

Northern Chinese Cooking

Xinjiang Chicken Stew (新疆大盘鸡)



Long time ago, a chef went to Xinjiang to avoid war. He opened a small restaurant along the highways, mainly selling chow mien and Lo Mien as a quick fix for the often untimely arrivals of the hungry truck drivers. Once, there is a driver who told to the chef, the mien is too dry, then he ordered a chili chicken and asked for additional sauce. Then he mixed them together and found them delicious. After that, this dish with rich flavor and heartiness quickly became a favorite of the region, and even the nation.

Ingredients

Chicken	Salt
Potato	Chili Bean Pasta
Bell Pepper	Soy Sauce
Beer	Szechuan Pepper
Ginger	Cumin
Garlic	Cinnamon
Green Onion	Red Peppercorn
White Lump Candy,	Oil

Instructions

1. Cut the chicken, potato, bell pepper, ginger, garlic, and green onion.
2. Prepare fry pan to medium heat, add some oil, put the red peppercorn in, set aside when it becomes fragrant.
3. Add white lump candy in the oil, wait for it to brown.
4. Add the chicken, turn heat to high, stir to evenly brown it.
5. Add the bell pepper, garlic, green onion, chili bean pasta, soy sauce, Szechuan pepper, and ginger. Stir to let everything mix well.
6. Transfer to the stew pot. Add cumin, cinnamon, and the prepared red peppercorn. Add two cans of beer and some water. Boil with high heat and then switch to medium heat.
7. After 20 minutes, add the potatoes, and add some salt to your taste
8. The dish is done when the potato and chicken all become tender.

Northwestern Chow Mien (西北炒面)



Ingredients

Angel Hair Pasta
Bean Sprout
Ground Beef
Cabbage
Eggs

Bell Pepper
Cumin
Soy sauce
Salt
MSG

Instructions

1. Shredded the cabbage and bell pepper
2. Boil a large pot of water, add the pasta and cook according to the instruction on the package.
3. Set the heat to high, add some oil in the fry pan, put the ground beef in the pan, and cook the ground beef until it's well-done.
4. Add the cabbage and bell pepper. Cook until they're softened.
5. Add the bean sprout and some salt, cumin, and MSG. Stir well.
6. Add the cooked pasta and some soy sauce, stir well. Place the mien on a large plate.
7. Beat an egg with some salt in a bowl.
8. Heat up a fry pan on high heat and add some oil just enough to coat the bottom of the pan.
9. Pour the egg into the pan and tilt the pan to spread the egg mixture evenly.
10. Using a spatula, transfer the omelet onto the chow mien. All done!