

Non-spicy Chinese Dishes

Siu Mai (Serving Size: ~26)

Ingredients:

200 gram ground pork** = 7 oz, 4 Chinese mushrooms, 4 slices ginger, 2 green onions, 24 - 28 peas, 360 gram uncooked shrimps = 12.7 oz, 24 - 28 Siu Mai wrappers, Sugar, Black pepper, Chicken essence (Chicken bouillon powder), starch (or tapioca), Shaoxing wine, Light soy sauce, Water, Salt.

[**For those who don't eat pork, replace it with some cooked rice.]



Instructions:

1. Chop 200 g ground pork.
2. 4 Chinese mushrooms (washed, soaked, remove the stem and cut to small dices. **DO IT AHEAD OF TIME**).
3. Cut 4 slices of ginger in strips, then cut in dices, cut 2 green onions lengthwise, then cut in small pieces, keep ~24 green peas ready.
4. Cut shrimp in small pieces, chop it for 1 minute. (No need to grind, because we need to keep good texture)
5. Stir ground pork, 1/2 tsp sugar, a pinch of black pepper, 1 tsp chicken essence, 1 tsp starch, 4 tsp Shaoxing wine, 3 tsp light soy sauce, and 1 tsp water in one direction for a minute.
6. Stir the chopped shrimp and 1 tsp salt in one direction for a minute as well.
7. Combine shrimp and pork mixture
8. Stir mushrooms, green onions, and ginger in one direction for 2 minutes. Add 4 tsp sesame oil, stir, and put in the fridge for half an hour.
9. Spread some oil on baking paper
10. Put the wrapper on 4 fingers, put some filling on it, and shape it. Use your thumb and the spoon to help.
11. When the wrapper sticks, finally decorate with a pea on top.
12. Steam the Siu Mai for 7 minutes with a closed lid.

Fried shrimp with cashews (Serving Size: 3-4 people)

Ingredients:

150g uncooked shrimp, Cashews, Half Red Bell Pepper, Half Yellow Bell Pepper, Half Green Bell Pepper, 2 Green Onions, 1 Ginger, 2 Garlic cloves, Tapioca, Sesame Oil, Rice wine (or other cooking wine), salt, white pepper powder



Instructions:

1. Peel the shrimp and keep the shells. Cut the shrimp in half. Dice bell peppers, cut green onions, cut ginger, and garlic.
2. Add a little salt (shrimps are already salty) and tapioca to the shrimp. Mix.
3. Sauce: stir together 2 tsp water, 1tsp tapioca, 1 tsp white pepper, 1 tsp sesame oil, and 1 tsp salt
4. Heat up some oil in a pan. Add the shrimp shell, and some garlic. Fry for a while. Add water and cook for a while. Filter it and keep the shrimp broth.
5. Clean the pan and heat up some oil. Then add green onion, garlic, ginger, and peppers, and cook for a while. Add shrimp, stir and cook until they become red. Finally, add some wine, the sauce from step 3 and the shrimp broth. Stir.
6. Once the shrimps are fully cooked, add some dried cashews.

Corn Sweet Soup (Serving Size: Varies, but ~3-4)

Ingredients:

Canned corn, sugar

Instructions:

1. Add a can of corn to some water and boil for about 5-10 min.
2. Add some sugar to taste and cook for several min. Stir occasionally.



3. Cool the soup and put it in the fridge to cool completely or add some ice (may make it less sweet).

Brown Sugar flavored Ice-Cream with nuts (Serving Size: 1)

Ingredients:

Any kind of nuts (walnuts, pine nuts, almonds), raisins, brown sugar, vanilla ice cream

Instructions:

1. Prepare some nuts, like walnuts, pine nuts, almonds; one can also prepare some raisins.
2. Add some water into a pan, and then add brown sugar. Cook it until it dissolves and become caramelized.
3. Scoop a ball of ice-cream onto a plate. Top with caramel and nuts.

