

HONEY DISHES FOR LUNAR NEW YEAR

一 回锅肉 | Twice Cooked Pork slices with Hot Sauce

40 minutes boiling + 20 minutes cooking

调料 Seasonings:

盐 Salt、糖 Sugar, 植物油 Vegetable oil, 葱 Scallion, 姜 Ginger, 蒜 Garlic, 郫县豆瓣酱 Pixian broad bean paste with chili oil, 酱油 Soy sauce, 干辣椒 Dried chili, 花椒 Sichuan pepper

主材、配菜 Ingredients:

带皮猪五花肉 Marbled pork meat, 青辣椒 Green pepper

1 清水放入成条的五花肉，煮至九成熟。

Boil up the marbled pork meat to medium well.

2 煮肉的同时，葱、姜、蒜、干辣椒切碎，青辣椒切丝；花椒烹热，碾成面儿。

While the pork is boiled in water, finely chop the scallion, ginger, garlic and dried chili, thinly slice the green pepper. Dry fry the Sichuan pepper, then grind into powder using a roller.

3 熟肉捞出晾凉，切片。

After naturally cooling the boiled pork meat, cut the meat into slices.

4 熟肉晾凉的同时，起锅放入植物油，油热后放入青辣椒丝翻炒，装盘备用。

While the pork meat is naturally cooling, heat a drizzle of vegetable oil in a medium pan, toss the green pepper slices until softened, then place the green pepper in separate plate.

5 起锅放入少许植物油，油热后下肉片翻炒，放葱、姜、蒜、干辣椒碎继续煸炒，再放一大勺郫县豆瓣酱继续煸炒，放入炒好的青辣椒丝，再以酱油、盐、糖调味，最后放入花椒面儿。Heat a large drizzle of vegetable oil in a large pan, toss the pork slices, add ground scallion, ginger, garlic and dried chili, add a spoon of Pixian broad bean paste with chili oil, add the cooked green pepper slices, stir in soy sauce, salt and sugar, at last add the Sichuan pepper powder.

二 麻婆豆腐 | Mapo tofu

20 minutes cooking

调料 Seasonings:

盐 Salt、糖 Sugar, 植物油 Vegetable oil, 葱 Scallion, 姜 Ginger, 蒜 Garlic, 郫县豆瓣酱 Pixian broad bean paste with chili oil, 酱油 Soy sauce, 干辣椒 Dried chili, 花椒 Sichuan pepper

主材、配菜 Ingredients:

豆腐 Tofu, 肉末 Ground pork meat

1 肉末备好, 豆腐切块, 葱姜蒜干辣椒切碎; 花椒烹热, 碾成面儿。

Finely chop the pork meat, cut the Tofu into chunks, finely chop the scallion, ginger, garlic and dried chili, thinly slice the green pepper. Dry fry the Sichuan pepper, then grind into powder using a roller. (All the seasonings can be ready together during the process of Twice cooked pork slices.)

2 起锅放入植物油, 油热后翻炒肉末, 放葱姜蒜干辣椒末, 以及一大勺郫县豆瓣酱, 继续煸炒。

Heat a large drizzle of vegetable oil in a large pan, toss the ground pork, add ground scallion, ginger, garlic and dried chili, stir a spoon of Pixian broad bean paste with chili oil.

3 往锅内下豆腐块轻炒, 以酱油、盐、糖调味, 加少许水炖煮, 出锅前放入花椒面儿。

Add the Tofu chunk, stir in soy sauce, salt and sugar, add a little water to boil, at last add the Sichuan pepper powder.

三 海米菜花 | Cauliflower with Dried Shrimp

15 minutes cooking

调料 Seasonings:

盐 Salt、糖 Sugar, 植物油 Vegetable oil, 葱 Scallion, 姜 Ginger, 蒜 Garlic

主材、配菜 Ingredients: 菜花 Cauliflowers, 海米 Dried shrimps

1 菜花掰成小块, 海米若干洗净。

Chop the cauliflowers into small pieces, wash the dried shrimps.

2 起锅放入植物油, 油热后放海米煸炒, 再放入葱姜蒜, 下菜花翻炒, 以盐、糖调味, 加少许水。

Heat a drizzle of vegetable oil in a medium pan, toss the dried shrimps, add ground scallion, ginger and garlic, add the cauliflowers, stir in salt and sugar, add a little water.

四 鸡蛋羹 | Egg Custard

10 minutes preparing + 30 minutes Steaming

调料 Seasonings:

盐 Salt、糖 Sugar, 香油 Sesame oil, 水 Water

主材、配菜 Ingredients:

鸡蛋 Eggs, 冰鲜虾仁 (或海米) Frozen peeled shrimps (or Dried shrimps)

1 鸡蛋打散, 加水搅成蛋液。香葱切碎。

Stir the eggs, add water and stir evenly. Finely chop the scallion.

2 虾仁 (或海米) 洗净, 放入蛋液。

Thaw out and wash the peeled shrimps (or the dried shrimps), then put into the eggs.

3 盐、糖调味。

Season the eggs with salt and sugar.

4 将调制好的蛋液放入容器, 容器放入蒸锅, 大约蒸制 30 分钟。

Put the container of seasoned eggs into the steamer, steam about 30 minutes,

5 蛋羹出锅后淋少许香油、少许酱油, 撒少许香葱碎。

Drizzle with a little sesame oil, a little soy sauce, add a little ground scallion.

五 炸丸子 | Fried Meatballs

15 minutes preparing + 35 minutes frying

配料 Seasonings:

盐 Salt、糖 Sugar, 植物油 Vegetable oil, 葱 Scallion, 姜 Ginger, 酱油 Soy sauce

主材、配菜 Ingredients:

猪肉馅 Ground pork meat, 胡萝卜 Carrots

1 胡萝卜切成细丝。葱姜切末。

Thinly slice the carrots, finely chop the scallion and ginger.

2 猪肉馅以盐、糖、酱油调制。

Season the ground pork meat with salt, sugar and soy sauce.

3 切碎的胡萝卜与猪肉馅搅拌均匀。

Stir the carrot slices and the ground pork evenly.

4 放入少许面粉搅拌均匀。

Add a little flour and stir evenly.

5 起锅放植物油，烧热。

Heat vegetable oil in a pot.

6 戴一次性手套抓起肉馅，做成球形，放入油锅烹炸。

Put disposable gloves, and make the ground pork into small balls, then put the meat balls into the oil.

7 肉丸炸至金黄色，出锅。

Fry until crispy and golden browned.

