



RecipeTin *Eats*



42 fast and easy Asian restaurant recipes

ASIAN TAKEOUT

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Hi there!

I'm Nagi, the voice, cook, photographer and video maker behind *RecipeTin Eats* food blog.

Once upon a time, I was a corporate gal, working in the city in suits and heels. I left that world to pursue my dream of building something of my own and following my passion – food. I'm so fortunate to say that today, I make a living doing something I love – creating and sharing my favourite recipes with people from all around the world on my food blog, *RecipeTin Eats*.

I create and cook all the recipes myself, I photograph them and nowadays, I also make a video for every single recipe. I live on the beautiful Northern Beaches of Sydney with my beloved dog Dozer, and work out of my home – I do all my shooting in what used to be the dining room!

This is a free e-Cookbook that I've created for my readers which contains a selection of my favourite Asian takeout recipes from my website. Some recipes have been a bit summarised, so if you want more comprehensive instructions, have a look at the recipe on my website – and many will contain a recipe video too.

I hope you enjoy this cookbook! And if you have any questions about a recipe, leave a message on my website at the bottom of the recipe and I'll get back to you!

Nagi x

For more recipes, please visit www.recipetineats.com





ASIAN TAKEOUT

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STARTERS

Thai Chicken Lettuce Cups (Larb Gai)

Incredibly fresh yet full of flavour, this is a fantastic starter or low carb meal!

Servings 2 – 3 • 20 minutes



INGREDIENTS

2 tsp cornstarch / corn flour
 2 tbsp water
 2½ tbsp lime juice (1 to 2 limes)
 1½ tbsp fish sauce
 2 tsp brown sugar
 2 tbsp peanut oil
 1 tbsp fresh ginger, grated
 2 garlic cloves, minced
 1 lemon grass stalk, white part only, finely chopped
 2 birds eye chilli, deseeded and finely chopped (adjust to taste)
 1lb / 500g chicken mince (ground chicken)
 ½ red onion, cut into 4 wedges then finely sliced
 ⅓ cup cilantro / coriander leaves, plus extra to garnish
 ⅓ cup mint leaves, plus extra to garnish
 3 tbsp crushed peanuts (optional)
 4 large or 8 small lettuce leaves, to serve (I used iceberg)

Thai Chicken Lettuce Cups

METHOD

- 1 Place water and cornstarch (if using) into a small bowl. Mix into a slurry.
- 2 Add lime juice, fish sauce and sugar and mix to combine. Set aside.
- 3 Heat peanut oil in a wok (or heavy based fry pan) over medium high heat. Add ginger, garlic, lemongrass and chilli and sauté for 45 seconds to 1 minute until fragrant. Do not let the garlic burn, it will taste bitter.
- 4 Add the chicken and turn up the heat to high. Cook the chicken, breaking up the mince into small pieces.
- 5 Once the chicken turns white and is almost cooked through (about 4 minutes), add the sauce from Step 1. Cook for 45 seconds to 1 minute to coat the chicken and for the sauce to thicken.
- 6 Remove wok from heat. Stir through onion, coriander and mint.
- 7 Spoon into lettuce cups and serve. Garnish with extra mint, coriander/cilantro leaves and peanuts, if using. Alternatively, serve the chicken in bowls with the lettuce cups on the side so people can help themselves.

Servings 2 - 3

NOTES

- 1 The authentic version uses toasted rice grains to thicken the sauce. To do this, use 2 tablespoons of raw uncooked rice, and toast in a dry wok for 5 minutes until dark golden, stirring constantly. Then grind in a mortar and pestle, and use in place of the cornstarch.

STARTERS

Indonesian Satay Chicken Skewers

Satay skewers are a crowd pleaser! Many South East Asian countries have their own version, and most have extensive ingredients and instructions. This Indonesian / Balinese version is the simplest - and tastes amazing!

Servings 15 – 20 • 30 minutes



INGREDIENTS

Chicken

1lb/500g chicken thigh fillets, skinless and boneless, cut into 1.5cm/0.5" cubes

2½ tbsp kecap manis¹

1 tbsp unsalted butter, melted

12 - 14 small bamboo skewers, soaked in water for at least 30 minutes

Peanut sauce

1 tbsp peanut oil

2 garlic cloves, minced

1 small or ½ large brown onion, diced

3 birds eye chillis, sliced (or sub with hot sauce)

½ cup peanut butter (smooth or crunchy)

1 cup coconut milk (full fat is better, but light is ok)

2½ tbsp kecap manis

½ tbsp soy sauce

½ tsp salt

¼ cup crushed unsalted roasted peanuts (buy crushed or chop your own)

1 - 2 tbsp fresh lime juice

Garnish (optional)

Crushed peanuts

Lime wedges

Sliced shallots/scallions

NOTES

1 Kecap Manis is a thick soy sauce that has the consistency of syrup. It can be found in the Asian or sauce section of supermarkets and it is cheap - in Australia, it is \$2 for a small bottle or \$4 for a very large one. It tastes like sweet soy sauce with smokiness, and it is a key ingredient in this recipe. It's the secret ingredient in 90% of Indonesian recipes!

METHOD

Chicken

1 Thread chicken onto skewers - 4 to 5 pieces per skewer.

2 Combine kecap manis and butter, then brush onto chicken.

3 Cook the skewers on a hot BBQ or in a large, oiled non-stick fry pan.

4 Serve garnished with crushed peanuts and shallots, with lime wedges and *Peanut Sauce* on the side.

Peanut sauce

1 Heat oil in a small saucepan over medium high heat. Add garlic, onion and chillis and cook for 3 minutes until onion is translucent.

2 Turn heat down to medium, then add peanut butter, coconut milk, kecap manis and soy sauce. Simmer for 10 minutes, whisking occasionally.

3 Puree sauce with a blender.

4 Stir in crushed peanuts and lime juice, simmer for 2 minutes. Allow to cool slightly before serving to thicken.

Servings 15 – 20

STARTERS

Thai Fish Cakes

My favourite starter at Thai restaurants!

10 – 12 Pieces • 25 minutes



INGREDIENTS

- 1lb/500g white fish fillets, cut into chunks (anything will work)
- 2 tbsp red curry paste¹
- 1 tbsp cilantro/coriander leaves, chopped
- 3 tsp fish sauce (or sub with soy sauce)
- 1 tbsp lime juice
- 1 egg
- ¼ cup rice flour (or cornstarch / corn flour)
- 6 green beans, finely sliced (optional - in authentic recipes)
- 4 - 6 tbsp oil (vegetable, canola)

To serve

- Sweet chilli sauce
- Cilantro/coriander leaves
- Lime wedges

METHOD

- 1** Place fish, red curry paste, cilantro/coriander, fish sauce, lime and egg in a food processor. Whizz until the fish is minced.
- 2** Transfer to a bowl and stir through rice flour and green beans.
- 3** Fill a shallow dish with a bit of water (to wet the egg flip so it doesn't stick to the fish cakes).
- 4** Heat enough oil in skillet over medium high heat to cover the base (3 - 4 tbsp).
- 5** Place ¼ cup (I use an ice cream scoop) of batter in the skillet and pat down to 1cm / 2/5" thick with a spatula dipped in water. I cook 4 to 5 at a time.
- 6** Cook for 3 minutes until deep golden brown, then turn and cook the other side for 2 minutes. Transfer to paper towel lined plate. Repeat with remaining batter, adding more oil into the skillet if required.
- 7** Serve Thai Fish Cakes with Sweet Chilli Sauce, garnished with cilantro/coriander leaves and lime wedges on the side.

Servings 10 – 12 pieces

NOTES

- 1** I just use store bought red curry paste for this recipe.

STARTERS

Chinese Lettuce Cups (San Choy Bow)

One of my favourite starters at Chinese restaurants, the ultimate (almost) carb free healthy dish of all time!

Servings 3 • 20 minutes



INGREDIENTS

Sauce

- 1¼ tsp cornflour / cornstarch
- 3 tbsp water, separated
- 1½ tbsp light soy sauce¹
- 1 tsp dark soy sauce
- 2 tbsp oyster sauce
- 1 tsp sesame oil
- 2 tbsp Chinese cooking wine²
- 1 tsp white sugar (can omit)

Filling

- 1 tbsp peanut oil
- 1 clove large garlic, minced
- ½ tsp ginger, minced
- 300g / 10oz pork mince (ground pork), or chicken or turkey
- ½ onion, finely chopped
- 1 small carrot, finely chopped
- 100g / 3.5oz canned water chestnuts, drained and finely chopped³
- 5 baby corn, canned or fresh, finely chopped (or ½ cup corn kernels)

5 mushrooms, finely chopped (shiitake is best but any will do)

To serve

- 8 leaves large or 16 - 20 small iceberg lettuce ups (or other lettuce of choice)
- Crushed peanuts
- Finely sliced scallions / shallots

NOTES

- 1** You can substitute the dark soy sauce with more light. Or both the light and dark can be substituted with all purpose soy sauce.
- 2** This can be substituted with dry sherry or chicken broth.
- 3** Find this in the Asian section of large supermarkets and at Asian stores.

METHOD

- 1** Mix cornflour with 1 tbsp water until lump free. Then add remaining *Sauce* ingredients and mix.
- 2** Heat oil in a wok or large skillet over high heat. Add garlic and ginger, give it a quick stir then add onion.
- 3** Cook for 1 minute then add pork. Cook pork until it turns white.
- 4** Add all the vegetables. Cook for 2 minutes until the carrot is softened and pork is cooked through.
- 5** Add *Sauce* and cook for 1½ minutes or until it thickens and glossy, coating the *Filling*.
- 6** Transfer *Filling* into serving bowl. Lay out lettuce leaves, peanuts and scallions on the side.
- 7** To serve, spoon some *Filling* into a lettuce leaf. Top with peanuts and scallions, bundle it up and enjoy!

Servings 3

STARTERS

Spring Rolls

You've never really had a spring roll until you've tried homemade ones. Absolutely incomparable to the spring rolls served at typical suburban Chinese restaurants with unidentifiable fillings.

Servings 15 – 20 • 30 minutes



INGREDIENTS

Filling

1 tbsp oil
 2 garlic cloves, minced
 400 g / 13 oz pork mince (ground pork), or chicken or turkey
 6 dried shiitake mushrooms soaked in boiling water OR 8 fresh¹
 1½ cups shredded carrot
 1½ cups (heaped) bean sprouts
 1½ cups (packed) shredded green cabbage (any type is fine)
 1 tsp cornflour / cornstarch
 1½ tbsp Oyster Sauce
 2 tsp soy sauce (light or all purpose is best, dark is also ok)

Spring rolls

15 – 20 spring roll wrappers, defrosted (21.5 cm / 8" squares) OR 35 - 40 small spring roll wrappers, or Egg Roll wrappers to make Egg Rolls²
 2 tsp cornflour (for sealing rolls)
 1 tbsp water (for sealing rolls)

Oil for frying (I use vegetable) OR oil spray for baking (I use canola)

Sweet and sour sauce

(makes ~ 2/3 cup)

2 tsp cornflour/ cornstarch
 2 tbsp water
 ½ cup apple cider vinegar
 ⅓ cup brown sugar (adjust to taste)
 2 tbsp tomato ketchup
 2 tsp soy sauce

METHOD

Filling

- 1 Heat oil in a skillet or wok over high heat.
- 2 Add garlic, stir quickly, then add pork. Cook, breaking it up as you go, until it turns white.
- 3 Add carrot, bean sprouts, cabbage and mushrooms. Cook for 3 minutes or until vegetables are wilted. Add cornflour, soy sauce and oyster sauce, cook for 1 minute until the liquid is gone. The *Filling* should not be watery, it should be kind of sticky
- 4 Cool *Filling* (super speedy: spread on tray, refrigerate 5 minutes). (Hot filling = spring rolls burst open)

Spring rolls

- 1 Mix cornflour and water in a small bowl (for sealing the rolls).
- 2 Carefully peel off one spring roll wrapper, keep the others covered under a damp tea towel.
- 3 Place the wrapper with the SMOOTH SIDE DOWN in a diamond position.

Continued next page

4 Place a very heaped dessert spoon of filling on the bottom. Roll up halfway, fold sides in, then finish rolling. Use cornflour slurry to seal. They should be about 12 cm / 5" long, 2.5cm / 1" wide once wrapped. (See video⁴)

5 Pour enough oil in a wok or large saucepan so it is double the height of the spring rolls. Heat on medium high until hot³

6 Carefully fry about 4 to 5 spring rolls at a time, turning occasionally, until deep golden - around 2 minutes. Transfer to paper towels to drain.

7 Repeat with remaining spring rolls. Serve with Sweet and Sour Sauce!



Baking option

Place spring rolls on a rack and place the rack on a tray. Spray very generously with oil all over (use canola or other natural oil). Bake at 200C/400F (standard) or 180C/350F (fan / convection) for 20 to 25 minutes until golden and crispy - no need to turn.

Sweet and sour sauce

Combine ingredients in a small saucepan over medium heat. Bring to simmer, stirring regularly, then simmer until it thickens to taste (about 3 - 5 minutes).

Servings 15 – 20

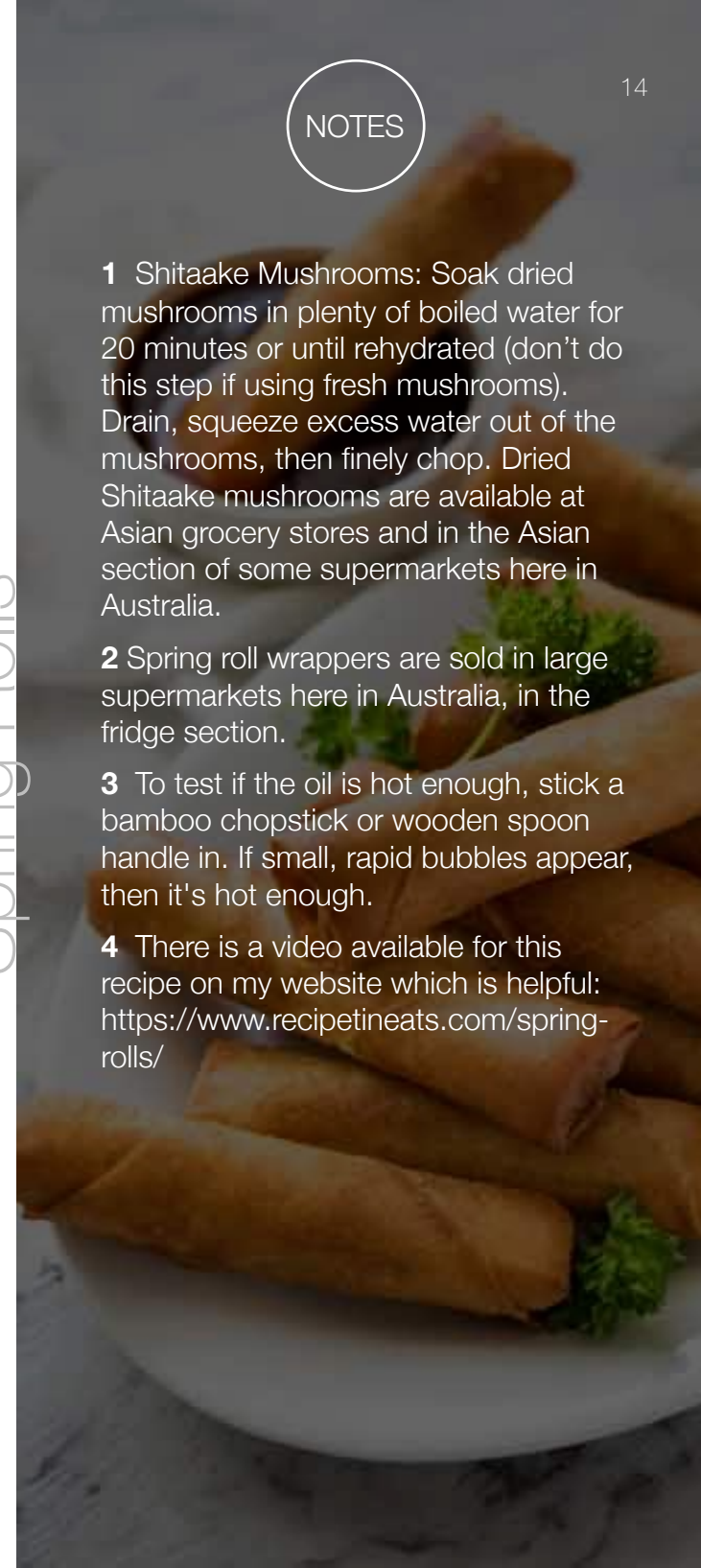
1 Shitaake Mushrooms: Soak dried mushrooms in plenty of boiled water for 20 minutes or until rehydrated (don't do this step if using fresh mushrooms). Drain, squeeze excess water out of the mushrooms, then finely chop. Dried Shitaake mushrooms are available at Asian grocery stores and in the Asian section of some supermarkets here in Australia.

2 Spring roll wrappers are sold in large supermarkets here in Australia, in the fridge section.

3 To test if the oil is hot enough, stick a bamboo chopstick or wooden spoon handle in. If small, rapid bubbles appear, then it's hot enough.

4 There is a video available for this recipe on my website which is helpful: <https://www.recipetineats.com/spring-rolls/>

Spring Rolls



STARTERS

Vietnamese Rice Paper Rolls

Vietnamese Rice Paper Rolls are incredibly fresh and healthy. The Vietnamese peanut dipping sauce that accompanies this is sensational and completely addictive!

7 pieces • 20 minutes





INGREDIENTS

Filling

7 - 14 sheets of 22cm/8.5" round rice paper¹

11 small cooked prawns/shrimp (about 12cm/5" in length, unpeeled including the head)

50g / 1.5 oz dried vermicelli noodles

7 lettuce leaves - use a lettuce with soft leaves, like Oak or Butter Lettuce²

14 mint leaves

1 cup bean sprouts

Vietnamese peanut dipping sauce

1 tbsp peanut butter, preferably smooth (crunchy is ok too)

2 tbsp Hoisin Sauce

1½ tbsp white vinegar (or lime juice)

⅓ cup milk (any fat %) (or water)

1 garlic clove, minced

½ tsp crushed chilli, sambal oelek or other chilli paste, adjust to taste

METHOD

1 Combine the *Peanut dipping sauce* ingredients. Mix briefly (it won't come together), then microwave for 30 seconds. Mix again until smooth. Set aside to cool. Adjust sour with vinegar, salt with salt and spiciness to taste. Thickness can be adjusted with milk or water once cooled.

2 Place vermicelli noodles in a bowl and cover with warm water for 2 minutes, then drain (or follow packet instructions).

3 Peel the prawns, slice in half lengthwise and devein (watch video).

4 Remove the crunchy core of the lettuce leaves (watch video).

5 For lettuce bundle, place some vermicelli noodles and bean sprouts in a lettuce leaf, then roll it up, finishing seam side down. Repeat.

6 Fill a large bowl with warm water. The bowl doesn't need to be large enough to fit the whole rice paper in one go.

Continued next page

7 Place two rice sheets together (if using¹). Note which side is the smooth side - this is supposed to be the outside of the spring roll. Submerge the rice papers into the water for 2 seconds. If your bowl isn't large enough to fit the sheets, dip sections for 2 seconds then rotate and repeat.



8 Lay one sheet on top of the other on a board or the counter (they will stick together) with the smooth side facing down.

9 On the top part of the rice paper, place 3 prawns with a mint leaf in between, as per the photo.

10 Place the lettuce bundle with the seam side down onto the

middle of the rice paper.

11 Fold the left and right edges of the rice paper in, then starting from the bottom, roll up to cover the lettuce bundle. Then keep rolling firmly. The rice paper is sticky, it will seal itself.

12 If you arranged the ingredients per the photo, your rolls should show prawn and mint leaves on the smooth side of the roll and the seam on the side or underside of the roll.

13 Serve immediately with the dipping sauce.

Servings 10 – 12 pieces

NOTES

1 Using two rice papers per roll makes it easier to handle and less prone to tearing.

2 Butter or oak lettuce are better than iceberg because they are soft and pliable. If you can't find a soft lettuce, then I suggest shredding the lettuce.

3 Wrap the bean sprouts and vermicelli noodles in the lettuce then roll it up and/or scrunch it lightly so it stays together and doesn't pierce the rice paper.

4 These are best made fresh, but can be stored for up to 6 hours in the fridge. Wrap each one up in cling wrap - multiple rolls on each sheet is fine as long as the rolls aren't in direct contact with each other.

5 Watch the video and you'll be a rolling master in no time!
<https://www.recipetineats.com/vietnamese-rice-paper-rolls-spring-rolls/>

SOUPS
&
SALADS

Chinese Chicken Salad

Crunchy veggies, chicken, peanuts and crispy noodles tossed with a lip smackingly delicious Asian Peanut Salad Dressing. This Chinese Chicken Salad is going to knock your socks off. It's my summer-salad-anthem!

Serves 2 • 15 minutes



INGREDIENTS

Dressing

2½ tbsp peanut butter
 2 tsp toasted sesame oil
 1 tbsp vegetable oil
 2 tsp soy sauce
 2 tsp+ Sriracha
 1 tbsp honey
 1 tbsp + 2 tsp rice wine vinegar
 1 - 1½ tbsp water (or lime juice)
 1 garlic clove, minced
 ½ tsp ginger, freshly grated

Salad

1½ cups Chinese cabbage / Napa cabbage, shredded
 1 cup red cabbage, shredded
 1½ cups carrots, julienned
 1 cups shredded cooked chicken
 1½ cups bean sprouts
 1 green onion / scallion, finely sliced on the diagonal
 ¼ cup peanuts, roughly chopped
 ¼+ cups crunchy fried noodles (I use Changs)

Chinese Chicken Salad

METHOD

- 1 Mix *Dressing* in a jug or small bowl. Use water to adjust consistency (it should be pretty thick and gloopy), Sriracha for spiciness and saltiness with salt (not more soy sauce).
- 2 Place all *Salad* ingredients in a bowl, reserving some noodles, peanuts and shallots for topping. Drizzle with *Dressing* and toss. Garnish with remaining noodles, peanuts and shallots and serve immediately.

Serves 2

NOTES

To make this Gluten Free, use GF peanut butter and soy sauce (tamari) and leave out the noodles. Use crunchy fried shallots instead! (Sold in the Asian section of supermarkets)

SOUPS
&
SALADS

Chinese Broccoli with Oyster Sauce

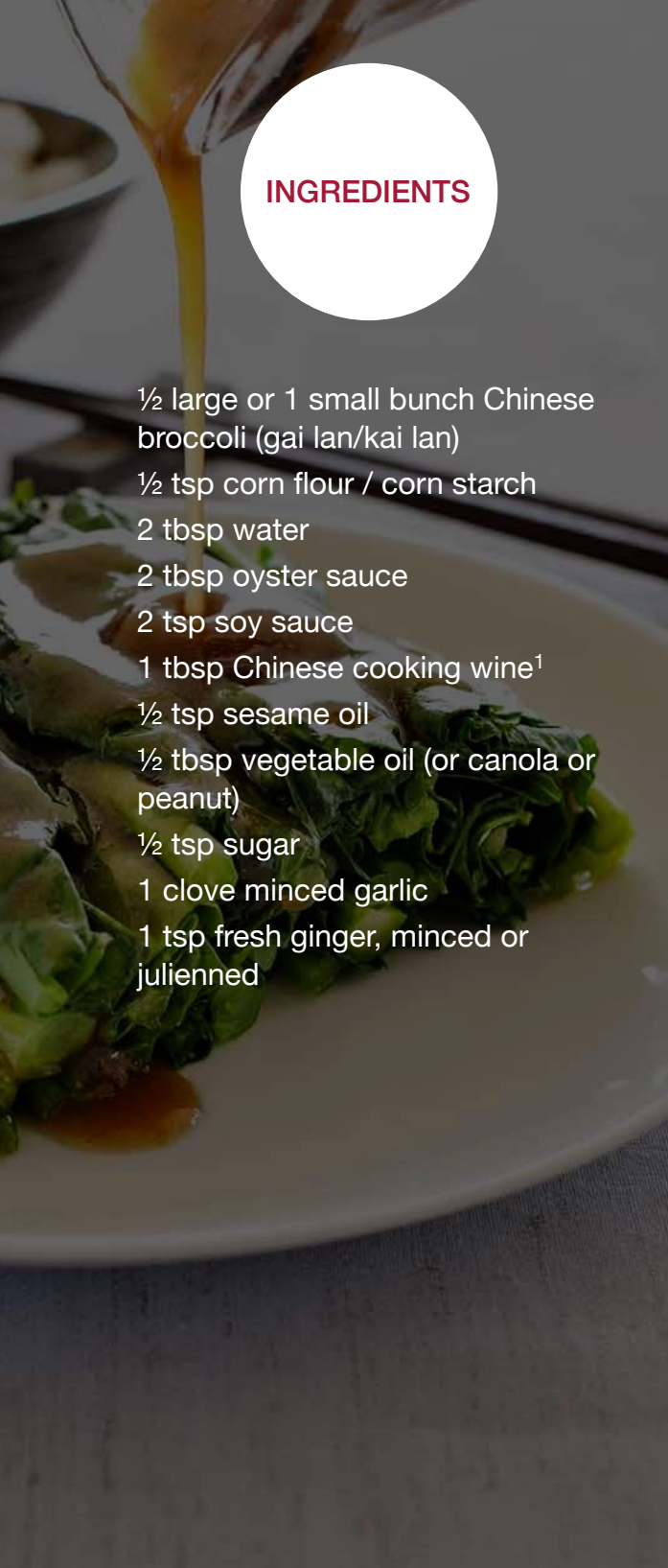
This is the “real deal” Restaurant Style Chinese Broccoli with Oyster Sauce that you get at Chinese restaurants, most commonly at Yum Cha (Dim Sum). Despite what you may read in many blogs and recipe sites, it is not just plain oyster sauce dolloped on steamed greens! This takes minutes to make using my handy tip for steaming the greens in the microwave just using clingwrap.

Serves 2 • 8 minutes





INGREDIENTS



½ large or 1 small bunch Chinese broccoli (gai lan/kai lan)
 ½ tsp corn flour / corn starch
 2 tbsp water
 2 tbsp oyster sauce
 2 tsp soy sauce
 1 tbsp Chinese cooking wine¹
 ½ tsp sesame oil
 ½ tbsp vegetable oil (or canola or peanut)
 ½ tsp sugar
 1 clove minced garlic
 1 tsp fresh ginger, minced or julienned

Chinese Broccoli with Oyster Sauce



METHOD

- 1** Trim the ends of the Chinese broccoli, rinse under tap, shake off excess water than wrap in cling wrap.
- 2** Microwave for 1½ minutes - check if cooked but still firm. If it needs more cooking, do it in 30 second bursts. Once cooked, remove from cling wrap immediately, otherwise it will keep steaming. Be careful when unwrapping it as it is hot!
- 3** Stack the Chinese broccoli together and cut into 4"/10cm lengths and stack on top of each other.
- 4** Combine water and corn flour in small pot, mix to dissolve. Then add remaining ingredients, bring to boil on stove, boil for 30 seconds to allow to thicken, then remove from stove.
- 5** Drizzle over Chinese broccoli and serve. Best served warm.

Serves 2



NOTES

- 1** Chinese cooking wine can be substituted with sake or sherry.
- 2** In the photo the sauce is smooth because I strained it to remove the garlic and ginger. I only do this if I am cooking for guests!

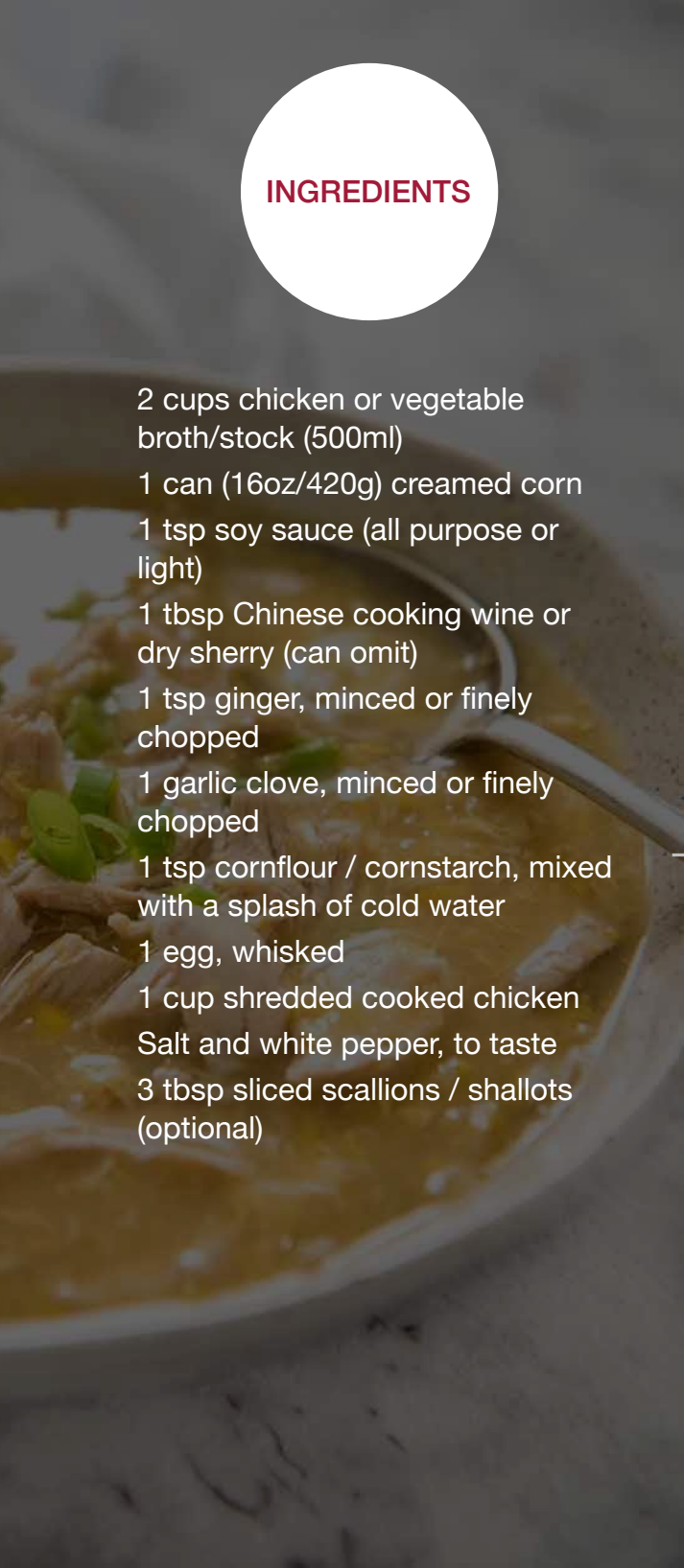
SOUPS
&
SALADS

Chinese Corn Soup with Chicken

A thick, warm soup on the table in 15 minutes! This Chinese Corn Soup, also known as Egg Drop Soup, will blow your mind. It tastes just like what you get at Chinese restaurants, is so fast to make and you don't even need to chop a single thing.

Serves 4 • 10 minutes





INGREDIENTS

2 cups chicken or vegetable broth/stock (500ml)
1 can (16oz/420g) creamed corn
1 tsp soy sauce (all purpose or light)
1 tbsp Chinese cooking wine or dry sherry (can omit)
1 tsp ginger, minced or finely chopped
1 garlic clove, minced or finely chopped
1 tsp cornflour / cornstarch, mixed with a splash of cold water
1 egg, whisked
1 cup shredded cooked chicken
Salt and white pepper, to taste
3 tbsp sliced scallions / shallots (optional)

Chinese Corn Soup with Chicken

METHOD

- 1 Place broth, creamed corn, soy sauce, Chinese cooking wine, ginger, garlic and cornflour / water mixture in a saucepan over high heat.
- 2 Bring to boil, then turn down the heat to medium and stir occasionally. Cook for 5 minutes or until slightly thickened.
- 3 Adjust seasoning with salt, turn off heat, and slowly whisk in the egg so it cooks in "ribbons" throughout the soup. This also thickens the soup.
- 4 Add the chicken, season with white pepper, and serve, garnished with scallions.

Serves 4

NOTES

The soup freezes great, but it is best to leave out the cornstarch slurry and add that in when reheating. This is because things thickened with cornstarch tend to be a bit watery once frozen (fridge is ok, no effect). Not very watery, because the corn and egg are thickeners too, but it isn't quite as thick. Or if you are freezing leftovers, just add a little bit more cornstarch when reheating, if you want to thicken it slightly.

SOUPS
&
SALADS

Thai Beef Salad

*Not just another Thai Beef Salad ...
This is made with one little change
to create a dressing from an award-
winning Thai restaurant, arguably
one of the best in the world outside
of Thailand.*

Serves 2 • 25 minutes



INGREDIENTS

Dressing

¼ to ½ tsp sliced birds eye chili (or any other spicy chili - adjust amount to taste)

2 garlic cloves

1 tbsp cilantro/coriander stems, chopped

Pinch of salt

2 tsp sugar

2 tbsp fish sauce

3 tbsp lime juice

1 tbsp grape seed oil (or canola or vegetable oil)

Salad

7 - 8 oz / 200 - 250 g good quality beef steak - sirloin, porterhouse, scotch fillet or rump steak (the best quality you can afford), at room temperature

½ tbsp oil (vegetable, peanut or

canola oil)

Salt and pepper

2 cups mixed lettuce leaves

¼ cup cherry tomatoes, halved

¼ small red onion (spanish onion), very finely sliced

½ cucumber, cut horizontally then cut into slices (about ⅓ cup)

¼ cup cilantro/coriander leaves, lightly packed

¼ cup mint leaves, lightly packed

Garnish

1 tbsp peanuts, roughly chopped

Extra cilantro/coriander and mint leaves

Thai Beef Salad

METHOD

- 1** Place the birds eye chili, garlic, cilantro stems and a small pinch of salt into a mortar and pestle.
- 2** Grind until a smooth paste forms.
- 3** Add the remaining *Dressing* ingredients. Adjust sugar, lime juice and fish sauce to taste. Set aside.
- 4** Drizzle the beef with ½ tbsp of oil on both sides, then sprinkle with a good pinch of salt and pepper.
- 5** Preheat a skillet over high heat until screaming hot and smoking.
- 6** Cook the beef to your liking¹. I like mine rare for this salad.
- 7** Remove the beef from the skillet onto a plate. Loosely tent with foil and set aside for 10 minutes to rest.
- 8** Slice the beef thinly against the grain and place in a bowl with the remaining Salad ingredients.
- 9** Pour over *Dressing* and toss gently.

Continued next page

10 Pile the salad onto a plate. Sprinkle with peanuts and garnish with extra cilantro/coriander and mint leaves if using.

Serves 2

NOTES

1 On a screaming hot skillet or BBQ, I cook a 2cm / $\frac{3}{8}$ " thick steak (at room temperature) for 2 minutes on each side for rare, or 2 minutes 30 seconds on each side for medium rare or 3 minutes on each side for medium.

2 OPTIONAL EXTRAS: For a truly authentic experience, toss through 1 tbsp of very VERY finely sliced lemongrass (white part only), and 2 fresh kaffir lime leaves very VERY finely julienned.

Thai Beef Salad



SOUPS
&
SALADS

Chinese Noodle Soup

This Chinese Noodle Soup is perfect for busy weeknights AND end of week fridge clean outs because it's so fast and easy and you can toss in any vegetables and proteins you have.

Serves 2 • 15 minutes



INGREDIENTS

Broth

3 cups / 750 ml chicken broth
 2 garlic cloves, smashed
 1/3" / 1 cm piece of ginger, sliced
 (optional, but highly recommended)
 1 1/2 tbsp light soy sauce (or normal all purpose soy sauce)
 2 tsp sugar (any)
 1 1/2 tbsp Chinese cooking wine¹
 1/4 - 1/2 tsp sesame oil

Toppings & noodles

6 oz / 180g fresh egg noodles²
 2 large bok choy plus/or other vegetables of choice
 1 cup shredded cooked chicken (or other protein of choice)
 1 scallion / shallot, green part only finely sliced (optional garnish)

Chinese Noodle Soup

METHOD

- 1 Place *Broth* ingredients in a saucepan over high heat. Place lid on, bring to simmer then reduce to medium high and simmer for 5 - 10 minutes to allow the flavours to infuse.
- 2 Meanwhile, cook noodles according to packet directions.
- 3 Cut vegetables to desired size. For bok choy, cut them into quarters (cut a cross into the base and tear it into neat quarters with your hands).
- 4 Pick ginger and garlic out of soup broth. Add bok choy and cook for 1 minute. Add chicken then turn the stove off.
- 5 Place noodles in bowls. Divide soup and toppings between bowls. Garnish with shallots if using. Great served with chilli paste or fresh chillis.

Serves 2

NOTES

- 1 Chinese cooking wine is a key ingredient to transform store bought chicken broth into a restaurant-quality soup broth. Dry sherry is an excellent substitute. Otherwise, sake or mirin are adequate substitutes.
- 2 Noodles: Use any you want, fresh or dried. Prepare according to packet directions but do not cook in the broth (it sucks up lots of the broth). I use thin fresh egg noodles, which is what Chinese restaurants typically use. But Hokkien (thin is better, but the fat one is ok too), Singapore Noodles and other egg noodles would also be fine, as well as any dried or fresh rice noodles.

SOUPS
&
SALADS

Wonton Soup

Homemade wonton soup! These wontons are filled with a juicy pork and prawn / shrimp filling and will knock your socks off.

Servings 50 wontons • 35 minutes



INGREDIENTS

Wontons

200 g / 7 oz lean pork mince (ground pork)
 200 g / 7 oz peeled prawns / shrimp, roughly chopped
 1 tbsp ginger, finely grated (1.5" / 3cm piece)
 2 shallots / green onions, finely chopped (5 tbsp)
 1 tbsp light soy sauce
 2 tbsp Chinese cooking wine (Shaoxing wine)¹
 1/2 tsp salt
 2 tbsp sesame oil
 50 - 60 wonton wrappers²

Broth (for 2 servings)

3 cups / 750 ml chicken broth³
 2 garlic cloves, smashed

1/3 " / 1 cm piece of ginger, sliced (optional, but highly recommended)
 1 1/2 tbsp light soy sauce
 2 tsp sugar (any)
 1 1/2 tbsp Chinese cooking wine
 1/4 - 1/2 tsp sesame oil

To serve

Shallots / scallions, finely chopped
 Bok choy, quartered, or Chinese broccoli cut into 10cm / 4" lengths (optional)
 40 - 50 g / 1.5 - 1.75 oz dried egg noodles per person, (optional)⁵

Wonton Soup

METHOD

Wonton filling

1 Place all *Wonton* ingredients except wonton wrappers into a bowl. Use a potato masher to mash until fairly smooth - about 20 mashes. Don't turn the prawn into a complete paste, small chunks are good.

Wrapping wontons (also see photos)

1 Lay Wontons on work surface. Use 2 teaspoons to put the Filling on the wontons. Work in batches of 5 if starting out, up to 15 or 20 if confident. Brush 2 edges with water. Fold to seal, pressing out air. Brush water on one corner and bring corners together, pressing to seal. Place wrapped wontons into a container with a lid as you work (so they don't dry out).

To cook⁴: Bring a large pot of water to boil. Place wontons in water and cook for 4 minutes or until they float. Remove with slotted spoon straight into serving bowls.

To freeze: Freeze uncooked in airtight containers. Cook from frozen for 6 to 8 minutes. **IMPORTANT:** Do not freeze if you made this with defrosted frozen prawns.

Continued next page



Broth

Place Broth ingredients in a saucepan over high heat. Add white ends of scallions/shallots if leftover from Wonton filling. Place lid on, bring to simmer then reduce to medium high and simmer for 5 - 10 minutes to allow the flavours to infuse. Pick garlic and ginger out before using. If using vegetables, blanch in the soup broth and place in serving bowl.

To Assemble

Prepare noodles according to packet directions (if using noodles). Place in serving bowl with cooked wontons and blanched vegetables.

Servings 50 wontons

1 Try to use Chinese wine per recipe, else sub with sherry or even sake, or omit.

2 You can find Wonton Wrappers in the refrigerator section of Woolworths and Coles in Australia where fresh noodles are sold. You will need 2 packets (40 in each pack). Otherwise reduce the filling slightly and just make 1 packet worth.

3 Asian chicken broth is best here. It's more yellow and tastes a little "cleaner" than Western-style store bought chicken broth. It is what I used in the photos.

4 I use 6 to 8 wontons for soups without noodles, and 5 or 6 with noodles.

5 I use Asian egg noodles from Woolworths in Australia. Any dried or fresh egg noodles will work fine.

6 There is a helpful video on my website: <https://www.recipetineats.com/wonton-soup/>



RICE

Thai Fried Rice

An authentic recipe for Thai fried rice – just like you get in Thailand and at Thai restaurants!

Servings 2 – 3 • 20 minutes



INGREDIENTS

2 tbsp vegetable oil
 2 large garlic cloves, finely chopped
 ½ onion, diced
 5 oz / 150 g chicken breast, thinly sliced¹
 3 scallion/shallot stalks, cut into 1.5 "/4 cm pieces
 2 eggs, lightly beaten
 3 cups cold cooked jasmine rice²
 Sauce of your choice (see below)

Sauce options - use only ONE of these³

1½ tbsp soy sauce + 1½ tbsp oyster sauce

2 tbsp fish sauce + 1½ tbsp oyster sauce + 1 tsp sugar (any type)

1½ tbsp light soy sauce + 1½ Thai Seasoning (Gold Mountain)⁴

To serve

Tomato wedges, cucumber slices, fresh coriander

METHOD

- 1 Heat oil in a large wok or a large skillet over medium high heat. (Add 1 tbsp extra oil if using a skillet)
- 2 Add garlic and stir fry for 20 seconds. Add onion and stir fry for 1 minute. Add chicken and shallots and stir fry for 1 minute or until the chicken just turns white (but still pink inside).
- 3 Push the chicken to the side and pour the egg into the middle. Scramble it quickly - about 30 seconds.
- 4 Add the rice and *Sauce*. Stir fry for 2 minutes or so to heat the rice and coat all the rice with the *Sauce*.
- 5 Serve immediately, garnished with fresh cilantro/coriander with tomato and cucumbers on the side.

Serves 2 – 3

NOTES

- 1 Make sure you cut the chicken against the grain for a tender result.
- 2 Any cooked long grain rice is OK, ideally refrigerated overnight.
- 3 There are many variations of Thai fried rice. I have given a few different sauce options based on different approaches I've seen, and so you can choose based on what ingredients you have.
- 4 Thai Seasoning Sauce is thicker, sweeter and saltier than soy sauce, similar to oyster sauce in consistency. Gold Mountain is the most common one in Australia, available at Asian stores for about \$2 a bottle.

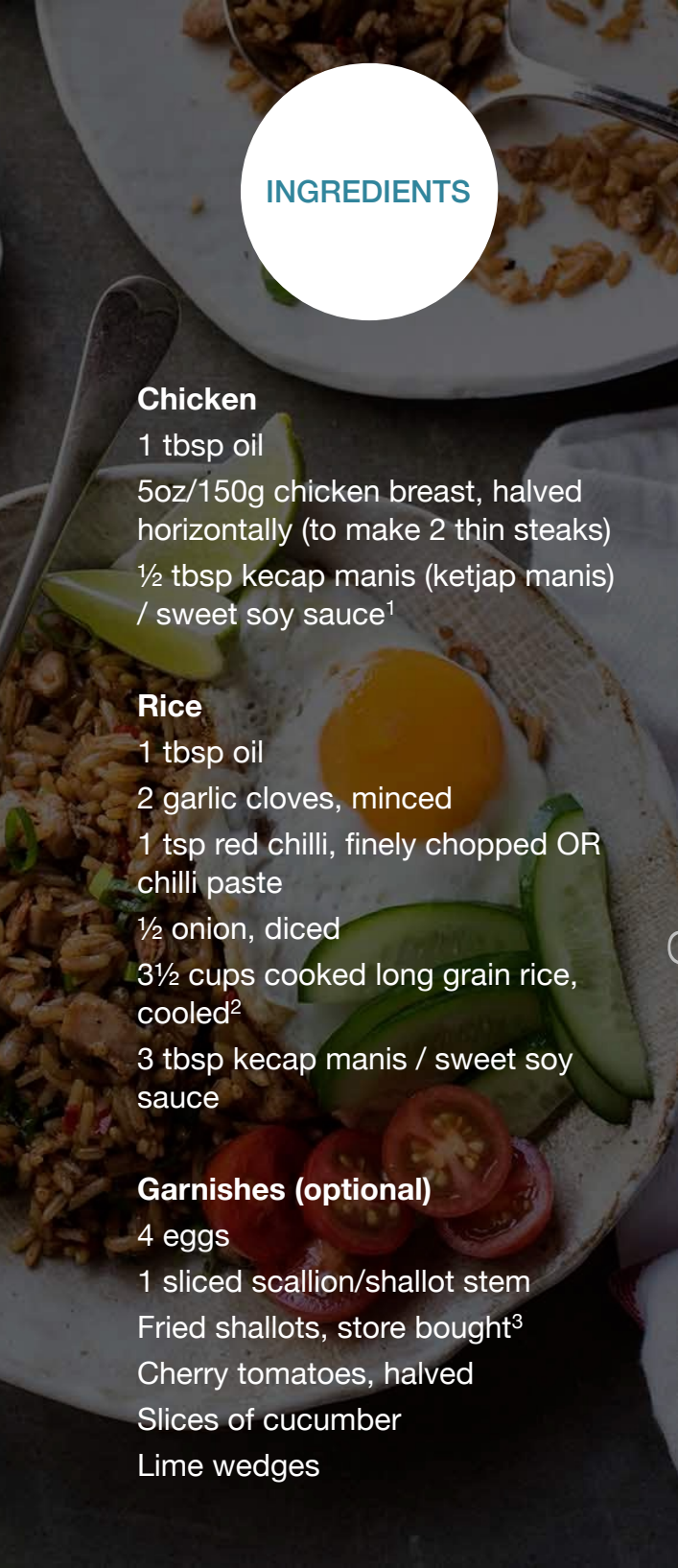
RICE

Nasi Goreng

Nasi Goreng is the popular Indonesian fried rice which is traditionally served with a fried egg. The dark brown colour from the sauce distinguishes it from other popular Asian fried rice dishes. It's simple to make and you won't need to hunt down any unusual ingredients!

Serves 4 • 20 minutes





INGREDIENTS

Chicken

1 tbsp oil
5oz/150g chicken breast, halved horizontally (to make 2 thin steaks)
½ tbsp kecap manis (ketjap manis) / sweet soy sauce¹

Rice

1 tbsp oil
2 garlic cloves, minced
1 tsp red chilli, finely chopped OR chilli paste
½ onion, diced
3½ cups cooked long grain rice, cooled²
3 tbsp kecap manis / sweet soy sauce

Garnishes (optional)

4 eggs
1 sliced scallion/shallot stem
Fried shallots, store bought³
Cherry tomatoes, halved
Slices of cucumber
Lime wedges

Nasi Goreng

METHOD

- 1 Heat oil in a large skillet over high heat. Drizzle kecap manis over both sides of the chicken then cook until browned on both sides and cooked through. Remove from skillet, allow to cool slightly then dice.
- 2 Heat 1 tbsp oil in a wok (or skillet) over high heat. Add garlic and chilli and cook quickly until fragrant, then add onion. Cook onion until translucent. Add rice and kecap manis. Cook, breaking up the rice, until the rice is heated through and the kecap manis has been evenly dispersed and stains the rice brown. Add chicken and stir.
- 3 Transfer rice to a serving platter. Sprinkle with scallions / shallots and fried shallots if using.
- 4 Cook eggs, sunny side up, to your liking (I like them runny!)
- 5 Serve the rice with a fried egg on top with cherry tomatoes, cucumbers and lime wedges on the side.

Serves 2 – 3

NOTES

- 1 Kecap Manis (sometimes called Ketjap Manis) is an Indonesian sweet soy sauce that is thicker than other soy sauces. Sometimes it is just labelled as sweet soy sauce. The consistency resembles maple syrup.
- 2 All types of fried rice are best made using day old cooked rice that has been refrigerated overnight.
- 3 Fried shallots are slices shallots that have been fried until crunchy. They are a great garnish and add a pop of texture to the dish but are optional.

RICE

Chinese Fried Rice

It takes more than soy sauce to make a proper Chinese Fried Rice, just like what you get at Chinese restaurants. I learnt how to make proper Chinese Fried Rice from Australia's most well known Chinese chef, Kylie Kwong!

Serves 3 – 5 • 20 minutes



INGREDIENTS

3 tbsp peanut oil (or vegetable)
 2 eggs, lightly beaten
 ¾ cup bacon, excess fat trimmed,
 chopped (or ½ cup Chinese
 Sausage)¹
 2 garlic cloves, minced
 3 tsp ginger, minced or very finely
 chopped
 ½ onion, finely chopped (about ¾
 cup)
 1 tbsp Chinese cooking wine or
 dry sherry (or sake, Japanese
 cooking wine)²
 ½ tsp sugar
 5oz/150g small shrimp/prawns,
 cooked and peeled
 3 cups cooked long grain white
 rice, refrigerated overnight³
 3 scallions, thinly sliced

Sauce

1 tbsp Oyster Sauce
 1½ tbsp soy sauce (all purpose or
 light)
 ½ tsp sesame oil (roasted - i.e.
 dark colour)

Chinese Fried Rice

METHOD

- 1 Mix together *Sauce* ingredients, set aside.
- 2 Heat 1 tbsp oil in a wok (or heavy based skillet/fry pan) over medium heat. Add eggs and cook until scrambled, then remove onto plate.
- 3 Increase heat to high and add bacon. Cook until golden, then remove onto plate with egg - about 2 minutes. Drain off excess bacon fat.
- 4 Add remaining 2 tbsp oil, garlic and ginger. Return wok to stove on high heat. Stir fry as it comes up to heat, don't let it burn. When garlic starts to sizzle, add onion and stir fry for 2 minutes until golden.
- 5 Add Chinese wine and sugar and let it simmer rapidly, stirring, for 20 seconds, until mostly evaporated. Add prawns/shrimp and stir fry for 1 minute to heat through (if pre-cooked, cook longer to cook if raw).
- 6 Add rice, *Sauce*, eggs, bacon and all but 2 tbsp of shallots/scallions. Stir fry for 2 minutes until rice is hot - around 2 minutes.
- 7 Transfer to serving plate, sprinkle with remaining scallions and serve.

Serves 3 – 5

NOTES

- 1 The original recipe uses Chinese Sausage, but Kylie recommends bacon as a substitute and that's what I usually use.
- 2 The Chinese cooking wine is key to this recipe. You can substitute with dry sherry or Japanese cooking sake.
- 3 Please ensure you use day old or at least refrigerator cold freshly cooked rice - this is key!

NOODLES

Vietnamese Noodles with Lemongrass Chicken

This Vietnamese Noodles with Lemongrass Chicken (Bun Ga Nuong) is one of my signature dishes that is familiar to many of my friends! Vermicelli noodles topped with fresh vegetables, an incredible lemongrass marinated chicken and drizzled with the essential Vietnamese dipping sauce Nuoc Cham.

Serves 4 • 30 minutes



INGREDIENTS

Meat and marinade

600 - 800g / 1.2 - 1.6lb chicken thigh fillets, skinless and boneless or breast (or pork, beef or any seafood)

2 garlic cloves, finely chopped or minced

2 tbsp lime juice

2 tbsp fish sauce²

1 tbsp soy sauce (all purpose or light)

2 tbsp brown sugar

1 tbsp vegetable oil

1 stalk lemongrass, white part only, bruised them sliced into pieces easy to pick out later¹

Nuoc cham

¼ cup fish sauce

4 tbsp rice vinegar

2 tbsp white sugar

½ cup water

2 garlic cloves, finely chopped

1 red birds eye chilli, finely chopped

3 tbsp lime juice

Noodle bowl

½ tbsp oil

200 g / 7 oz vermicelli noodles, dried

2 carrots, julienned

2 cucumbers julienned (optional: remove seeds)

5 cups iceberg lettuce, finely sliced

3 cups bean sprouts

Handful of mint leaves

Handful of cilantro/coriander

Sliced chili (for garnish - optional)

Lime wedges (to serve - optional)

METHOD

1 Combine *Meat and marinade* ingredients and set aside for at least 1 hour, up to 24 hours.³

2 Combine the *Nuoc cham* ingredients and mix well to dissolve the sugar. Adjust to your taste (spiciness, lime, sweetness) and set aside.

3 Soak the vermicelli noodles in hot water for 3 minutes (or according to packet instructions), then drain and rinse under cold water to stop the noodles from sticking together.

4 Heat ½ tbsp oil in a fry pan over medium heat (or heat the BBQ). Remove chicken from marinade, shaking off large bits of lemongrass (small bits should fall off during cooking).

5 Place chicken in the pan and cook each side until dark golden brown and chicken is just cooked through - about 6 to 8 minutes in total. Remove from pan, shaking off any remaining bits of visible lemongrass and set aside to rest for 5 minutes. Slice chicken into thin pieces.

Continued next page

To serve individually: Place noodles in bowl. Then either top or lightly toss through the vegetables and herbs, and top with chicken pieces. Drizzle with a few tablespoons of Nuoc Cham Sauce (be generous, ~4 tbsp per serving) and serve with lime wedges.

To serve to share (my preferred way): Place meat and vegetables on a large platter with the sauce, and the noodles in a bowl, and let your guests help themselves.

Serves 4

NOTES

- 1** To prepare the lemongrass, peel the tough outer layers off to reveal the softer white part on the bottom ~1/3 of the lemongrass. Bruise using the back of the knife. Don't slice too finely or finely chop, you want the pieces large enough so you can just brush them off (lemongrass is kind of tough, it has to be very finely chopped / cooked for a long time to eat). You could sub with 1 tbsp lemongrass paste.
- 2** Fish sauce is a key ingredient in a lot of Asian cooking. Don't worry, it doesn't taste fishy when combined with other ingredients!
- 3** Freezing: Pop the chicken in the fridge as soon as it's in the marinade. Then let it defrost in the fridge - it will marinate during this time.
- 4** This can be substituted with any spicy chilli. Adjust to your taste.
- 5** DIY Noodle Bowl Spread: Pile all the components on a large platter or separate bowls and let guests serve themselves. That's how I typically serve this.

Vietnamese Noodles with Chicken



NOODLES

Beef and Broccoli Noodles

Chinese Beef and Broccoli Noodles is your favourite Beef and Broccoli stir fry with the addition of noodles! Nice and saucy, this is true restaurant quality takeout at home.

Serves 4 • 20 minutes



INGREDIENTS

350 - 400 g / 12 - 14 oz beef rump
or fillet, thinly sliced

1½ tbsp peanut or vegetable oil

2 garlic cloves, finely chopped

½ onion, finely sliced

1 large head broccoli, broken into
small florets

400 - 450g / 14 - 15 oz egg
noodles (hokkien, lo mein,
singapore - from the fridge)

Sauce

½ cup / 125 ml water

1 tbsp cornflour / cornstarch

2 tbsp dark soy sauce¹

1½ tbsp light soy sauce

1½ tbsp Chinese cooking
wine/Shaoxing wine

1 tsp white sugar

⅛ tsp Chinese five spice²

½ tsp sesame oil

¼ tsp pepper (white or black)

Sesame seeds and chopped
shallots / green onions / scallions
for garnish

Beef and Broccoli Noodles

METHOD

- 1 For the Sauce, place water and cornflour in a bowl, mix. Then add remaining ingredients and mix.
- 2 For the beef, place in a bowl and add 1½ tbsp Sauce. Mix.
- 3 For the broccoli and noodles, bring a large pot of water to the boil. Add broccoli, cook for 1 minute. Add noodles then after 15 seconds, use a wooden spoon to separate the noodles then immediately drain (don't have the noodles in the water for more than 1 minute).

Stir fry

Heat oil in a large skillet over high heat. Add garlic, quickly stir. Add onion and cook for 1 minute until it's tinged with brown. Add beef and cook until it changes from red to brown. Add noodles, broccoli and sauce. Toss together for 1 1/2 - 2 minutes or until Sauce thickens and coats the noodles. Sprinkle with sesame seeds and shallots, if using, and serve!

Serves 4

NOTES

- 1 Light soy sauce is saltier than all purpose and dark soy sauce. Dark soy sauce has a more intense flavour and makes the noodles a darker colour. You can use all purpose soy sauce (i.e. not labelled "Dark" or "Light", like Kikkoman) in place of both of these.
- 2 Five spice powder is optional here, but adds a tasty additional flavour element

NOODLES

Laksa

Laksa, the epic Malaysian spicy coconut noodle soup, is a must-try at least once in your life! The soup is rich, fragrant and a bit spicy, and loaded with all the essential classic Laksa toppings. This is an easy Laksa recipe because the base is a store bought Laksa paste which is dolled up to make a restaurant quality Laksa.

Serves 2 • 55 minutes



INGREDIENTS

Chilli paste¹

1 tbsp Sriracha sauce
1 tbsp minced chili from jar or paste, or more Sriracha
1 tbsp vegetable oil (any plain oil)
½ tsp sugar
1½ tsp Laksa paste⁴
1½ tsp soy sauce
½ garlic clove, minced

Chicken stock

2 cups chicken stock / broth (500 ml)
1 cup water (250 ml)
2 large or 3 medium chicken drumsticks²

Laksa broth

1½ tbsp oil
2 garlic cloves, minced
2cm / ¾" piece of ginger, finely grated

1 lemongrass, white part grated, reserve stalk³
2 birds eye chillis, finely chopped
½ cup / 175g laksa paste⁴
400g / 14 oz can coconut milk⁵
1 - 2 tsp fish sauce

Noodles + toppings

50g / 1.5 oz vermicelli noodles, dried
100g / 3.5oz hokkien noodles (optional - or use more vermicelli)⁶
80g / 2.5 oz bean sprouts
80g / 2.5 oz tofu puffs, cut in half⁷

Garnishes (optional)

Fresh coriander / cilantro
Lime wedges
Crispy fried shallots⁸
Finely sliced red chilli

METHOD

1 To make *chilli paste*, mix ingredients together in a small bowl. Set aside for 20 minutes.

2 To make *chicken stock*, place the *chicken stock* ingredients in a medium saucepan over high heat. Bring to simmer then reduce to medium high. Cook for 25 minutes or until chicken flesh is falling off the bone and liquid is reduced to approx 2 cups. Discard skin, pull flesh off the bone and place in bowl, discard bone. Set broth aside.

Laksa broth

1 Heat oil in a large saucepan or small pot over medium low heat. Add garlic and ginger, sauté for 20 seconds, then add lemongrass and chillis. Cook for 1 minute.

2 Add laksa paste. Turn heat up to medium and cook for 2 minutes, stirring constantly, or until fragrant.

3 Add *chicken stock*, coconut milk, 1 tsp fish sauce and 2 tsp of *chilli paste*. Tie the lemongrass stalk into a knot and pop it in too. Place lid on and

Continued next page

simmer on for 10 minutes.

4 Adjust to taste using lime juice (for sour) and fish sauce (for saltiness). Meanwhile, prepare noodles according to packet instructions.

Assemble laksa

Add tofu puffs into broth. Divide noodles between 2 bowls. Top with chicken. Pour broth over chicken. Top with beansprouts. Sprinkle with Garnishes you choose to use. Serve with *chilli paste* on the side.

Serves 2

NOTES

1 Part of the laksa experience in Sydney includes the chilli paste that is served on the side of the Laksa which I always dollop generously onto my Laksa. It is not just plain chilli, it has much more flavour. I've never found a recipe for it so have created my own. Some of it is used to add more punch to the laksa broth, and the rest is used to serve on the side.

2 I love making this with drumsticks because the flesh that falls off the bone looks and tastes like the chicken in Laksa that is served at proper Malaysian joints. Also the chicken skin adds richness to the broth. It can be made with chicken breast and thigh, poached per recipe and sliced, but it is not as authentic!

3 Lemongrass - peel the outer layer off then use just the juicy white bit on the bottom, usually around 3 - 4cm / 1.5". Don't

use the green reedy parts.

4 My preferred Laksa Paste is called [Por Kwan](#) (see photo in post) which is available at most Asian stores. If I'm really desperate, I use [Ayam Laksa paste](#) available at Woolworths and Coles in Australia, but it is a bit sweeter than Por Kwan - balance it out with a bit more fish sauce or a squeeze of lime juice. The amount of laksa paste required will depend on the brand you use - some have more intense flavours than others. Start with ½ cup for sautéing, then after you add the coconut milk, have a taste test and if you want a stronger flavour, add more laksa paste to taste. Also add fish sauce for saltiness.

5 My preferred is full fat coconut milk.

6 The "best" serious Laksa joints in Sydney serve laksa with both vermicelli and hokkien noodles. However, most laksa places only use vermicelli.

7 Tofu puffs are essential for a true laksa experience! They are deep fried tofu that are "sponge-like". They soak up the broth so when you bite into them, the broth squirts out in your mouth. They are sold at Asian stores and at Harris Farm Markets in Sydney, in the fridge section with the noodles.

8 Crispy fried shallots can be purchased at Coles/Woolworths in Australia and Asian grocery stores.

NOODLES

Chow Mein

Chow Mein is probably the most universally popular stir fried noodles in the whole wide world. And it is honestly faster to make it at home than ordering take out. Plus, it's jam packed with a surprising amount of veggies

Serves 2 – 3 • 15 minutes



INGREDIENTS

200 g /6oz chicken thigh fillets (or breast), cut into bite size pieces

½ tsp baking soda / bi-carb

1½ tbsp peanut or vegetable oil

200 g /6 oz fresh chow mein noodles

3 - 4 cups green cabbage (savoy / green), finely shredded

1 carrot, julienned

1 cup bean sprouts

3 shallot/scallions, cut into 5cm/2" pieces

2 cloves garlic, finely chopped

¼ cup (4 tbsp) water

Chow Mein sauce

2 tsp cornflour / cornstarch

1½ tbsp soy sauce (ordinary all purpose soy sauce OR light soy sauce)

1½ tbsp oyster sauce

½ tbsp Chinese cooking wine (or sherry)

2 tsp sugar

½ tsp sesame oil

White pepper

Chow Mein

METHOD

- 1** Combine chicken and baking soda in a small bowl and toss to combine. Set aside for 10 minutes to marinate, then rinse chicken well and pat dry.
- 2** To make *Chow Mein sauce*, mix together cornflour and soy sauce, then mix in remaining ingredients.
- 3** Pour 1 tbsp of *Chow Mein sauce* over the chicken and set aside to marinate for 10 minutes.
- 4** Prepare the noodles according to the packet instructions.
- 5** Heat oil in wok or large fry pan over high heat. Add garlic and stir fry for 10 seconds or until it starts to turn golden - don't let it burn! Add chicken and stir fry until the skin is white but the inside is still raw - about 45 seconds to 1 minute.
- 6** Add the cabbage, carrot, and the white pieces of shallots/scallions (i.e. from the base of the stalk). Stir fry for 1 - 1½ minutes until the cabbage is just starting to wilt and the chicken is cooked through.
- 7** Add the noodles, *Chow Mein sauce* and water. Stir fry for 1 minute, tossing to coat the noodles in the sauce. Add bean sprouts and remaining shallots/scallions. Stir through quickly then remove from heat. Serve immediately.

Serves 2 – 3

NOTES

The baking soda is to "velvet" the chicken to make it soft like you get in Chinese restaurants. It breaks down the fibres in the chicken. This step is optional.

NOODLES

Pad See Ew

A real restaurant quality recipe for Pad See Ew, the popular Thai stir fried noodles straight from the streets of Thailand. While Pad Thai is sweeter and nuttier, Pad See Ew is salty, balanced with a touch of sour and a wonderful chargrilled flavour which you can create at home!

Serves 3 • 15 minutes



INGREDIENTS

Noodles

6oz / 180g dried wide rice stick noodles, or 15 oz / 450g fresh wide flat rice noodles (Sen Yai)

Sauce

2 tablespoons dark soy sauce (or sub with kecap manis)¹

2 tablespoons oyster sauce

2 teaspoons soy sauce (normal all purpose soy sauce)

2 teaspoons white vinegar

2 teaspoons sugar (white)

2 tbsp water

Stir fry

2 tbsp peanut or vegetable oil

2 cloves garlic cloves

150g / 5oz chicken thighs (boneless, skinless), cut into bite size pieces

1 large egg

4 cups (packed) Chinese broccoli, leaves separated from stems (cut stems vertically into thin sticks)²

METHOD

1 Prepare the noodles according to packet instructions. Some just require soaking in boiling water for 5 minutes, others require cooking in a pot of boiling water for a few minutes. For fresh noodles, soak in boiled water in a bowl for a few minutes - do not boil in a pot. Drain when ready.

2 Meanwhile, combine *Sauce* ingredients.

3 Mince the garlic straight into the wok with the oil. Place wok high heat. As the oil is heating, the garlic will gradually heat too and infuse the oil with flavour. When the oil is hot and the garlic is starting to turn golden, add the chicken and Chinese broccoli stems and stir fry for 1 minute.

4 Move the chicken and Chinese broccoli to one side and crack in the egg, and scramble it. Don't worry if some of it sticks to the wok, it will char as you continue cooking - you want that chargrilled flavour!

5 Add the noodles, Chinese broccoli leaves and the *Sauce*. Fold gently to combine, for the sauce to coat the noodles evenly and to caramelize, and the leaves to just wilt. They only need to be just wilted because they will continue to cook while you are plating up. Serve immediately.

Servings 3

NOTES

1 Dark soy sauce is thicker and slightly sweeter than normal soy sauce, and has a more complex flavour. A great substitute is kecap manis which is an Indonesian sweet soy sauce.

2 Chinese broccoli can be substituted with any leafy Asian green.

NOODLES

Pad Thai

An everyday version for Pad Thai that you can make with ingredients you can get from most supermarkets! This recipe is based on a restaurant version from the critically acclaimed Thai restaurant, Spice I Am in Sydney, Australia.

Serves 3 • 20 minutes



INGREDIENTS

5 oz / 150g dried Pad Thai rice noodles
 4 tbsp vegetable oil
 12 raw shrimp (prawns), shelled and deveined
 1 small red shallot, finely sliced
 3 oz / 80g firm tofu, cut into small matchstick
 1.75 oz / 50g dried shrimp
 ¼ cup fish sauce
 2 tbsp palm sugar (or brown sugar)
 2 tbsp tamarind puree¹
 1 tsp white vinegar
 2 - 3 tsp chili powder, to taste
 2 eggs, lightly beaten
 1.5 oz / 45g roasted unsalted peanuts, finely ground
 5 oz / 150g bean sprouts
 2 tbsp garlic chives, cut into ¾" / 2cm lengths
 1 tsp white sugar
 Lime wedges, to serve

Pad Thai

METHOD

- 1 Place the rice noodles in a bowl and cover with lukewarm water and set aside for 1 hour². Drain then set aside.
- 2 Mix together the tamarind, fish sauce, vinegar, sugar and chili powder.
- 3 Heat the oil in a wok over medium high heat. Add the garlic cloves and stir fry for 20 seconds or until fragrant. Add the shrimp and tofu and stir fry until the prawn just changes colour, then add the egg and cook until the egg is scrambled.
- 4 Add the noodles and tamarind mixture from step 2. Toss gently for 2 to 3 minutes. Remove from heat and toss through bean sprouts and garlic chives. Transfer to serving dish and sprinkle with peanuts. Serve immediately, with lime wedges on the side.

Serves 3

NOTES

- 1 Tamarind is a fruit and the puree is like a smooth paste and is sour. In Australia, you can find it in supermarkets (Coles, Woolworths, Harris Farms) in the Asian section. This is a key taste of the dish but if you can't find it, substitute with 2 tbsp of a jam (any) + 1 tbsp of vinegar, mixed together.
- 2 Rehydrate the noodles using lukewarm water instead of boiling. This stops the noodles from breaking when you are stir frying because the noodles don't overcook when you are stir frying them.

NOODLES

Singapore Noodles

Singapore noodles is one of those classic south east Asian street foods that hawkers whip up in minutes. It's become hugely popular in Western countries and you often see it on menus of Chinese and other Asian restaurants, whether they serve other Singaporean food or not.

Serves 2 - 3 • 25 minutes



INGREDIENTS

Sauce

5 tsp soy sauce (ordinary dark soy sauce)
2 tbsp Chinese cooking wine
2½ tsp curry powder (hot or ordinary)
½ tsp sugar
½ tsp white pepper powder

Stir fry

2½ oz / 75g dried rice vermicelli noodles
2 tbsp peanut oil, separated
8-10 medium raw shrimp / prawns, shelled and deveined
2 eggs, beaten
4 garlic cloves, minced
1 tsp ginger, freshly grated
½ lb / 250g Chinese barbecue pork (char siu), thinly sliced¹
1 cup of red bell pepper (capsicum), thinly sliced
½ medium onion, thinly sliced
2 tsp thinly sliced hot green pepper (adjust to taste)

Singapore Noodles

METHOD

- 1 Combine the *Sauce* ingredients in a small bowl and mix.
- 2 Place rice vermicelli noodles in a large bowl filled with boiled water and soak as per packet instructions. Drain and set aside.
- 3 Heat 1 tbsp of oil in a wok or heavy based fry pan over medium heat. Add the shrimp/prawns, and stir fry until just cooked. This should only take 1 minute or so. Remove and set aside.
- 4 Add the egg and spread it to make a thin omelette. Once set, use the egg flip to roll it up, remove from the wok and slice (while still rolled up).
- 5 Return the wok to medium heat and add the remaining 1 tbsp of oil. Add the garlic and ginger and cook for 20 seconds or so until fragrant. Add the onion and bell peppers (capsicum) and cook for 3 minutes or so until the onion is translucent.
- 6 Add the vermicelli noodles and toss well (I sometimes roughly break the noodles to make them easier to stir fry). Then add the *Sauce*, egg, char siu and shrimp/prawns. Stir until the sauce coats all the noodles and everything is heated through - about 1 to 2 minutes. Serve immediately.

Serves 2 - 3

NOTES

- 1 To make char siu, see my blog recipe *Homemade Chinese Barbecue Pork*. Otherwise, you can substitute with diced chicken, bacon, ham or pork or leave it out and add more vegetables.

NOODLES

Thai Drunken Noodles (Pad Kee Mao)

The literal translation of Pad Kee Mao is “Drunken Noodles” because the theory is that these spicy noodles are perfectly accompanied with an ice cold beer and also that they are a great cure for hangover! This is a very popular Thai stir fried noodles both in Thailand and in Thai restaurants here in Australia. You will be surprised how fast and easy it is to make at home!

Serves 2 – 3 • 15 minutes



INGREDIENTS

7 oz /200g pad thai noodles, dried (see notes)

Stir fry

200 g /7oz chicken thigh fillet, cut into bite size pieces (2 small or 1½ normal size fillets)

1 cup basil leaves (packed), preferably Thai holy basil but normal basil is fine too

2 shallot/scallion stems, cut into 3cm/2" pieces

3 large cloves of garlic, minced

1½ birds eye chilli, deseeded (or to taste), very finely chopped

2 tbsp oil (peanut, vegetable or canola)

Sauce

3 tbsp oyster sauce

1½ tbsp light soy sauce (see notes)

1½ tbsp dark soy sauce (or all purpose soy sauce)

2 tsp sugar

2 tbsp water

Thai Drunken Noodles (Pad Kee Mao)

METHOD

- 1** Pour boiling water over noodles in a large bowl (or pot) and set aside for 5 minutes (or as per packet instructions), and drain when ready.
- 2** Put *Sauce* ingredients in a small bowl and mix to combine.
- 3** Heat oil in wok or pan over high heat. Add garlic and chilli and cook for 10 seconds. Don't inhale - the chilli will make you cough!
- 4** Add chicken and fry until cooked, around 2 minutes.
- 5** Add the shallots/scallions and about 1 tbsp of the sauce and stir fry for 30 seconds, just to coat the chicken.
- 6** Add the noodles and sauce and cook for 1 minute until the water evaporates and the sauce has coated the noodles. If your noodles absorbs all the sauce liquid very quickly, this is probably because your noodles were a bit underdone. If this occurs, just add a splash of water (preferably hot) and this not only helps finish cooking the noodles but also revitalises the sauce.
- 7** Remove from heat and immediately add basil leaves, stir until just wilted, then serve immediately.

Serves 2 - 3

NOTES

If you can't find dried Pad Thai noodles, you can use any other wide flat rice noodles or even egg noodles, dried or fresh. However, I don't recommend making this with vermicelli noodles (the very thin rice noodles) as they clump together.

MAINS

Teriyaki Chicken

This is the real way to make Teriyaki Chicken, the way it's made in Japan! This is my mother's recipe, from her food blog [RecipeTin Japan](#), where she shares authentic Japanese recipes for people who don't live in Japan.

Servings 2 • 15 minutes





INGREDIENTS

350g / 12 oz thigh fillets skin on,
bone removed

Sauce

1½ tbsp soy sauce¹

1½ tbsp sake

1½ tbsp mirin

2 tsp sugar

To serve

2 cups shredded cabbage

½ cup shredded carrots

Sprig of parsley or mint (optional)

Teriyaki Chicken

METHOD

- 1 Combine the *Sauce* ingredients in a small bowl or cup and mix well.
- 2 If the thickness of the chicken is uneven, make an incision where the flesh is thick and spread to level the thickness. Poke the skin with the tip of the knife in several places (fat renders + sauce goes in).
- 3 Heat a non-stick fry pan over medium heat – no oil required. Place the chicken in the pan, skin side down. Cook for 3-4 minutes until the skin turns golden brown. Turn the chicken over and cook for 3 minutes. Blot chicken fat in pan using paper towel.
- 4 Add sauce, shake the pan to even the sauce and put the lid on. Cook for 30 seconds. Remove the lid and cook until the sauce thickens and is syrupy. Turn the chicken over and coat the skin side with the sauce.
- 5 Remove the pan from the heat. Put chicken on cutting board, cover loosely with foil and rest for 3 minutes. Cut into 1.5 cm / 3/5" slices.
- 6 Place cabbage and carrot salad on a plate, put chicken on side. Pour sauce over chicken, and add a sprig of parsley/mint if using. Serve immediately.

Servings 2

NOTES

- 1 We use Kikkoman soy sauce (it's a Japanese brand sold in supermarkets), but any all purpose soy sauce will work. It can be substituted with 1 tbsp Chinese light soy sauce.

MAINS

Chinese BBQ Pork

*Finger lickin' good! It's just like
what you get from your favourite
Chinese BBQ Shop!*

Servings 3 – 4 • 50 minutes





INGREDIENTS

Marinade

¾ tbsp brown sugar
1½ tbsp honey
1½ tbsp hoisin sauce
1 tsp oyster sauce
1½ tbsp light or all purpose soy sauce
½ tsp Chinese five spice powder
½ tsp sesame oil
1 tbsp canola or other plain oil
Few drops red food colouring, optional¹

Pork

1 lb/ 500g pork tenderloin
1 tbsp honey

Chinese BBQ Pork

METHOD

- 1 Simmer *Marinade* ingredients in a small saucepan for 30 seconds. Cool, put in ziplock bag with pork. Refrigerate 3 to 24 hours.
- 2 Remove pork from *Marinade*, reserve. Leave on counter for 30 minutes. Mix honey into *Marinade*.
- 3 Line tray with foil, place rack on tray (optional). Put pork on rack. Roast for 25 minutes or until the internal temperature is 145 - 160F/ 65 - 70C. Halfway through bake time, dab on reserved *Marinade*.
- 4 Switch to grill/broiler, grill until surface is caramelised, 3 to 5 minutes. Baste 2 to 3 times, key to thick glaze.
- 5 Rest 10 minutes. Slice and serve.

Servings 3 - 4

NOTES

- 1 This will give the pork the familiar reddish hue that Chinese BBQ Pork has. This is optional.

MAINS

Baked Sweet and Sour Chicken

Healthier version of everybody's favourite Sweet & Sour Chicken! Crispy chicken with a Sweet & Sour Sauce that's a million times better than take out.

Servings 4 • 40 minutes



INGREDIENTS

Chicken

1lb/500g chicken breast
 ½ tsp salt
 2 eggs
 1 cup cornstarch/cornflour
 3 to 5 tbsp oil
 Oil spray

Stir fry

½ tbsp oil
 1 garlic clove
 1 small onion, 1.5cm / 3/5" pieces
 ½ each red and green bell pepper/capsicum, cut into bite size pieces
 8oz/250g canned pineapple pieces in natural juice

Sauce

½ cup brown sugar

⅓ cup apple cider vinegar
 2 tbsp pineapple juice (from the can)
 3 tbsp ketchup
 1 tsp Worcestershire sauce
 1 tsp soy sauce
 1 tsp oyster sauce
 ¼ tsp salt
 1 tbsp cornstarch + 4 tbsp water, mixed together

METHOD

Chicken

- 1 Sprinkle chicken with salt, coat with eggs. Drain excess egg.
- 2 Place cornstarch in ziplock bag, add chicken (shake off excess egg), shake to coat well.
- 3 Heat oil in large skillet on high, add chicken and cook for 2 minutes so the outside is light golden and crispy, but inside is still raw.
- 4 Bake in 390F/200C oven for 15 to 20 minutes until light golden and crispy.

Stir fry and sauce

- 1 Discard oil in skillet, wipe with paper towel. Add ½ tbsp oil, cook garlic for 20 sec, cook onion for 2 min, then cook bell peppers for 1 min.
- 2 Add *Sauce* ingredients, whisk and bring to simmer and cook until thickens to a syrup consistency. Stir through pineapple pieces.
- 3 Add crispy baked chicken. Toss in *Sauce*. Serve with rice.

Servings 4

MAINS

Chinese Honey Sesame Chicken

Easy crispy oven baked Chinese Chicken tossed in a sticky honey sesame sauce. Utterly addictive!

Servings 3 – 4 • 30 minutes



INGREDIENTS

Chicken

1lb/500g chicken thighs, cut into
1.2cm/ ½" slices

½ tsp salt

2 tsp sesame paste OR tahini

2 tsp soy sauce

1½ tbsp sesame seeds, toasted

½ cup plain flour

Oil spray

Sauce

1½ tbsp cornstarch / cornflour

2 tbsp water

1 tbsp Chinese cooking wine
(Shaoshing / Shaoxing wine) or sherry
(or use chicken broth/stock)

¾ cup chicken broth / stock

1 tsp rice wine vinegar or Chinese

black vinegar (or ordinary white
vinegar)

3½ tbsp honey

1½ tbsp soy sauce, all purpose
ordinary

2 tsp sesame oil

To cook

2 tsp oil (vegetable, canola, peanut)

2 garlic cloves, minced

Garnish

1 scallion/shallot stem, sliced

½ tbsp sesame seeds, toasted

METHOD

- 1 Preheat oven to 200C/430F with shelf placed on the highest level. Spray baking tray with oil.
- 2 Mix sesame paste and soy sauce in a bowl. Add chicken, salt and sesame seeds.
- 3 Place flour in a separate bowl and coat chicken in flour, shaking off excess. Place chicken on baking tray.
- 4 Bake for 12 minutes, remove from oven. Flick broiler/grill to high. Turn chicken. Broiler/grill for 5 minutes until golden and crispy, then remove.
- 5 Mix cornstarch and water, then mix in remaining *Sauce* ingredients.
- 6 Heat oil in a wok or skillet over medium heat. Add garlic and cook for 30 seconds until fragrant but not browned.
- 7 Add *Sauce* and bring to bubble. When it thickens into a thick syrup, remove immediately from stove and pour over chicken. Toss chicken in *Sauce* then sprinkle over Sesame Seeds and Shallots/Scallions to serve. Serve with rice.

Servings 3 – 4

Chinese Sesame Chicken

MAINS

Asian Chilli Garlic Prawns

Juicy prawns / shrimp in a sweet sticky, spicy, garlicky sauce. A quick dinner that tastes like a homemade Chilli Jam stir fry you get at modern Thai restaurants!

Servings 2 – 3 • 15 minutes



INGREDIENTS

10oz / 300g prawns / shrimp
(peeled and deveined)
1 tbsp vegetable oil (or canola)
1 tsp sesame oil
2 garlic cloves, minced
2 tsp ginger, grated or finely
chopped (can omit)
1 - 2 tsp chilli flakes, to taste
½ cup water
2 tbsp Sriracha (or chilli sauce of
choice)
1½ tsp soy sauce, light or all
purpose
2 tbsp brown sugar

Garnish (optional)

Sesame seeds
Finely chopped shallots/scallions
Finely chopped red chillies

METHOD

- 1** Coat prawns in vegetable oil. Heat well seasoned skillet or non stick pan over high heat. Cook prawns for 2 minutes, or until light golden and just cooked¹. Transfer onto a plate.
- 2** Remove skillet from stove to cool down slightly, and decrease stove to medium.
- 3** Add sesame oil into skillet, return to stove. When heated, add garlic, ginger and chilli flakes. Cook until garlic is fragrant and starting to turn golden.
- 4** Add water, then remaining ingredients. Stir, increase heat to medium high, and let it simmer for 3 minutes or until the sauce starts to thicken to a syrup consistency.
- 5** Return prawns into skillet and toss to coat in sauce and reheat, and cook until the sauce thickens a bit more.
- 6** Garnish with sesame seeds, fresh chilli and shallots if desired. Serve with rice and steamed Asian greens.

Servings 2 – 3

NOTES

- 1** How to tell if prawns are cooked: Raw prawns hang straight by the tail, perfectly cooked prawns form a "C" and overcooked prawns will curl into an "O". Overcooked prawns have a rubbery texture and are not nice - so don't do it!

MAINS

Crispy Chinese Pork Belly

The Chinese are the undisputed kings of crispy pork belly!!

Servings 6 – 8 • 2 hours





INGREDIENTS

800 - 1.2kg / 1.6 - 2.4 lb pork belly, skin on
1½ tbsp Chinese cooking wine
1 tsp Chinese five spice powder
1 tsp white pepper
1 tsp salt
1 tbsp white vinegar (helps conduct heat evenly)
200g / 7 oz rock salt¹

Crispy Chinese Pork Belly

METHOD

- 1** Use something sharp to prick lots and lots of holes in the skin – but don't pierce into the fat.²
- 2** Turn pork over and drizzle / rub wine all over flesh (all sides).
- 3** Rub in five spice, salt and pepper. Turn over, pat skin dry. Refrigerate overnight, uncovered.
- 4** Place on large piece of foil, fold up sides. Pat skin dry. Brush with vinegar, top with salt.
- 5** Bake 60 min at 180C / 350F. Remove pork, move shelf to lowest position, flick to medium high grill/broiler.
- 6** Fold down foil, scrape off all salt. Transfer pork back onto tray. Grill/broil on low shelf for 20 – 25 min or until golden and crispy. Cut into small squares of slices, serve with plain mustard (sometimes it's served with white sugar too).

Servings 6 - 8

NOTES

- 1** Normal cooking salt or table salt will fall into the holes and make the pork too salty. So for this authentic pricking method, rock salt is required.
- 2** See full recipe on my site for how to make this without pricking the skin using ordinary cooking or table salt.

MAINS

Beef Rendang

*The KING OF ALL CURRIES!
This Malaysian curry has
incredible depth of flavour, with
complexity and many layers of
spices.*

Servings 4 • 2 hours



INGREDIENTS

Spice paste

12 dried chillies, rehydrated in boiling water, or 12 large fresh
1 small onion, finely chopped
5 cloves garlic, minced
3 lemongrass stalks, white part only, sliced
1½ tbsp fresh galangal, finely chopped
1½ tbsp fresh ginger, finely chopped
2 tbsp oil

Curry

2 lb / 1 kg chuck steak, or other slow cooking beef, cut into 4cm / 1.6" cubes
1 tbsp oil
1 cinnamon stick
¼ tsp clove powder

3 star anise
½ tsp cardamom powder
1 lemongrass stick, bottom half of the stick only and smashed
400ml / 14 oz coconut milk
2 tsp tamarind puree / paste
4 large kaffir lime leaves (or 6 small), very finely sliced
⅓ cup desiccated coconut (finely shredded coconut)
1 tbsp brown sugar or grated palm sugar
1½ tsp salt

METHOD

- 1 Puree *Spice paste* in food processor until fine.
- 2 Heat 1 tbsp oil in a large heavy based pot over high heat, brown beef in 2 batches, remove into bowl.
- 3 Add *Spice paste*, cook for 2-3 min until darkens.
- 4 Add remaining *Curry* ingredients and beef. Stir to combine, cover, simmer on low 1 hr 15 min.
- 5 Beef should be tender but not fall apart.
- 6 Remove lid, increase heat to medium and reduce sauce 30 – 40 min, stirring regularly, until sauce reduces right down to a paste that coats the beef and the beef turns brown. There should NOT be sauce left – Rendang is a dry curry, not a saucy one. Beef should now be fall apart - if not, add a splash of water and keep cooking. Serve with rice.

Servings 4

Beef Rendang

STIR FRIES

All-Purpose Chinese Stir Fry Sauce

My secret weapon for mid week meals: An All-purpose Chinese Stir Fry Sauce, a versatile base that makes a wonderfully glossy sauce for any stir fry, including stir fried noodles. Store it in the fridge in a jar for when you need it

Servings 1½ cups • 5 minutes



INGREDIENTS

¼ cup / 65 ml light soy sauce¹
 ¼ cup / 65 ml all-purpose soy
 sauce (I use Kikkoman, else use
 more light soy sauce)¹
 ½ cup / 125 ml oyster sauce³
 ¼ cup / 65 ml Chinese wine (or dry
 sherry)⁵
 ¼ cup / 40 g corn starch / corn
 flour
 1 tbsp sugar
 2 tbsp sesame oil
 1 - 2 tsp ground white pepper (I
 sometimes use 1 tbsp, I like the
 spiciness!)

All-Purpose Chinese Stir Fry Sauce

METHOD

Combine ingredients in a jar and shake to mix. Store in fridge and shake before use.

Amount to use⁶

Stir Fry: I use 3 tbsp *Stir Fry Sauce* + 6 tbsp water to make a stir frying for 2 people using around 5 cups of uncooked ingredients (proteins + vegetables).

Noodles: I use 3 tbsp of the *Stir Fry Sauce* + 5 - 6 tbsp water to make a noodle stir fry for 2 people using around 7 cups of the combined stir fry uncooked (vegetables - packed, proteins + noodles - if using).

By weight (Noodles & Stir Fry): Around 3 tbsp *Stir Fry Sauce* per 1 lb / 500g of combined ingredients (proteins + vegetables + noodles if using) plus ⅓ cup water.

Directions for use

- 1** Heat 2 tbsp oil in wok over high heat.
- 2** Add your choice of *Base Flavourings* (see below) and fry for 10 seconds or so to infuse oil.
- 3** Add stir fry ingredients in order of time needed to cook, starting with ingredients that take longest to cook. Leave leafy greens like bok choy until when you add the sauce (otherwise they will wilt and overcook).
- 4** Add noodles (if using), sauce and water, your choice of *Additional Flavourings* and any leafy greens.

Continued next page

5 Gently toss to combine and to let the sauce cook for around 1 minute. The sauce will become a thick, glossy sauce that coats your stir fry. Serve immediately.

Base flavourings

Garlic, minced or finely sliced

Ginger, minced or finely sliced

Fresh chillies, minced or finely sliced

Additional flavouring suggestions

Sriracha, Chilli Bean Paste or other spicy addition

Sweet chilli sauce

Substitute the water with pineapple or orange juice

Rice vinegar - for a touch of tartness

Fresh cilantro / coriander leaves, or Thai basil - for freshness

Garlic or ordinary chives, chopped

Pinch of Chinese five spice powder

Servings 1½ cups

1 The main reason for including light soy in this recipe is so the colour is not too dark. If you do not have light soy sauce you can substitute normal soy sauce, but the sauce may be darker and slightly less salty (since light soy is saltier, but it will not very noticeable). I use Lee Kum Kee brand for the light soy sauce and Kikkoman for the ordinary soy sauce. If you don't have all-purpose or light soy, just compensate with more of the other type.

2 If using dried rather than fresh noodles, add a few extra tablespoons of water. The reason for this is that dried noodles absorb more liquids than fresh noodles, even after they're cooked. So you need more liquid to compensate.

3 To make this sauce vegan, substitute hoisin sauce for the oyster sauce.

4 This will last for weeks and just depends on the expiry date of the ingredients you use. There is nothing in this that will go "off", so just check the expiry date of the ingredients you use in it as a guide.

5 The Chinese cooking wine plays an important part in giving this sauce an extra depth of flavour that elevates it from "just a sauce" to a "real Chinese" sauce. However, for those who cannot have alcohol, apple juice or grape juice is the best substitute. Otherwise use chicken broth/stock, as a second fall back, with 2 teaspoons of white wine vinegar + 1/2 tsp sugar.

6 These quantities make stir fries that are nicely coated rather than pooling with sauce. If you want more sauce, increase the amount of *Stir Fry Sauce* used with double the amount of water e.g. If you add 1 tbsp *Stir Fry Sauce*, add 2 tbsp water.

STIR FRIES

Beef and Broccoli

This is a restaurant recipe for Beef and Broccoli stir fry which is extra saucy, just how I like it! It's super fast to make and you can get all the ingredients from the supermarket (plus I've provided alternatives for some ingredients too).

Serves 3 – 4 • 20 minutes



INGREDIENTS

Sauce

- 1¼ cups water
- 2 tbsp cornstarch / cornflour
- 1 tsp sugar
- 1 tsp sesame oil (optional)
- ½ tsp salt
- 1 tbsp dark or all purpose soy sauce
- 1 tbsp light soy sauce
- 1 tbsp Chinese cooking wine (Shaoxing wine) or dry sherry
- ⅛ tsp Chinese five spice powder¹
- ⅛ tsp black pepper

Stir fry

- 4 - 5 cups broccoli florets (about 1½ heads of broccoli)
- 2 tbsp oil, separated
- 1 garlic clove, crushed
- 1 tsp fresh ginger, grated
- 12 oz / 360g beef fillet, flank, rump or any other cut of beef suitable for pan frying

Beef and Broccoli

METHOD

- 1** Place the water and cornstarch / cornflour into a jar. Shake to combine. Then add the remaining *Sauce* ingredients into the jar and shake.
- 2** Slice the beef into ¼" / 0.5cm thick slices. Place the beef and 2 tbsp of the *Sauce* into a bowl and set aside.
- 3** Steam or par boil the broccoli.²
- 4** Heat 1 tbsp of oil in a wok (or heavy based fry pan) over high heat until smoking. Add the beef and sear quickly until browned. Then remove from the pan and set aside.
- 5** Heat the remaining 1 tbsp of oil into the wok, add ginger and garlic. Cook for 20 to 30 seconds until the garlic and ginger is fragrant. Add the broccoli and stir quickly.
- 6** Shake the jar of *Sauce* then pour it all into the wok. Stir fry for 30 seconds or so. The sauce should be bubbling away and beginning to thicken. Toss the beef back in and stir fry for another 1 minute until the sauce thickens and coats the broccoli and beef. Remove from heat and serve immediately with rice.

Serves 3 – 4

NOTES

- 1** Chinese Five Spice Powder is a mix of five spices. It is available in the herb and spice section of supermarkets.
- 2** If par boiling, place the broccoli into a pot of boiling water, then when it comes back up to a boil, let it boil for 40 seconds (for just cooked), then drain.

STIR FRIES

Beef with Honey and Black Pepper Sauce

Tender strips of beef stir fried with a lip smacking black pepper and honey sauce. This Chinese Beef with Honey Black Pepper Sauce is one of my favorite dishes at Chinese restaurants is so easy to make at home. 15 minutes, start to finish, zero stress, normal ingredients.

Serves 3 – 4 • 15 minutes



INGREDIENTS

Sauce

3 tbsp soy sauce
 3 tbsp honey
 1½ tbsp oyster sauce
 2 tbsp Chinese cooking wine or dry sherry (or substitute with chicken or beef stock)
 2 tbsp water
 1 tsp roughly crushed black pepper (or ½ tsp freshly ground pepper)

Stir fry

1½ tbsp peanut oil (or vegetable or canola oil)
 1 garlic clove, crushed
 1 small onion, sliced (or ½ large onion)
 1 lb / 500 g thinly sliced flank, rump, sirloin, fillet or any other cut of steak suitable for stir frying^{1,2}

METHOD

- 1** Whisk together the *Sauce* ingredients then set aside.
- 2** Heat the oil in a wok or large heavy based skillet over high heat until it is smoking.
- 3** Add the onion and garlic and cook for 1 minute or until the onion becomes translucent. Keep it moving so the garlic doesn't burn.
- 4** Add the beef and stir fry for 40 seconds to 1 minute until just cooked to your liking (depending on the size of the pieces, how heavy based your wok is, strength of stove). Remove beef and onion onto a plate.
- 5** Turn the heat down to medium high. Pour the *Sauce* ingredients into the wok. It will start simmering very quickly. Let it cook for 1 minute or so until it becomes syrupy - the bubbles will be larger and caramel colour.
- 6** Add the beef and onion back into the wok, along with any juices pooled on the plate. Toss in the sauce until just warmed through - 1 minute at most. Serve immediately with rice.

Serves 3 – 4

NOTES

- 1** This recipe is not suitable for cuts like chuck, brisket, ribs or other slow cooking beef cuts.
- 2** When you look at the beef, you will see that the fibres are mostly going in the same direction. Slice "against the grain", ie. cutting the beef perpendicular to the direction of the fibres. This will result in the most tender beef when eating.

STIR FRIES

Mongolian Beef

Super crispy pieces of beef coated in a sweet salty sauce = heaven in the form of a stir fry. PF Chang's copycat – done right! Marinating the beef is key for packing in great flavour into every single bite.

Serves 2 – 3 • 25 minutes



INGREDIENTS

Beef and marinade

8 oz / 250g beef steak (rump, scotch or flank), sliced into 1/5" / 3mm slices³

1 tsp soy sauce

1 tsp cornstarch/cornflour

1 tsp vegetable oil

Sauce

2 tsp cornflour / cornstarch

¼ cup water

2 tbsp soy sauce (light or all purpose)

¼ cup chicken broth

1½ tbsp Chinese cooking wine or dry sherry, or more chicken broth²

3 tbsp / ¼ cup brown sugar, lightly packed

Crispy beef

¼ - 1½ cups vegetable oil¹

¼ cup cornstarch/cornflour

Stir fry

½ tsp ginger, finely minced

2 garlic cloves, crushed

2 scallions/shallots, cut into 1½" / 4cm pieces on the diagonal

METHOD

Beef and marinade

Combine the *Beef and marinade* ingredients in a bowl and marinate for 30 minutes to 1 hour.

Sauce

Mix the cornstarch with a splash of the water. Then add the remaining *Sauce* ingredients, including remaining water.

Crispy beef

- 1** Add ¼ cup cornstarch and use your fingers to lightly coat the beef.
- 2** Heat ¼ cup oil in a wok over medium high heat. Add ½ the beef and cook the first side for around 45 seconds or until golden and crisp. Then flip (I use an egg flip) and cook the other side for 30 - 45 seconds until golden and crisp. Remove onto a paper towel lined plate. Repeat with remaining beef.
- 3** Discard the oil, leaving behind about 1 tablespoon in the wok.

Continued next page

Stir fry

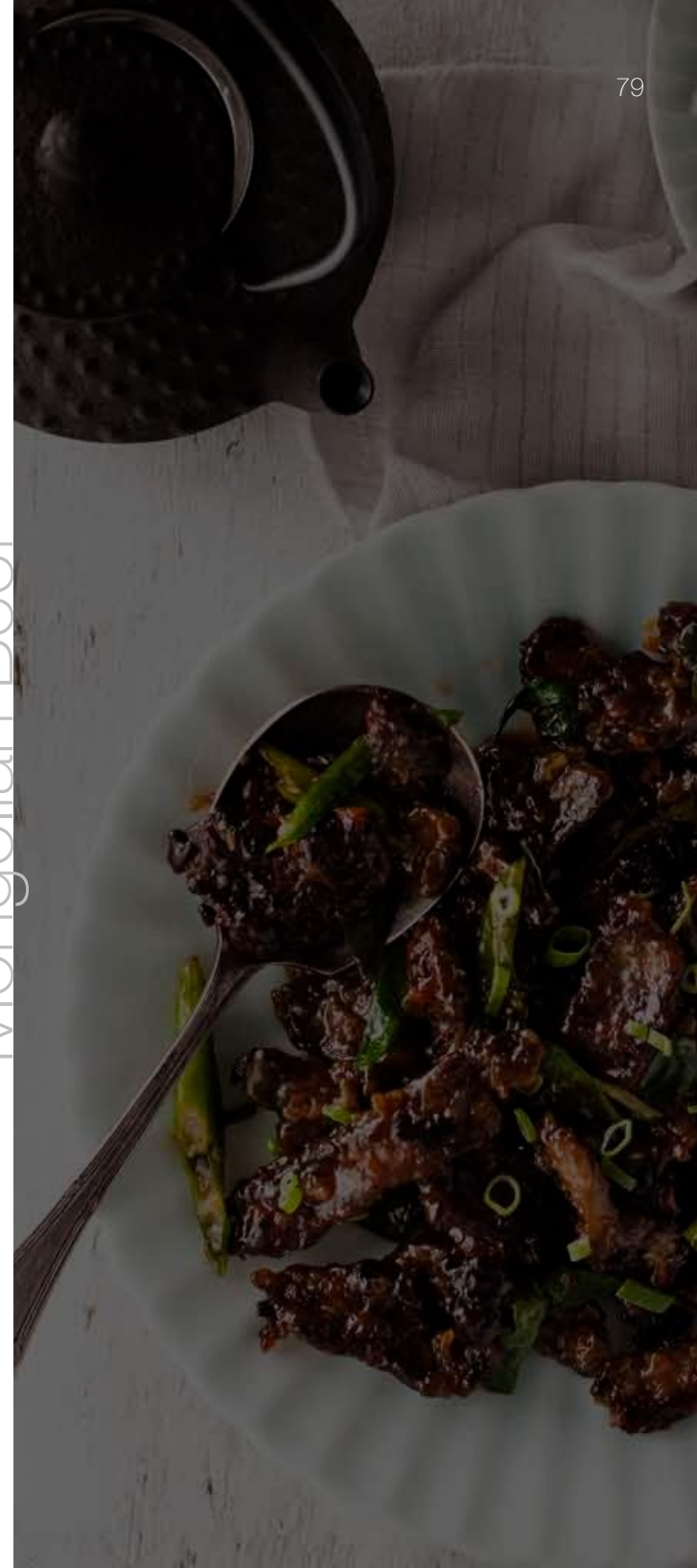
- 1** Add the ginger and garlic and sauté for about 15 seconds. Don't let it burn!
- 2** Add the *Sauce* into the wok. Bring it to a simmer and let it cook for about 1½ minutes or until it thickens into a glossy sticky sauce.
- 3** Add the beef and scallions, toss to coat and cook for a further 30 seconds. Serve immediately with rice!

Serves 2 – 3

NOTES

- 1** I have fried this in just ¼ cup of oil which works well. It requires more tossing to get the beef to brown evenly all over and become crispy, but you do end up with uneven browning which doesn't matter because it's tossed in sauce. The other way is to shallow fry in about ¾ cm / ⅓" of oil in the skillet - about 1 to 1½ cups.
- 2** You could also substitute with Mirin or Cooking Sake. If you use Mirin, reduce the sugar by 1 tbsp.
- 3** You can use any beef suitable for grilling in this recipe. Slice the beef against the grain.
- 4** This recipe is adapted from *The Woks of Life*. This blog is my "go to" trusted source for American Chinese recipes. It is run by a Chinese-American family who used to own a restaurant – it doesn't get anymore reliable than that!

Mongolian Beef



STIR FRIES

Cashew Chicken

The soft, creamy crunch of cashews is a perfect combination with the chicken which is tenderized using the method that Chinese restaurants use called “velveting”. I make this quite saucy – saucier than most recipes you will find.

Serves 4 • 25 minutes



INGREDIENTS

Velveting chicken

1 lb / 500g chicken breast or thigh fillets, cut into 1 1/2" / 2.5cm pieces
2 tsp baking (bicarb) soda – NOT baking powder

Sauce

3 tbsp soy sauce (Light or regular)
3 tbsp Chinese cooking wine
3 tbsp oyster sauce
2 tsp sesame oil
Dash of white pepper

Stir fry

1 tbsp cornstarch / cornflour
6 tbsp water
2 tbsp peanut or vegetable oil
2 cloves garlic, very finely chopped
1/2 onion, chopped into 1cm / 1/3"
1 small green bell pepper / capsicum, chopped into 1cm / 1/3" pieces
1 cup roasted cashews, salted or unsalted

Cashew Chicken

METHOD

Velveting chicken (optional)

Combine baking soda and chicken in a bowl, toss to coat evenly then set aside to marinate for 15 minutes. Rinse chicken thoroughly in a colander, then pat with paper towels to remove excess water.

Stir fry

- 1 Place Sauce ingredients in a jar, screw on lid and shake to combine.
- 2 Place chicken in a bowl and measure out 3 tbsp of Sauce. Mix and set aside to marinate for 20 minutes.
- 3 Add cornstarch and water into remaining Sauce. Screw lid on, shake to combine.
- 4 Heat oil over medium high heat in a wok or heavy based skillet. Add the garlic and fry for 15 seconds, then add the onion and cook for 1 minute. Add the chicken and bell pepper and cook until all the chicken turns white but is still pink inside (about 2 minutes).
- 5 Pour in *Sauce*, bring to simmer and cook for around 2 - 3 minutes or until it thickens and the chicken is cooked through. Remove from stove, stir through cashews and serve with steamed rice.

Serves 4

NOTES

- 1 If you feel like a bit of zing, add 2 tsp chili sauce or sriracha.

STIR FRIES

Classic Chinese Beef Stir Fry

Made with a classic Chinese stir fry sauce, this is a great recipe to use up whatever leftover greens you have in the fridge. You can also use my All-Purpose Real Chinese Stir Fry Sauce instead of making the sauce.

Serves 2 • 25 minutes



INGREDIENTS

Sauce¹

3 tsp cornstarch / corn flour
 2 tbsp + ⅓ cup water
 2 tbsp soy sauce²
 1 tbsp oyster sauce
 2 tbsp Chinese cooking wine
 1 tsp white sugar
 ½ tsp sesame oil (optional)
 Dash of black pepper

Stir fry

2 tbsp peanut oil
 1 garlic clove, crushed
 7 oz / 200 g beef, thinly sliced³
 ½ small onion, sliced
 ½ red bell pepper / capsicum, sliced
 1 small carrot, halved lengthwise and sliced thinly on the diagonal
 3 baby pak or bok choy, quartered
 2 stems scallion / shallots, cut into 1.5" / 3cm pieces

To serve: Steamed white rice, sesame seeds (optional), cilantro / coriander (optional)

METHOD

- 1 Combine the cornstarch and 2 tbsp of water in a small bowl, mix until smooth. Mix in remaining *Sauce* ingredients EXCEPT the ⅓ cup water.
- 2 Combine beef with 2 tbsp of *Sauce* and mix gently. Set aside for 15 minutes.
- 3 Add ⅓ cup water into the remaining *Sauce*. Set aside.
- 4 Heat oil in wok over high heat. Add garlic and cook for 15 seconds. Add onion and cook for 1 minute. Add the beef and cook until it changes colour from red to light brown but not cooked through. Add bell pepper and carrots and stir fry for 30 seconds.
- 5 Add *Sauce* and cook for 30 seconds. Add pak choy and scallions/shallots and cook for a further 1 minute until the *Sauce* is thickened. Remove from heat immediately.
- 6 Serve with rice, garnished with sesame seeds and cilantro, if using.

Serves 2

NOTES

- 1 Instead of making this *Sauce*, you could use my *Homemade All-Purpose Stir Fry Sauce* (in this book). Replace all ingredients except cornstarch with 5 tbsp of my *All Purpose Stir Fry Sauce*, and follow recipe.
- 2 Use ordinary all purpose soy sauce for this, not Dark or Light Soy.
- 3 Use a good quality beef that is suitable for grilling/BBQ and slice against the grain.

STIR FRIES

Kung Pao Chicken

Takeout style Kung Pao Chicken with a perfect savoury sauce that has a touch of sour and sweet, and the addictive tingling heat from Sichuan peppercorns.

Serves 4 • 25 minutes



INGREDIENTS

Chicken

1lb/500g chicken breast or boneless thigh fillets, cut into bite size pieces

1½ tsp baking soda / bi-carb soda¹ (optional)

Sauce

1 tsp cornflour / cornstarch

2½ tsp light soy sauce²

½ tsp Chinese Dark Soy Sauce²

1 tbsp Chinese black vinegar or white vinegar³

1 tbsp Chinese wine (shaoshing / shaoxing wine) or dry sherry

1 tsp hoisin sauce

3 tsp sugar (preferably white, otherwise brown)

½ tsp sesame oil

3 tbsp water

Stir fry

½ - 1 tsp Sichuan peppercorns⁴

1 cup peanuts, preferably roasted and unsalted⁵

2 tbsp peanut oil (or other cooking oil)

2 garlic cloves, minced

1 tsp ginger, finely chopped

6 - 10 dried chillies (adjust to taste), cut into 2cm/ ¾" pieces, most seeds discarded

2 shallots/scallion stems, cut into 2cm/ ¾" pieces, white parts separated from green

Tenderised chicken

Combine chicken with baking soda, set aside for 20 minutes. Rinse thoroughly and pat dry with a paper towel.

Sauce

Mix cornflour and soy sauce in a small bowl until cornflour is dissolved. Then mix in remaining *Sauce* ingredients.

1 Heat dry wok over medium heat. Add Sichuan peppercorns and toast, shaking the wok, for ~1 minute until fragrant. Transfer to mortar and pestle, and let it cool. Then crush - it doesn't need to be ground to a fine powder.

2 Meanwhile, add peanuts to the wok and cook for 2 minute, stirring and shaking the wok, until lightly browned. Transfer to bowl and set aside to cool to become crunchy.

3 Heat oil in wok over high heat. Add garlic, ginger and chillies. Cook for 30 seconds or until fragrant.

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4 Add white part of scallions/shallots, chicken and ground Sichuan pepper. Stir fry until chicken is white all over but still slightly raw inside.

5 Add *Sauce*, scraping it all in. Bring to simmer, mixing constantly, until almost all the sauce is evaporated and coating the ingredients - it should not be saucy. Just before the end, mix through peanuts and green part of scallions/shallots. Serve immediately, with rice!

Serves 4

NOTES

1 This is used to “velvet” the chicken, a technique used by Chinese restaurants to tenderise the chicken. This step is optional but I think it makes a huge difference when using breast (over juicier thighs).

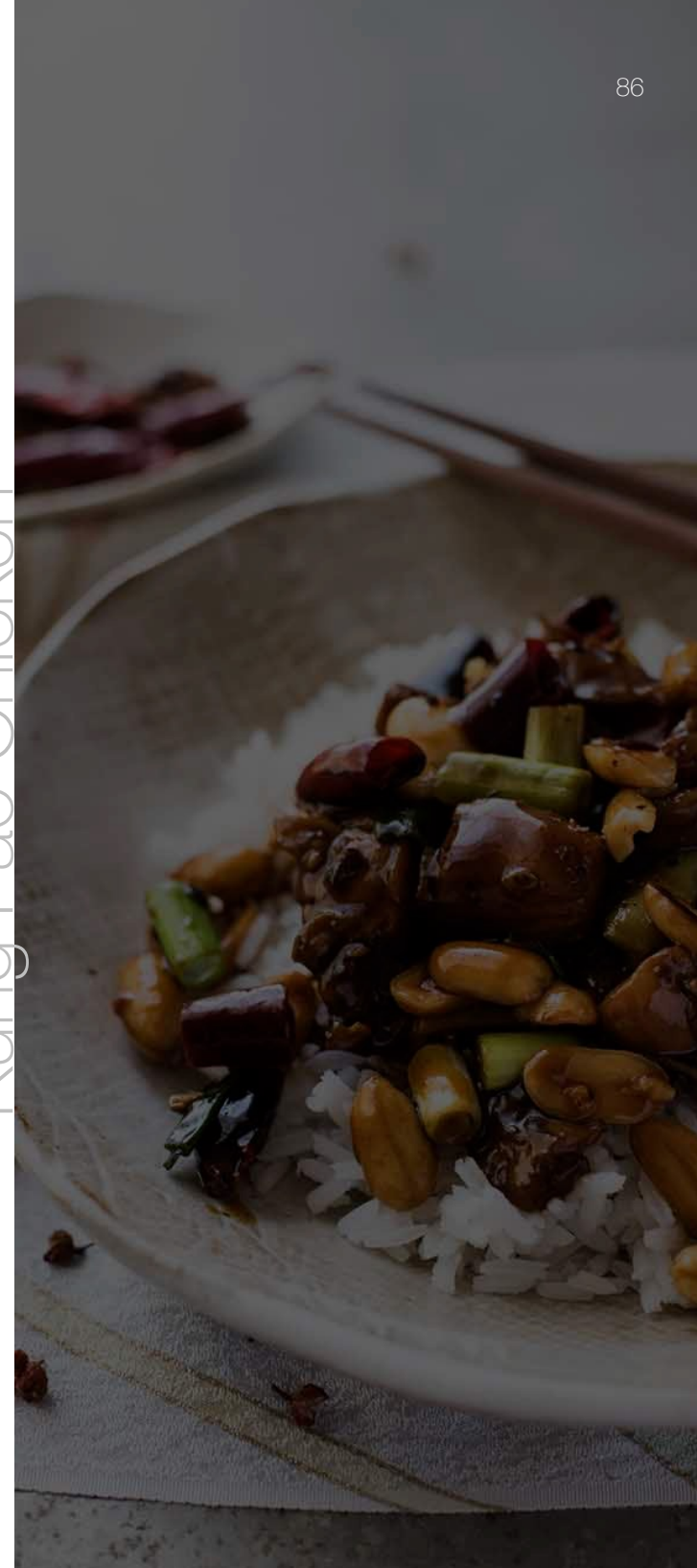
2 Dark Soy Sauce is much darker in colour than Light Soy Sauce and has more flavour. You can substitute with all purpose soy sauce or even with light soy sauce.

3 I like to make this with Chinese black vinegar as it is authentic. You can substitute with white vinegar or even a mild balsamic vinegar

4 Sichuan peppercorns are not really spicy but sort of make your mouth numb - in a pleasant way! They can be purchased at Asian grocery stores, some fruit & veg stores and supermarkets like Wholefoods. You get the best fragrance by toasting and crushing your own peppercorns but can use ground sichuan pepper if you prefer - use around ½ a teaspoon (adjust to taste).

5 The peanuts are made super crunchy by toasting them in the wok. Unsalted are best.

Kung Pao Chicken



STIR FRIES

Korean Pork Stir Fry

The marinade for this stir fry is an authentic Korean Marinade for Spicy Korean BBQ Pork. It's so jammy and loaded with flavour, it's brilliant for using as a stir fry. I made this with pork but it goes great with beef and chicken too.

Serves 4 • 15 minutes



INGREDIENTS

1 lb / 500g boneless pork shoulder
(excess fat trimmed)¹

Marinade

1 small pear, grated (½ cup) (or
nashi pear OR apple)²

½ medium onion, grated (¼ cup)

½ tsp fresh ginger, minced or
finely chopped

1 garlic clove, crushed

1 tbsp soy sauce (all purpose or
light soy sauce)

2 tbsp brown sugar

2 tsp sesame oil

3 tbsp gochujang (Korean Hot
Pepper Paste)³

Stir fry

1 tbsp oil

1 garlic, minced

1 onion, halved and sliced

To serve

1 scallion/shallot stalk, sliced

Sesame seeds

Korean Pork Stir Fry

METHOD

1 Cut pork into thin slices. If using pork shoulder, as I did, halve it lengthwise to form two long pieces, then slice the pieces.

2 Combine *Marinade* ingredients in a bowl. Add pork. Marinate for 30 minutes, or overnight.

3 To cook, heat oil in a large non stick skillet⁴ over high heat. Add garlic and onion, cook for 2 minutes until translucent. Add pork and cook for 5 minutes or until dark golden and caramelised, and just cooked through. Serve immediately with rice, garnished with sliced shallots and sesame seeds.

Servings 15-20

NOTES

1 Pork shoulder is ideal as has a bit of fat marbled through it. It will also work with any thinly sliced pork cuts suitable for stir frying, like tenderloin.

2 This recipe works best with pear, nashi pear or as a last substitute, red apple.

3 Gochujang is a spicy, savoury paste that is used in a lot of Korean food. If you can't get gochujang you can achieve a similar flavour by combining 2 tbsp sriracha + 1 tbsp miso paste + ½ tsp sugar (white or brown). The stir fry does not taste exactly the same but is similar.

4 A non-stick pan is strongly recommended as the sugars may stick.

5 Adapted from *Dwaejibulgogi Korean Spicy BBQ Pork* recipe from *Maangchi*, a wonderful authentic Korean food blog.

STIR FRIES

Sweet and Sour Chicken Stir Fry

Bright and colourful, this Sweet and Sour Chicken Stir Fry is super fast to make! The sweet and sour sauce is truly like what you get at good Chinese restaurants, but not tooth-achingly sweet. This is not a deep fried version of Sweet and Sour Chicken, it's a much healthier stir fry.

Serves 4 • 20 minutes



INGREDIENTS

Sauce

- ½ cup white sugar (Note 1)
- ⅓ cup apple cider vinegar
- 3 tbsp reserved pineapple juice
- 3 tbsp ketchup
- 1 tsp Worcestershire sauce²
- 1 tsp soy sauce²
- 1 tsp Oyster Sauce²
- ¼ tsp salt
- 1 tbsp cornflour / corn starch dissolved in 2 tbsp water

Stir fry

- 1½ tbsp peanut or vegetable oil
- 1 garlic clove, minced or finely chopped
- 1 onion, halved and sliced
- 400 g / 13 oz chicken thigh fillets, cut into bite size pieces³
- 1 red plus 1 green capsicum / bell pepper, each cut into bite size pieces
- 1 can (8oz/250g) pineapple pieces in natural juice, juice reserved.
- Sliced shallots / scallions, for garnish

METHOD

- 1** Mix together *Sauce* ingredients.
- 2** Heat oil in a wok or skillet over high heat. Add garlic and onion, cook for 1 minute. Add chicken and stir fry until it is white all over but still pink inside. Add capsicum and stir fry for 2 minutes.
- 3** Add *Sauce* ingredients. Stir until sugar has dissolved and the sauce begins to bubble. Add cornflour and water mixture. Bring to simmer, stirring constantly. Cook until it thickens to a syrup consistency - about 3 minutes.
- 4** Stir through pineapple pieces (just to warm) and remove from stove. Serve with rice, garnished with shallots if desired.

Serves 4

NOTES

- 1** I know ½ cup of sugar sounds like a lot, but it only works out at 1½ tbsp per serving! I use ¼ cup when I'm trying to be healthy.
- 2** These three ingredients are what makes this sauce more like that at Chinese restaurants. They are my "secret ingredients"! You can omit one (substitute with more of one of the others) and it will still taste similar. But please don't leave out all three or the sauce will taste quite flat and bland.
- 3** If you are using chicken breast, which is leaner, I would recommend tenderising it. Combine 1 tsp baking soda and chicken in a small bowl. Set aside for 20 minutes. Rinse thoroughly, then pat dry with paper towels.

STIR FRIES

Chinese Satay Chicken Stir Fry

The CHINESE takeout version of chicken satay! This Chinese Satay Chicken Stir Fry is quite different to Malaysian and Thai satay, but just as delicious. This is a made-from-scratch chicken satay recipe, and there is every possibility you already have everything you need to make this. The simplicity of the spices required will surprise you!

Serves 2 • 20 minutes



INGREDIENTS

Tenderised chicken (Chinese restaurant way)

8 oz / 250g chicken breast
1 tsp baking soda (bi carb soda) (optional)

Satay seasoning

½ tsp coriander powder
½ tsp cumin powder
¼ tsp turmeric powder
¼ tsp chilli powder (Not US Chilli powder!¹)
1½ tsp Curry Powder²
½ tsp salt
¼ tsp white pepper

Satay sauce

1½ tbsp smooth peanut butter
2 tsp brown sugar
1 tsp light soy sauce³
2 tsp rice vinegar
2 tsp Sriracha (or other hot sauce)
½ tsp lemongrass paste⁴
⅓ cup coconut milk (full fat)
¼ cup water

Stir fry

1 tbsp peanut oil (or other plain oil)
1 onion, finely chopped
2 garlic cloves, minced
Shallots/scallions, sliced (optional garnish)

METHOD

Tenderised chicken (optional)

- 1 Cut chicken in half length wise then slice thinly. Place in a bowl with baking soda, use fingers to coat. Set aside for 20 minutes.
- 2 Rinse well, pat dry with paper towel then place in a bowl.

Seasoning

- 1 Mix together Seasoning.
- 2 Sprinkle 1 tsp of Seasoning over chicken. Mix to coat then set aside for 10 minutes (not critical, can skip this).

Sauce

Place all ingredients except water in a bowl. Add remaining Seasoning. Mix, then add water and mix.

Stir fry

- 1 Heat oil in wok or skillet over high heat. Add onion and garlic, stir fry for 1 minute.

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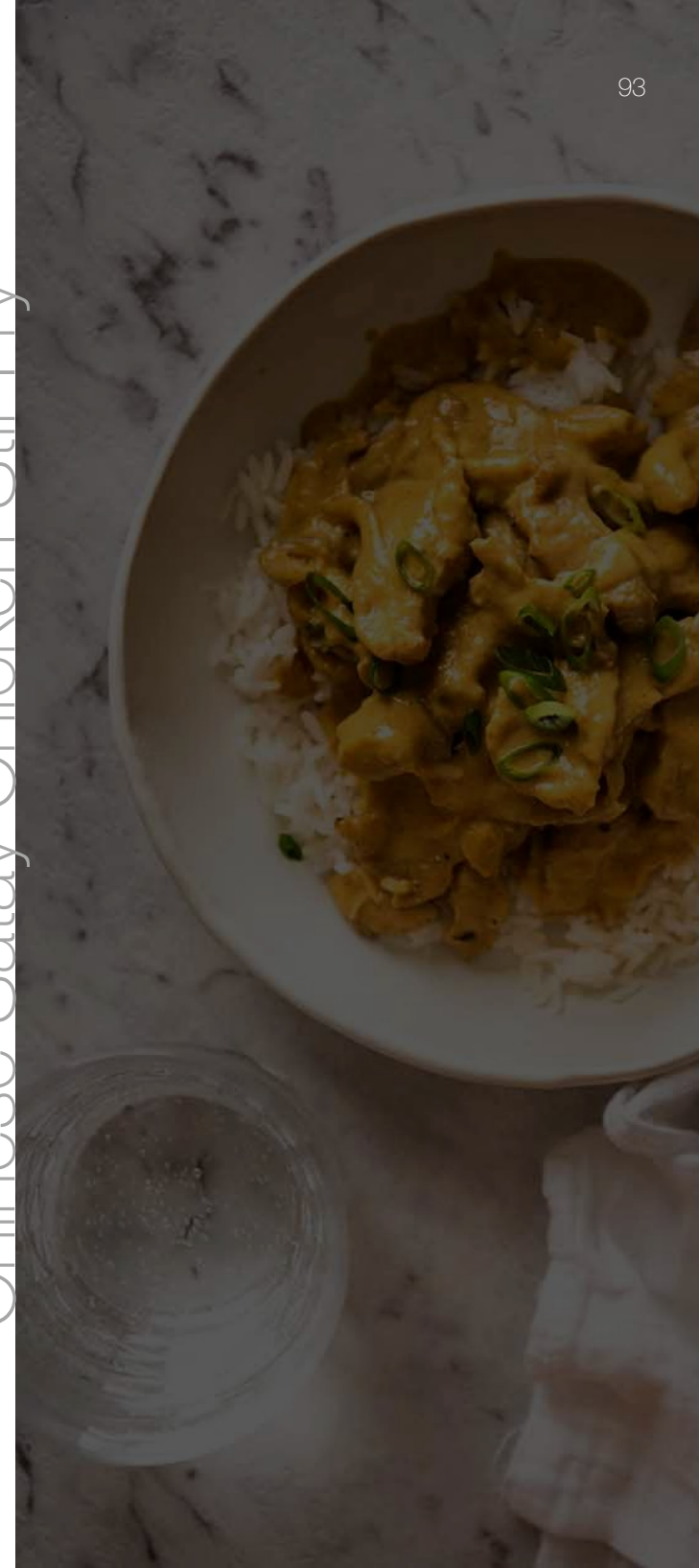
METHOD

- 2 Add chicken and stir fry for 2 minutes until just cooked through and a bit browned. Lower heat slightly, then add Sauce. Stir fry until it reduce down and becomes thicker - 1 to 1½ minutes.
- 3 Serve immediately with rice, garnished with sliced shallots/scallions if desired.

Serves 2

NOTES

- 1 If you are in the US, do not use what you know as Chili Powder! That is a spice blend, not pure ground chilies. If you can't find pure ground chili, substitute with cayenne pepper.
- 2 Any is fine, I use *Clive of India*, *Keens* and packets of ground spice labelled simply as "Curry Powder".
- 3 All purpose / normal soy sauce can also be used. I don't recommend dark soy sauce as the flavour is too intense.
- 4 I like using Lemongrass Paste instead of fresh lemongrass because it can be stirred straight into the sauce. Fresh lemongrass is tougher and needs to be very finely chopped and be sautéed then incorporated into the sauce. This is a quick recipe so I use paste instead because it's easier! Here in Australia, I purchased lemongrass paste in tubes in the fresh produce section of supermarkets. Lemongrass in a jar will also work just fine.



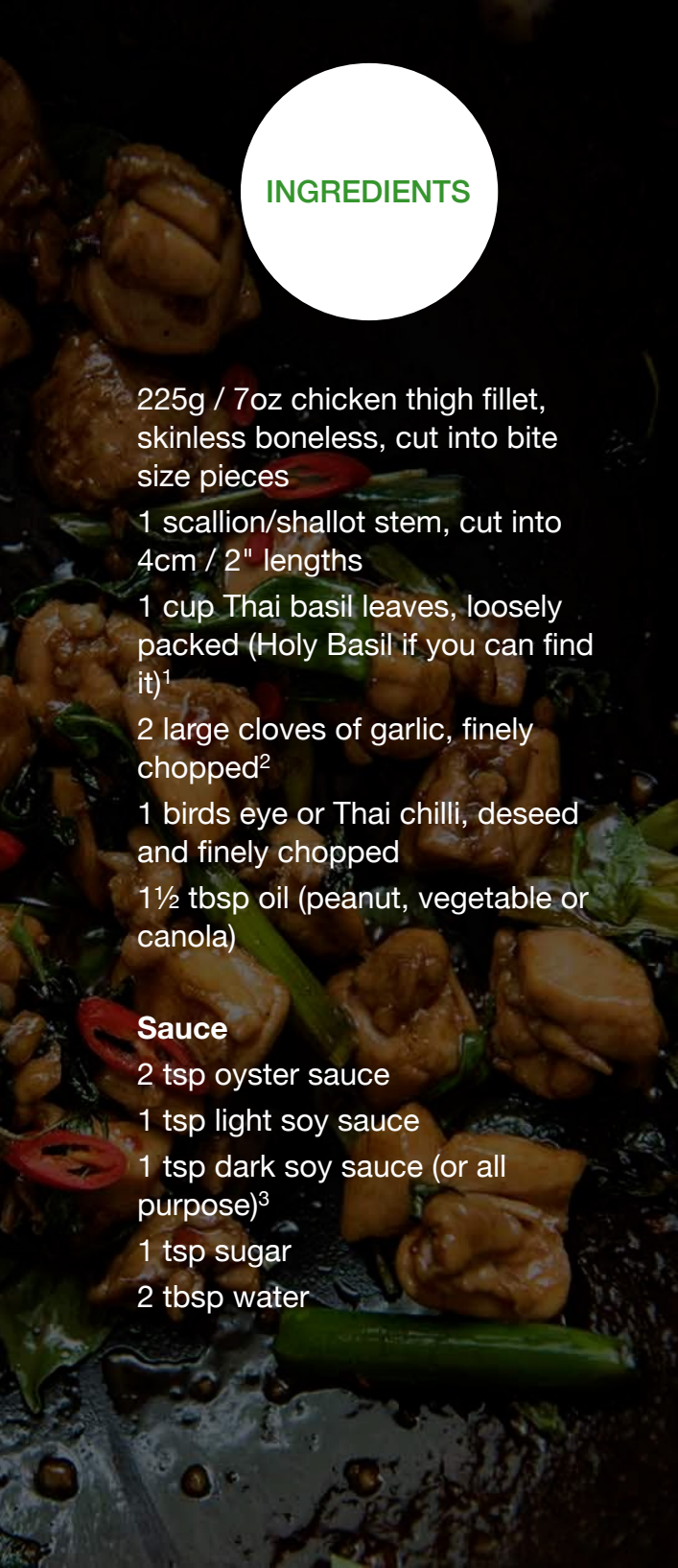
STIR FRIES

Thai Chilli Basil Chicken

Right off the streets of Thailand, made in your own home! The authentic version of this popular Thai street food uses Thai holy basil but normal Thai basil is a close substitute which is what I usually use because holy basil is not readily available where I live. It is also still worth making even if you use normal basil!

Serves 2 • 15 minutes





INGREDIENTS

225g / 7oz chicken thigh fillet, skinless boneless, cut into bite size pieces

1 scallion/shallot stem, cut into 4cm / 2" lengths

1 cup Thai basil leaves, loosely packed (Holy Basil if you can find it)¹

2 large cloves of garlic, finely chopped²

1 birds eye or Thai chilli, deseed and finely chopped

1½ tbsp oil (peanut, vegetable or canola)

Sauce

2 tsp oyster sauce

1 tsp light soy sauce

1 tsp dark soy sauce (or all purpose)³

1 tsp sugar

2 tbsp water

METHOD

- 1 Put *Sauce* ingredients in a small bowl and mix to combine.
- 2 Heat oil in wok or pan over high heat. Add garlic and chilli and cook for 10 seconds. Add the white part of the shallots/scallions and chicken and fry until cooked, around 2 minutes.
- 3 Add sauce and cook for 1 minute until the water evaporates to make a thick glossy sauce. Remove from heat and toss through green part of scallions/shallots and finally basil leaves. Stir until just wilted, then serve immediately with rice.

Serves 2

NOTES

- 1 Holy basil is the type of Thai basil used in the authentic recipe. It has a more aniseed/peppery flavour than normal sweet basil used in Italian cooking. Thai basil is the more common type of basil that is sold at supermarkets here in Australia and I usually make this with Thai basil. If you can't find Thai or holy basil, this is still totally worth making using normal basil. The sauce has a strong flavour and dominates, the basil is the secondary flavour.
- 2 Finely chopping the garlic rather than mincing it (or using jarred garlic) helps stop it from burning quickly when it hits the hot wok.
- 3 The dark soy sauce darkens the colour of the stir fry. This can be substituted with ordinary soy sauce.

STIR FRIES

Chicken Stir Fry (Chop Suey)

A great, classic chicken stir fry recipe, loaded with veggies. Otherwise known as Chop Suey, this truly is like what you get at good Chinese restaurants.

Serves 2 – 3 • 15 minutes



INGREDIENTS

Tenderised Chicken¹

180 g / 6 oz chicken breast, thinly sliced

1/2 tsp baking soda / bi-carb

Sauce (or use *Charlie*²)

1 tbsp cornflour / corn starch

1½ tbsp light soy sauce

2 tsp Oyster Sauce

1 tbsp Chinese cooking wine

½ tsp sesame oil (optional)

Dash of white (or black) pepper

¾ cup / 185 ml water

Stir fry

1½ tbsp vegetable oil

2 garlic cloves, finely chopped

½ onion, sliced

5 - 6 stems choy sum (or other Asian greens)

1 medium carrot

½ cup sliced mushrooms (shiitake is authentic, but any will do)

1 cup bean sprouts

METHOD

Tenderised chicken (optional)¹

Place chicken in a bowl, sprinkle over baking soda. Use your fingers to mix then set aside for 20 minutes, no longer than 30 minutes. Rinse well, pat excess water with paper towels, set aside.

Prepare ingredients

1 Place cornflour and soy sauce in a bowl. Mix until lump free. Then add remaining *Sauce* ingredients and stir.

2 Trim end off choy sum. Then cut into 7cm / 3" pieces. Separate stems from leaves.

3 Peel carrot, cut into 3cm / 1.3" pieces. Then slice the pieces thinly.

Stir fry

1 Heat oil in a wok or skillet over high heat. Add garlic, stir quickly, then add onion. Cook for 1 minute, moving constantly, until onion is starting to wilt.

2 Add chicken, cook for 1 minute until the surface changes from pink to white.

3 Add choy sum stems, carrot and mushrooms. Stir fry for 1 minute. Add choy sum leaves, bean sprouts and *Sauce*. Stir fry for 1 to 2 minutes until the *Sauce* thickens to a thick syrup consistency. Vegetables should still be tender/crisp, not soggy and soft.

4 Remove from heat and serve immediately over rice or noodles.

Serves 2 – 3

NOTES

1 This is one method that Chinese restaurants use to tenderise and make chicken juicier by marinating in baking soda.

2 *Charlie* is my All Purpose Stir Fry Sauce. You will find the recipe in this book. To use *Charlie* for this recipe, replace the *Sauce* with 4 tablespoons of *Charlie* + ¾ tsp cornflour / cornstarch + ¾ cup water.

