



## International Recipes – Chinese Cuisine

The following are a few recipes for some different staple Chinese foods. Feel free to use them as a way to expand your own meal choices, a home-style meal for your international student if you notice they are missing their traditional food, or even as a nice activity for everyone to do together in the kitchen. We are always happy to see pictures of how recipes turned out!

### Chinese Breakfast

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Similar to other East Asian cultures, a typical Chinese breakfast is savory, not sweet.

It is seldom greasy, and to an Asian palate tasty.

It is a meal thousands of years old.

**Congee (rice porridge):** Cooking time: up to 3 hours

To make Cantonese congee, white rice is boiled in many times its weight of water for a long time until the rice breaks down and becomes a fairly thick, white porridge.

It is most often served as a meal on its own, especially when one is ill.

Congee made in other regions may use different types of rice with different quantities of water, producing congees of different consistencies. You can ask your student for their preference.

Congee is often eaten with bamboo shoots, pickled tofu, wheat gluten, or other condiments.

Additional ingredients, such as meat, fish, and flavorings, are added whilst preparing the congee.

Other seasonings, such as white pepper and soy sauce, may be added.

**Basic Recipe:**

1 cup long grain rice

9 cups of chicken broth or water or half broth and water.

Bring to boil, turn to medium-low and simmer until thick.

Leave the lid slightly ajar so the congee doesn't boil over.



**Garnish for the Finished Congee:** Green onions, chilis, eggs, pork, etc. The choice is yours!

## Chinese Lunch

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Rice is eaten with most meals in China. If not rice, then noodles or dumplings are commonly consumed.

Many vegetables and meats are included in the various dishes that people eat daily.

**Fried Rice:** Good use of refrigerated left over rice from a previous meal

The variety in fried rice is endless. Be creative and try your own recipes if you like!

Sesame oil is fantastic for flavoring. A little goes a long way.

Here is a link with descriptions and videos for making fried rice.

[Fried Rice Recipe](#)



Here are some cultural variation options for your fried rice dishes:

**For Chinese flavor:** diced barbecued pork, roast pork, barbecued duck or lap cheong (Chinese sausage).

**For Korean flavor:** finely chopped garlic, thinly sliced beef. Add bean paste, black pepper, Korean soy sauce.

**For Indonesian flavor:** chopped raw prawns, chopped garlic and onion, small piece dried shrimp paste wrapped in foil and roasted. Garnish with cucumber and a fried egg. Serve with sweet chilli sauce.

**For Thai flavor:** Thai red curry paste, garlic, small prawns, flaked cooked crab meat, use fish sauce instead of soy and add sliced hot chillies and a splash of sweet chilli sauce.

## Chinese Chicken Stock

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Preparing good, strong chicken stock and having it ready in the freezer is a great time saver.

Some butchers and delicatessens sell the off-cuts as soup pieces, and these are excellent for making stock.

### Ingredients:

- 1 large whole chicken or 2 kg/4 lb chicken soup pieces
- 2 spring onions with leaves
- 6 slices fresh ginger
- 1/2 teaspoon whole black peppercorns
- 3 sprigs celery leaves
- 2 teaspoons salt



### Directions:

Wash the chicken well, rinsing inside the cavity to remove any bits of organs and blood, as these will result in a cloudy stock.

Chop off the tail of the chicken together with the two small glands positioned on either side of it and discard. Chop chicken through the bones.

In a large pan with a well-fitting lid put the chicken pieces and enough cold water to cover.

Add the remaining ingredients and bring slowly to the boil.

Skim off any scum on the surface, cover and simmer very gently for 3 hours.

If heat cannot be adjusted to maintain a gentle simmer, put a heat diffuser under the pot.

Let stock cool for a while, then strain into another large pot and refrigerate until completely cold.

Remove congealed fat from surface. Divide stock into freezer containers and freeze for future use.

## Braised Bok Choy

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### Ingredients:

- 1 bunch bok choy
- 1 teaspoon sugar
- 3 tablespoons peanut oil
- salt to taste
- 1 large clove garlic, bruised
- 1 teaspoon oriental sesame oil
- 3 thin slices fresh ginger



### Directions:

Separate leaves, wash thoroughly and shake dry.

Trim base of stem if necessary and remove tough portions of large leaves with sharp knife, leaving a narrow green border on the white.

Cut into 5-8 cm (2-3 in) lengths.

Heat a wok, add the oil and swirl to coat surface, then fry garlic and ginger for a few seconds.

Add bok choy and stir-fry for 1 minute on high heat, then add 3 tablespoons water or stock, sugar and salt.

Cover and simmer for 3 minutes or until stems are tender-crisp.

Add sesame oil and toss to distribute.

Serve at once.

## Chinese Stir-Fried Beef

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Everyone loves stir-fry. Try this delicious, easy-to-make Chinese favorite. It serves 3-4.

Use lean round, blade or skirt steak and freeze just long enough to firm the meat, since this makes it possible to cut very thin slices. This is a recipe using budget-priced cuts of beef, but allow sufficient time for tenderizing.

Put the sliced beef into a bowl and for each 500 g (1 lb) of beef, dissolve 1/2 teaspoon of bicarbonate of soda in 3 tablespoons warm water.

Pour over the beef and knead well until evenly distributed and absorbed.

Cover and refrigerate at least 3 hours, overnight if possible.

Proceed with the recipe. If time is short, you have to buy the more expensive tender cuts.

### Ingredients:

375 g/12 oz tender, lean grilling steak  
1/2 teaspoon crushed garlic  
1/2 teaspoon salt  
1/2 teaspoon finely grated fresh ginger  
2 teaspoons corn flour (cornstarch)  
4 tablespoons cold water  
2 tablespoons dark soy sauce  
1 teaspoon sesame oil  
2 tablespoons peanut oil  
4 spring onions (scallions), chopped  
Other vegetables can be added as you see fit.



### Directions:

Freeze beef to firm it, then cut in thin, bite-sized slices across the grain.

Combine garlic, salt and ginger and rub into beef, mixing well.

Set aside for 10 minutes. Then mix corn flour with water, soy sauce and sesame oil.

Heat a wok, add peanut oil and swirl to coat.

Add beef and stir-fry over high heat until colour changes.

Add spring onions and fry for 1 minute longer. Add corn flour mixture & stir until it boils and thickens.

Serve immediately with rice.

## Chow Mein (Chinese Noodles)

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### Ingredients:

8 oz. steamed chow mein (Chinese noodles)	1 tablespoon oyster sauce
2 oz. pork (cut into thin slices)	1/2 teaspoon sugar
5 shrimp (shelled and deveined)	1/2 teaspoon Chinese dark soy sauce
3 garlic cloves (finely chopped)	2 tablespoons water
1/2 cup shredded cabbage	2 tablespoons cooking oil
1/4 cup shredded carrot	2 stalks scallions (cut into 2- inch length)
1 tablespoon soy sauce	Salt to taste



### Directions:

Soak the steamed chow mein in cold water for about 5 minutes.

Rinse a few times until the water turns clear and the chow mein is soft.

Drain the excess water and set aside.

Don't over soak the chow mein or the noodles will get limp and soggy.

In a small mixing bowl, mix all the seasoning ingredients. Set aside.

Heat up the wok with the cooking oil. Add in the chopped garlic and stir-fry until light brown or aromatic.

Add the pork and shrimp and stir fry until they are half done.

Add the shredded cabbage and carrot into the wok and do a few quick stirs.

Add the noodles, the seasoning mixture and the water.

Continue to stir until the noodles are well blended with the seasonings and completely cooked through.

Add the chopped scallions, do a few final stirs, dish out and serve hot.

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Here is a link to a good chicken chow mein website with directions and videos:

Chicken Chow  
Mein

