**Egg Rolls**

Ingredients:

1 tsp. oil ½ c. celery, finely chopped

1/4 lb. ground beef 1 clove garlic, minced

1 tsp. cornstarch ¼ c. bean sprouts, drained

dash pepper ½ c. bok choy, finely chopped

1 tsp. brown sugar 1 tsp. cornstarch

1 tsp. soy sauce 2 tsp. cold water

1 tsp. oil 12 egg roll wrappers

Directions:

* In a small mixing bowl, combine beef, cornstarch, pepper, brown sugar, and soy sauce. Let stand while heating the oil.
* Heat 1 tsp. oil in wok. Swirl to cover bottom of wok
* Add beef mixture and stir fry for 3 minutes, stirring constantly. Meat should lose its reddish color. Put cooked meat in a bowl and set aside.
* Add 1 tsp. oil to wok. Add celery, garlic, bean sprouts, and bok choy, stir fry for 3 minutes.
* Add beef mixture back into wok and stir until all ingredients are combined.
* Remove meat and vegetables from wok.
* Pour out any liquid into a bowl, saving 1 tbsp. to put back in wok
* Mix cornstarch with cold water and add to liquid in wok.
* Stir until slightly thickened.
* Add vegetables back into wok and combine with sauce.
* Transfer contents to a clean bowl and allow to cool to room temperature

To shape egg rolls:

* Add about ¼ c. of filling to each egg roll wrapper. Place in the center on a diagonal.
* Roll from corner closest to you tucking under to encase the filling.
* When filling is covered, tuck in the edges and then continue to roll until completely wrapped up.
* Seal edges with a little water if dry.
* Place on baking sheet and cover with a damp towel until all are ready to fry.

To fry:

* Using electric skillet, heat about ½ inch of oil to 375º. Fry egg rolls for about 2 - 3 minutes until crisp and brown. Turn egg rolls once to brown both sides.
* Transfer to a paper towel and foil lined baking sheet to drain. Put egg rolls in a warm oven (250º) until all are cooked and ready to serve. Serve with additional soy sauce and duck sauce.

**Wonton Soup**

**Ingredients:**

10 Wonton Wrappers

***Filling***:

1/8 lb ground pork

1 T soy sauce

½ T dry sherry

¼ t salt

½ egg

1 T oil

1 green onion, minced

¼ c. bok choy

Dash of pepper

***Soup:***

3 cubes chicken bouillon

3 c. water

1 T soy sauce

1 green onion, minced

**Filling/Wonton Directions**

* Mix filling ingredients (meat will be uncooked- it will cook in boiled water below)
* Place 1 teaspoon of filling in the center of each wonton wrapper
* Fold over at the center, wet the edged with water and press to seal
* Fold in half lengthwise at the open side, bring the two ends over the other and press together with a little water
* Bring 5 cups of water to a boil (SEPARATE MESAUREMENT from soup’s 3 cups water)
* Add wontons, stir. Cover and bring to boil
* Add ½ cup cold water, cover and bring to boil
* When cooked, the wontons will float
* Drain and rinse with cold water to stop cooking

**Soup Directions**

* Heat 3 cups water in the microwave for 3 minutes. Add 3 bouillon cubes to hot water, dissolve.
* Combine chicken stock, soy sauce, and salt in large pot. Bring to a boil.
* Add cooked wontons(from above directions) and return to boil.
* Add minced green onions, serve hot.

**Sesame Chicken and Broccoli**

**Ingredients:**

1 boneless skinless chicken breast, cubed

½ c. oil

1 c. frozen broccoli

*Batter:*

½ egg, slightly beaten

¼ tsp. salt

¼ tsp. soy sauce

2 T cornstarch

2 T flour

2 T chicken stock

*Sauce:*

2 T honey

2 T soy sauce

¼ c. water

1 ½ tsp. cornstarch

½ tsp. ground ginger

½ tsp. red pepper flakes

½ tsp. sesame seeds

**Chicken Directions:**

* Cut chicken breast into 1-inch cubes.
* Combine batter ingredients: egg, salt, soy sauce, cornstarch, flour, and chicken stock.
* Dip chicken cubes into batter.
* Add ½ c. oil to electric skillet and heat to 325 degrees.
* Cook chicken cubes until no longer pink.
* Drain on paper towel and keep warm while preparing sauce.
  + Discard extra oil in coffee cans on ingredient table

**Broccoli Directions:**

* Put 2 cups of water into a medium size saucepot.
* Open steamer basket in pan, put cover on pan, and bring water to a boil.
* Place broccoli pieces into steamer, cover pan again, and allow it to simmer for 5 minutes.
* Carefully remove broccoli pieces with tongs

**Sauce Directions:**

* In a large bowl, mix together honey, soy sauce, water, cornstarch, ginger and red pepper flakes.
* Whisk until no cornstarch lumps appear.
* Pour sauce mixture into small pot.
* Cook until sauce thickens slightly. DO NOT BURN!
* You can add more water if sauce is too thick.
* Mix steamed broccoli into sauce.
* Arrange chicken on a serving platter, pour sauce/broccoli over top, and sprinkle with sesame seeds.
* ENJOY

**Fried Rice**

Ingredients:

1 cup long grain rice

2 tsp. oil

1 ½ tsp. oil

1 clove garlic, minced

1 /4 tsp. ginger, minced

2 eggs, slightly beaten

½ c. frozen carrots and peas, thawed

1 green onion, white and green parts, sliced thinly and separated

¾ c. bok choy, washed and coarsely chopped

Soy sauce to taste

Instructions:

* Put 2 cups of water in a small covered saucepan. Bring it to a boil
* Add rice, stir once and cover. Allow rice to simmer (do NOT let water and rice boil vigorously) until all the water is absorbed. After it’s cooked, set it aside to be used later.
* Beat the two eggs together in a small bowl.
* In the wok, heat 2 tsp. oil to coat bottom.
* On medium heat, cook beaten eggs like an omelet without stirring. Remove eggs from wok and place on cutting board. Cut egg into ½ inch squares or ¼ inch ribbons.
* In the wok, add 1 ½ tsp. oil. Stir fry garlic and ginger for 1 minute. DO NOT BURN
* Add peas, carrots, and bok choy. Stir fry for 3 – 4 minutes, stirring over medium heat.
* Turn heat to low, add cooked rice and mix.
* Add green onion and egg pieces, mix lightly.
* While mixing, add soy sauce a little at a time until a light golden brown.
* Cook together for 1 minute more.
* Add salt and pepper to taste.

**Chinese Almond Cookies**

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| **Ingredients**:  2 ¾ c. sifted all-purpose flour  1 cup granulated sugar  1/2 teaspoon baking soda  1/2 teaspoon salt  1 c. butter 1 large egg, slightly beaten  1 teaspoon almond extract  ¼ c. slivered almonds  *Glaze: (Get from Ms. Ericsson)* 2 egg yolks beaten with 4 teaspoons of water for glaze |
| **Instructions**:   * Preheat oven to 325 degrees F * Sift flour, sugar, baking soda, and salt together in a bowl. * Cut in softened butter until mixture resembles cornmeal. * Add beaten egg, and almond extract, mix well. * Shape dough into 1-inch balls and place 2 inches apart on ungreased cookie sheets. * Place an almond on top of each cookie and press down to flatten slightly.   *Glaze:*   * Lightly brush the top of each cookie with the egg yolk glaze. * Bake in preheated oven for 15-18 minutes. Cool on rack. |