



Good Fortune Lotus Gold Coins

Makes 6 servings

2 medium lotus root, peeled, cut into ¼-inch-thick rings
¼ cup cornstarch for dusting

Sauce:

1/4 cup chicken broth
2 cubes fermented bean curd, crushed
1 tablespoon chopped cilantro, including stems
3 tablespoons rice wine
2 teaspoons soy sauce
1 teaspoon fish sauce
1 teaspoon sesame oil

Filling:

8 ounces ground pork
4 ounces shrimp, shelled, deveined, chopped
1 Chinese sausage, chopped
1-1/2 tablespoons chopped salted cooked duck egg
1/2 egg
1 tablespoon cornstarch



2 - 3 tablespoons cooking oil

1. Water-blanch lotus rings in boiling water for 3 minutes. Drain and pat dry with paper towels. Dust lotus rings with cornstarch and set aside. Combine sauce ingredients in a bowl; mix well and set aside.
2. In a mixing bowl, combine ground pork, shrimp, Chinese sausage, salted duck egg, egg and cornstarch; mix thoroughly. Spread 1 tablespoon filling onto a lotus ring. Place another lotus ring on top to make a sandwich.
3. Heat a wok or frying pan over medium-high heat until hot. Add oil, swirling to coat sides. Pan-fry filled lotus root rings for 3 minutes on each side or until golden brown. Drain excess oil and add sauce. Cook until sauce is slightly reduced and thickened.

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Bountiful Fish in Eight Treasures Sauce

Makes 4-6 servings

1 whole fish (1-1/2 to 2 pounds), such as sea bass or red snapper, cleaned and scaled
½ teaspoon salt
¼ teaspoon white pepper
2 teaspoons cornstarch for dry coating

Sauce:

2/3 cup fish or chicken stock
1 tablespoon oyster-flavored sauce
2 teaspoons chili garlic sauce
2 teaspoons Shao Hsing wine or dry sherry
1 teaspoon sesame oil
1 teaspoon fish sauce
2 teaspoons sugar

3 tablespoons cooking oil
2 teaspoons minced garlic
1 green onion, thinly sliced
2 jalapeno or serrano chiles, coarsely chopped
3 tablespoons dried shrimp, soaked to soften, coarsely chopped
4 dried black mushrooms, soaked to soften, coarsely chopped
¼ cup chopped water chestnuts (fresh or canned)
2 teaspoons chopped Chinese anchovies (optional)
1 teaspoon cornstarch dissolved in 2 teaspoons water



1. Sprinkle salt and pepper over both sides of fish; lightly dust with cornstarch. Set aside for 15 minutes.
2. Combine sauce ingredients in a bowl; set aside.
3. Place a wok over high heat until hot. Add 2 tablespoons oil, swirling to coat sides. Add fish; pan fry until golden brown, 3 to 4 minutes on each side. Remove from wok and keep warm.
4. Heat remaining 1 tablespoon oil in wok over high heat. Add garlic, green onion, chiles, and shrimp; cook, stirring, until fragrant, about 10 seconds. Add mushrooms, water chestnuts and anchovies; stir-fry for 1 minute.
5. Add sauce and bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens.
6. To serve, arrange fish on a serving plate and pour sauce over top.

Remark: You can also choose a fish steak, such as salmon or Chilean sea bass.

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Kaiping Braised Duck (Chicken)

Makes 6-8 servings

1 duck (or chicken fryer)

Seasonings:

8 thin slices ginger
4 cloves garlic, thinly sliced
2 pieces dried tangerine peel, soaked to soften
2 cups soup stock
1/4 cup rice wine
2 tablespoons light soy sauce
1 teaspoon dark soy sauce

Cooking oil for deep-frying
6 ounces dried bean curd sticks
4 ounces dried shiitake mushrooms, soaked to soften
1 small daikon (Japanese radish), cut into 1-inch pieces
1 small onion, cut into 1-inch pieces
6 – 8 fresh arrowroot, peeled and cut in half (optional)
1/2 cup sliced lotus root
Cilantro sprigs for garnish



1. Clean duck (chicken); cut into serving-size pieces. Set aside. Combine seasoning ingredients in a medium bowl; set aside.
2. Heat oil in a wok or deep pot over medium-high heat until hot. Add bean curd sticks and fry for 3 minutes; lift out and drain on paper towels. Soak in water for 10 minutes.
3. Remove all but 2 tablespoonfuls of oil from wok or pot. Add duck (chicken) pieces in a few batches, and saute for 10 minutes. Remove, drain excess oil, and set aside.
4. Heat a clean wok or pot over medium heat. Add duck (chicken), mushrooms, daikon, onion, arrowroot, lotus root and seasonings. Reduce heat and simmer for 40 – 45 minutes, stirring occasionally.
5. Add bean curd sticks. Cover and cook for additional 10 minutes. Garnish with cilantro sprigs.

Remark:

- Traditionally, duck blood is used to give a richer and more flavorful sauce.
- If desired, you can thicken slightly with cornstarch solution

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