

Taiwanese Homemade Dishes & Night Market Delicacies

Hsiu-mei Hsieh & Yen-wen Pu

Stir-Fried Rice Noodles

Ingredients			
396g (14oz)/1bag	Thin dried rice noodle (6-8 servings)	2 Tbsp	Soy sauce
50g	Dried shrimp	½ Tbsp	Sugar
60g	Dried shiitake mushroom	a pinch	Ground white pepper
400g	Cabbage – shredded	a pinch	Salt
200g	Carrot – shredded	a pinch	Bonito soup stock (Hondashi)
a bunch	Spinach	1 Tbsp	Fried Shallots
3	Egg	some	Vegetable Oil & Sesame oil
A small bunch	Coriander	1.5 cup	water

Instruction

1. Soak dried shiitake mushrooms until it is soft thoroughly. Squeeze excess water out of mushrooms. Slice the mushrooms thinly and set aside.
2. Boil water and add 1 tsp vegetable oil, then put the dried rice noodles into boiling water for about 1 minute. Drain the noodles and set aside.
3. Add vegetable oil in a pan, pan-fry beaten eggs to form a thin sheet, then cut into short stripes and set aside.
4. Add vegetable oil in the pan, stir-fry the cabbages and carrots with salt and bonito soup stock. Then set aside.
5. Add 2 tsp sesame oil in a big pan, add dried shrimps and mushrooms, stir fry until it is fragrant. Stir in soy sauce, sugar, ground white pepper. Then add 1.5 cup water and bring it to a boil. Add rice noodles and stir until stock is mostly absorbed.
6. Add in spinach, eggs, cabbages, carrots and stir-fry to combine. Stir in fried shallots.
7. Garnish with coriander and serve.



Stir-fried Rice Noodles

3-Cup Chicken

Ingredients			
2.5lb	Chicken quarter (3-4 servings)	1½ Tbsp	Pure sesame oil
250g	King oyster mushroom (optional)	4 Tbsp	Soy sauce
8-10 cloves	Garlic - whole clove	4 Tbsp	Rice cooking wine
10-12 slices	Ginger - thin slice	1 Tbsp	Rock sugar (冰糖)
1	Red chili (optional) – slice or section	a pinch	Salt
Handful	Fresh Thai basil or basil		

Instruction

1. Cut chicken quarters and king oyster mushrooms into chunks.
2. Heat up pure sesame oil with ginger in a cold frying pan over medium-low heat. Fry until the ginger becomes slightly brown (be patient). Turn up to medium heat and fry garlic and red chili together until it is fragrant.
3. Add chicken, soy sauce, rock sugar and stir fry for couple minutes. Add rice cooking wine and king oyster mushrooms, cover and boil for couple minutes over medium-low heat.
4. Uncover the pan and turn up the heat close to medium-high. Stir the chicken periodically until most of the liquid is evaporated and the chicken is coated by the remaining sauce.
5. Turn off the heat. Stir in basil leaves.



3-cup Chicken

Taiwanese Popcorn Chicken

For this recipe, you can choose between the traditional basic marinade or the marinade with fermented tofu. The chicken and breading ingredients for both versions are the same.

Ingredients –Basic–		Ingredients –Variation– <i>Fermented Tofu Chicken</i> (豆乳雞)	
500g	Chicken thigh or breast (boneless) – cut in cubes (3-4 servings)		
Handful	Fresh Thai basil or basil – clean and dry		
Moderate	Sweet potato flour (coarse)		
Moderate	Seasoning - Pepper salt powder, Chili powder (optional)		
Basic Marinade OR Fermented Tofu Marinade			
1	Egg (beaten)	40g	Fermented tofu (crushed)
2 cloves	Garlic (minced or pureed)	2 cloves	Garlic (minced or pureed)
½ tsp	Five-spice powder	½ tsp	Five-spice powder
½ tsp	White pepper	½ tsp	White pepper
1 Tbsp	Sugar	1½ Tbsp	Sugar
2 Tbsp	Soy sauce	½ Tbsp	Soy sauce
1 Tbsp	Rice cooking wine	1 Tbsp	Rice cooking wine
1 Tbsp	Tapioca flour		

Instruction

1. Mix all ingredients of the marinade with the chicken cubes, marinate for 30 min at least. (**Suggestion:** marinate overnight for a deeper flavor)
2. Evenly coat each marinated chicken cube with sweet potato flour. Let them sit for 5 minutes or until the white coating becomes damp and has a light brown color. Repeat to coat each cube with another thin layer of sweet potato flour. Now, they would look dry.
3. The 1st frying - heat up the oil to 160-170°C (320-340°F). Fry without moving the chicken for 1 min. Flip the chicken periodically for 1.5 mins or until light golden color. Remove and set aside to cool down for 10 mins at least.
4. The 2nd frying - heat up the same pot of oil to 180°C (355°F). Re-fry the chicken until golden brown.
5. Before the popcorn chicken is done, add the DRY fresh basil leaves frying with the chicken for 10-15 secs. Remove all to a plate and sprinkle seasoning.



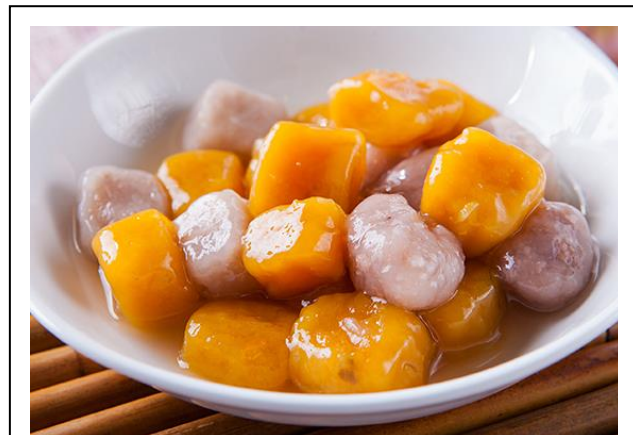
Taiwanese Popcorn Chicken

Taro Ball & Sweet Potato Ball

Ingredients –Taro Ball–		Ingredients –Sweet Potato Ball–	
100g	Taro (peeled) (3-4 servings)	100g	Sweet Potato (3-4 servings)
40g	Tapioca flour	40-50g	Tapioca flour
2 tsp	Sugar	1 tsp	Sugar (optional)

Instruction of taro ball (*sweet potato ball*)

1. Weigh the peeled taro (*sweet potato*). Prepare tapioca flour and sugar accordingly.
2. Slice and steam the taro (*sweet potato*) for 15-20 mins or until a stick can go through the center of each piece easily. (*Drain the liquid coming from the sweet potato.*)
3. In a mixing bowl, mash the taro (*sweet potato*). Mix sugar well and then mix tapioca flour together asap while it's hot.
4. When the mixture is cool enough to touch, knead the dough until you can shape a ball.
(**Tip:** Instead of being soft and smooth, the dough may have some cracks on the surface.)
5. Take a portion of the dough to make a 1/2-inch-thick square or rectangle. Cut into dice-shape. Repeat until all the dough is used.
6. Cook in boiling water, and if the pot is not big enough, cook in batches. When they float and become bigger, remove from water.
7. Add the cooked taro balls (*sweet potato balls*) in various sweet soups directly or mix with some sugar for later use.



Taro Ball & Sweet Potato Ball