1 tbs minced garlic
1/2 tsp salt (omit if using canned chicken broth)
1 tbs light soy sauce
1 tbs dry sherry
1 tbs oyster sauce
4 cups chicken broth
4 tbs tapioca starch
6 tbs mushroom water
1 tbs dark soy sauce
2 eggs
2 green onions, sliced
2 tbs rice vinegar

Preparation:

Soak dried mushrooms in warm water 1/2 hour. Remove stems, and slice into 1/4 inch strips. Keep mushroom soaking water to add to dish later.

Soak wood or cloud ears in warm water 1/2 hour. Remove tough center and cut each into 2 or more pieces (about 1/2 inch strips). set aside with mushrooms and 2 sliced green onions.

Beat eggs and set aside.

Cooking:

Heat peanut oil in a large pot with a thick bottom. Add ground chicken or pork and stir-fry 2 minutes. Add mushrooms, cloud ears, garlic and green onions, and stir-fry until bright, about 1/2 minute.

Add salt (omit if using canned chicken broth), light soy sauce, sherry, oyster sauce and chicken broth. Bring to boil, lower heat, cover and simmer 20 minutes. Add noodles and simmer 3 minutes more. Add tapioca starch, mushroom water and dark soy sauce. Cook until thick. Turn off heat. Add beaten eggs slowly, stirring to achieve egg drop effect. Garnish with green onions and rice vinegar.

Hot and Sour Beef

2 tsp tapioca starch
1 tbs light soy sauce
2 tbs dry sherry
¼ tsp each salt and pepper
1 lb flank steak, cut into 2 x 1/4 inch strips
2 tbs peanut oil
2 tbs fermented black beans, rinsed, drained
3 cloves garlic, finely minced
2 slices of minced ginger, finely minced
1 small green pepper, cut into 1 inch pieces
1 medium carrot, thinly sliced
1 large onion cut in wedges, with layers separated
1 green onion, finely chopped
2 tbs cilantro, finely chopped

Sauce:

½ tsp crushed red pepper
½ tsp peanut oil
2 tbs light soy sauce
2 tsp tapioca starch
2 ½ tbs white wine vinegar
½ cup chicken broth

Combine tapioca starch, dark soy sauce, dry sherry, salt, pepper and flank steak strips, and let stand for 15 minutes. Combine ingredients in cooking sauce. Cut pepper into 1 inch pieces. Combine black beans, garlic and ginger in mortar and pestle. Crush together and set aside.

Heat oil in wok. Add onion, carrot and green pepper and stir-fry until charred. Remove and keep warm. Heat oil in wok. Add flank steaks strips so they form a layer at bottom of wok. Let cook 1 minute, and turn over and continue cooking 1 minute. Add black bean mixture. Stir-fry, until flank steak is done. Return onion, carrot, green pepper to wok. Add cooking sauce. Cook until thickened. Garnish with chopped green onion and cilantro. Serve.

Spicy Chicken in Lettuce Rolls

2/3 lb boned chicken breast, cut into matchstick pieces
2 heads iceberg lettuce
corn oil for deep frying
2 oz rice sticks
1 tbs tapioca mixed with 2 tbs cold water

Marinade:

1 tbs dry sherry
1 tbs heavy soy sauce
2 tsp oyster sauce
2 tsp sesame oil
4 large cloves garlic, finely minced
1 tbs finely minced ginger

Vegetables:

6 dried black mushrooms, soaked in hot water until soft (30 minutes). Save water, as it will be used in the sauce
1 cup finely diced red sweet pepper
1 cup finely diced fresh water chestnut or jicama
4 green onions, cut in 1/4-inch widths
1 cup finely diced Japanese redish (daikon)
1 cup finely diced snow peas (about 1/4 lb)

Sauce:

2 tbs dry sherry
1 tbs heavy soy sauce
1 tbs oyster sauce
2 tsp hoisin sauce
2 tbs mushroom soaking water
1 tbs sesame oil
1/2 tsp sugar
1 tsp chili paste with garlic

Preparation:

Mix chicken with marinade. Let rest 30 or more minutes. When mushroom soften, cut off stems and discard. Finely chop. Combine with remaining vegetable ingredients. Combine sauce ingredients. Cut choke from lettuce. Separate leaves. Cut very large leaves in half.

Last Minute cooking:

Heat oil in wok. Deep-fry the rice sticks a few at a time. Drain on paper towels. Form an even layer on serving platter. Oil from wok can be strained and saved. Clean wok.

Heat wok to hot. Add 1 tbs peanut oil. Stir fry meat. When done, add all the vegetables. When vegetables brighten, add sauce. Thicken with tapioca mixture. Tip out onto rice sticks. Serve at once. Fill lettuce cups with mixture and eat with fingers.

Fireworks Shrimp

1 lb shrimp, shelled, deveined
¼ lb snow peas
4 bok choy stalks
3 green onions, cut diagonally

Seasonings:

3 cloves garlic, finely chopped
3 thin slices fresh ginger, peeled and finely minced

Sauce:

1 tsp chili paste with garlic (very hot, be careful)
3 tbs dry sherry
4 tbs tomato sauce
2 tbs oyster sauce
1 tbs thin soy sauce
2 tsp rice vinegar
1 tsp sesame oil

1 tbs tapioca starch mixed with 2 tbs water
2 tbs peanut oil

Preparation:

Cut shrimp in half down through vein and set aside. Clean snow peas by snapping off ends and drawing ends along the top ridge to remove fibers. Put in water to crisp. Cut bok choy in sharp diagonal, rotating stem a half a turn each cut. Combine seasonings. Combine sauce ingredients. Drain snow peas. Combine vegetables.

Heat oil in wok. Add shrimp, cook until shrimp just loses raw outside color. Remove and cover shrimp with wok top to keep warm. Heat oil in wok. Add seasonings, cook 30 seconds, add vegetables. Stir-fry until snow peas turn a bright green. Pour sauce around edge of wok. Return shrimp. Thicken sauce with a little of tapioca starch. Taste and adjust seasonings as needed. Serve.

Green Bean, Roasted Pepper and Goat Cheese Salad

1/2 recipe Hunan Roasted Peppers
1/2 lb green beans (long or Blue Lake)
1/4 cup sesame seeds
7 oz cylinder goat cheese

Dressing

1 1/2 tbs balsamic vinegar
1/2 tsp salt
1 tsp dijon mustard
1 tsp minced garlic
3 tbs corn oil
1 1/2 tbs olive oil
Freshly ground black pepper (10 turns of the mill)

Special Equipment

Unwaxed dental floss or fine sting

Preparation:

Make the Hunan Roasted Pepper ahead of time.

Make the dressing by mixing together the vinegar, salt, and mustard. Stir until the salt is dissolved, then add the garlic, corn oil, olive oil and black pepper. Continue to mix until the dressing has thickened slightly.

Cut stem ends from green beans. Steam or microwave until they have softened, but still have some crunch (steam: 3-4 min, microwave: 2-3 min). Place the beans in ice cold water for about a minute until they cool. Drain in colander and set aside.

Heat a small skillet on low. Place sesame seeds in the skillet and heat for about 5 minutes until they brown. Empty the seeds on a flat plate.

Using the string or dental floss, cut the goat cheese into 4 or 6 disks. Dip the rounds in the sesame seeds, coating on both sides.

Select a flat serving dish. Arrange the beans to form a border. Scatter the roasted peppers on top of the beans. Place the sesame-coated cheese rounds in an overlapping pattern in the center of the serving dish. Spoon the dressing over the beans and peppers. Serve at room temperature.

Serves 4 to 5

Hunan Roasted Peppers

1 1/2 lb sweet red, green, and yellow peppers (about 4 full cups cut)
1 tsp salt
1 tbs peanut oil

Seasoning Sauce

1 tbs light soy sauce
1 tsp chili sauce or paste with garlic (very hot)
2 tsp balsamic vinegar or Chinese black vinegar

Cut peppers in 1 inch triangles or squares. Sprinkle with 1 tsp salt and drain well in a colander for about 2 hours. Peppers should be as dry as possible.

Mix the seasoning sauce ingredients together in a small bowl.

Heat wok until hot. Add peanut oil, then the peppers. Stir-fry to cover the peppers with oil, then let the peppers sit in the bottom of the wok for about 1 minute. Stir-fry and repeat until peppers are charred. Add the seasoning sauce and stir until all liquid is absorbed. Empty into serving dish. Serve at room temperature as an hors d'oeuvre. This dish can also be used in other dishes, such as stir-fry shrimp, pasta or sandwiches.

Stir Fried Chicken in Citrus Sauce

1 red pepper, cut into 1 ½ inch pieces
6 water chestnuts, peeled and sliced
2 tbs peanut oil
1 lb chicken breasts cut into ¾ inch pieces
1 tbs light soy sauce
2 tsp dry sherry
2 tsp tapioca starch
3 cloves garlic, minced
1 tbs minced ginger

Sauce:

1 ½ tbs grated or minced orange or tangerine peel
¾ cup chicken stock
1 tbs light soy sauce
3 tbs dry sherry
1 ½ tbs sesame oil
1 tsp sugar
½ tsp Chinese chili sauce (hot)
¼ tsp Sichuan peppercorns
1 tbs tapioca starch

Garnish: 3 tbs cilantro, finely chopped
1 green onion, finely chopped

Combine chicken, dry sherry, soy sauce and tapioca starch and set aside 15 min. Combine all sauce ingredients. Add 1 tbs oil to hot wok. Add red pepper and stir-fry until almost done. Add water chestnuts and continue stir-frying until done. Remove from wok and keep warm. Add 1 tbs oil to wok. Add chicken so it forms a single layer in bottom of wok. Let cook 1 min, then turn over and cook another min. Add garlic and ginger. Continue stir-frying until done. Return peppers and water chestnuts. Add sauce and continue stir-frying until sauce is somewhat thick. Remove from heat. Garnish with green onion and cilantro.

Serves 4

Hot and Sour Shrimp

1 tbs dry sherry
1 tbs light soy sauce
1 lb or less shrimp, cleaned, deveined, butterflied
2 tbs peanut oil
2 tbs fermented black beans, rinsed, drained
3 cloves garlic, finely minced
2 slices of minced ginger, finely minced
1 small green pepper, cut into 1 inch pieces
1 medium carrot, thinly sliced
1 large onion cut in wedges, with layers separated
1 green onion finely chopper
2 tbs cilantro finely chopped

Sauce:

½ tsp crushed red pepper
½ tsp peanut oil
2 tbs light soy sauce
2 tsp tapioca starch
2 ½ tbs white wine vinegar
½ cup chicken broth

Combine light soy sauce, dry sherry and shrimp and let stand for 15 minutes. Combine ingredients in cooking sauce. Wash pepper and cut into 1 inch pieces. Combine black beans, garlic, and ginger in mortar and pestle. Crush together and set aside.

Heat oil in wok. Add onion, carrot, green pepper and stri-fry until charred. Remove and keep warm. Heat oil in wok. Add shrimp and stir-fry until almost done. Add black bean mixture. Stir-fry, a few seconds. Return onion, carrot and green pepper to wok, stir-frying to mix ingredients. Add cooking sauce. Cook until thickened. Garnish with chopped green onion and cilantro. Serve.

Serves 4

Chicken Chowd with Black Beans

1-pound boneless chicken meat cut in 1/2 inch cubes

MARINADE

1 tablespoon light soy sauce

1 tablespoon cornstarch

1 egg white

1 tablespoon peanut oil

2 tablespoon peanut oil

1 yellow onion, peeled and cut into (1/2-inch pieces)

1 tablespoon ginger, chopped fine

6 cloves garlic, chopped fine

3 tablespoons fermented black beans (dow see)

rinsed in plain water and mashed with the garlic/ginger and 2 tablespoons

dry sherry or Chinese rice wine

2 green sweet bell peppers, cored and cut julienne

FINAL SAUCE

1 tablespoon light soy sauce

2 tablespoons dry sherry or Chinese rice wine

1/2 cup chicken stock, low sodium

1 teaspoon brown sugar

2 tablespoons green onion and cilantro.

Add chicken to marinade for 15 minutes. Heat a wok and add 1/2 tablespoons of oil. Drain the marinade from the chicken and reserve. Brown the chicken pieces well in the wok, then remove and set aside.

Heat oil wok again and add the remaining 1/2 tablespoons of oil. Chow the garlic/black bean mixture for a moment and add the onions and the dow see mashed with the sherry. Chow for a moment and add the green peppers. Return the chicken to the wok along with the reserved marinade. Add the ingredients for the final sauce. Stir well. You may wish to thicken this dish with 1/2 tablespoon of cornstarch mixed with an equal amount of water. Add it after the final sauce is hot. Stir well again and serve, topped with green onions and cilantro.