

Chinese Cooking Class Recipe List: Spring 2009  
Caixia Bu

Special Ingredients

Most things will be available at the grocery store (i.e. Kroger) but you will probably also have to make a stop at one of the Asian Markets here in Charlottesville:

1. Charlottesville oriental food market (206 Carlton Rd. Suite # 4. Tel: 434-984-4903.) Usually, Friday is the best day for shopping because the vegetable will be fresher than other days.
2. Asian market on route 29: 1417 Emmet St N # B, Charlottesville, VA 22903  
Tel: (434) 972-9888



## Pumpkin/Sweet Potato Pancake



### Ingredients

- Pumpkin
- Rice flour
- Water

### Directions

- Boil pumpkin until soft
- Mix with rice flour and water until combined
- Add oil to a sauté pan and heat, pour in pancake mixture and cook on both sides until done

## Rice Cake



### Ingredients

- Rice flour
- Sugar
- Water

### Directions

- Boil a pot of water and place a steaming tray at the bottom
- Mix together ingredients and add to a shallow baking dish (i.e. pie tin/cake tin)
- Only fill to about  $\frac{3}{4}$  full and place in the pot
- Mix together ingredients and add to a shallow baking dish (i.e. pie tin/cake tin)(reach  $\frac{3}{4}$  height of the container)
- Cover the pot with a lid and steam until the mixture rises to fill up the container
- Cool, cut and serve



## Tofu and Egg Appetizer



### Ingredients

- Silken tofu
- Appx. 2 preserved duck eggs
- Rice wine vinegar
- Cilantro, for garnish

### Directions

- Boil the soft tofu in a pot with some salt for a few seconds
- Cut the silken tofu into bite size pieces and arrange nicely on the serving dish
- Cut preserved duck eggs, it's easiest to do this with string, but if you don't have that you can use a knife
- Arrange eggs on the tofu, drizzle on the vinegar, and add cilantro
- Serve cold

## Dumplings



## Ingredients

- Ground pork
- Salt
- Ginger
- Scallion (green onion), chopped finely
- Dried mushrooms (soaked before), chopped finely
- Cabbage, chopped finely
- Chives, chopped finely
- Dumpling wrapper
- Cooking wine
- Salt

## Directions

- Mince the meat, ginger, scallion, mushroom, cabbage, chives.
- Mix the meat with salt, ginger, scallion, leave it there for about half an hour.
- Divide the meat into three samples, each mixed with mushrooms, cabbage, chives, then three different fillings are ready
- Wrap the dumpling. Put the filling in the middle of a wrapper add water around the edges. Then press the wrapper tight and a dumpling is ready.
- Boil the dumplings. Put a pot of water on the stove. When the water is boiling, put the dumplings one by one into the water and cover the pot. When steam comes out, add more cold water and when it boils again add cold water a second time. When you see the dumpling floating in boiling water, you can put them in bowls or plates, get the chopsticks and be ready to eat.

## Fried Eggplant



## Ingredients

- Eggplant
- Pork
- Garlic
- Ginger
- Pepper
- Salt
- Tapioca starch
- Spicy thick broadbean sauce
- Star aniseed powder

## Directions

- Mince the pork, garlic, ginger, pepper. Mix a spoon of tapioca starch with water
- Peel the eggplants, then cut into small pieces.
- Put some oil on the pan. When it is hot, put the mince pork, garlic, ginger and pepper into the pan. When the meat is browned, add the broadbean sauce .After the broadbean sauce is hot, add the eggplant.
- When the eggplants change the color to yellow, add the mixed tapioca starch.
- After a few seconds, the fried eggplants are ready. Put them on a plate; add the star aniseed power and some green onion power on top.

## Spicy beancurd



### Ingredients

- Silken Tofu
- Pork
- Garlic
- Ginger
- Pepper
- Salt
- Spicy thick broadbean sauce

## Directions

- Mince the pork, garlic, ginger, pepper. Mix a spoon of tapioca starch with water
- Cut the tofu into small pieces.
- Boil a pot of water. When the water is boiling, add some salt into the pot, and then add the tofu. Take the tofu out after a few seconds, and wash the tofu by cool water, dry the water, leave the tofu there for later use.
- Put some oil in the pan. When it is hot, put the mince pork, garlic, ginger and pepper into the pan. When the meat is braised to yellow, add the broadbean sauce .After the broadbean sauce is hot, add a cup of water. (Make sure that the water can cover the tofu.)
- When the pan is boiling again, add the tofu, and cover the pan for a few minutes.
- Add the mixed tapioca starch. After a few seconds, the spicy beancurd is ready.

## Fried eggs with tomatoes



### Ingredients

- Tomatoes
- Eggs

### Directions

- Cut the tomatoes into small pieces.
- Beat the eggs in a bowl, and Mix with some salt.
- Put some oil in the pan. When the oil is hot, add the eggs. When it is ready, take the eggs out for later use.
- Put some oil in the pan. When it is hot, add the tomatoes. Cook for about a minute.
- Add the eggs. Cover the pan for a few minutes. The dish is ready.

### Bok Choy



### Ingredients

- Vegetable oil
- Salt
- Bok choy

### Directions

- Heat oil and pan until hot season with salt
- Cook until the bok choy just starts to wilt but is still firm

### Pork and Vegetable Soup



### Ingredients

- Pork neckbones
- Corn, sliced in thin rounds
- Daikon, cut into large wedges
- ½ cup lotus seeds
- A few tablespoon ginger, chopped
- A few tablespoons garlic, chopped

### Directions

- Add all ingredients to a pressure cooker, and cook until done



