

CHICKEN FRIED RICE



Ingredients - Serves 4

- ½ tbsp sesame oil
- 6 shallots, peeled and cut into fourths
- 1 lb/450 g cooked, cubed chicken meat
- 3 tbsp soy sauce
- 2 carrots, diced
- 1 stalk celery, diced
- 1 red bell pepper, diced
- 6 oz/175 g fresh peas
- 3 ½ oz/100 g canned corn
- 9 ½ oz/275 g cooked long-grain rice
- 2 large eggs, scrambled

Method

1. Heat the oil in a large skillet over medium heat. Add the shallots and fry until soft, then add the chicken and 2 tablespoons of the soy sauce and stir-fry for 5–6 minutes.
2. Stir in the carrots, celery, red bell pepper, peas, and corn and stir-fry for an additional 5 minutes. Add the rice and stir thoroughly.
3. Finally, stir in the scrambled eggs and the remaining tablespoon of soy sauce. Serve immediately.

CHINESE TOMATO SALAD



Ingredients - Serves 4-6

- 2 large tomatoes

Dressing

- 1 tbsp finely chopped scallions
- 1 tsp finely chopped garlic
- ½ tsp sesame oil
- 1 tbsp white rice vinegar
- ½ tsp salt
- pinch of white pepper
- pinch of sugar

Method

1. Mix together all the ingredients for the dressing and set aside.
2. Thinly slice the tomatoes. Arrange on a plate and pour the dressing over the top. Serve immediately.

CRAB & CILANTRO SALAD



Ingredients - Serves 4

- 12 oz/350 g canned white crabmeat, drained
- 4 scallions, finely chopped
- Handful of fresh cilantro, chopped

For the dressing

- 1 garlic clove, crushed
- 1-inch/2.5-cm piece ginger, peeled and grated
- 2 lime leaves, torn into pieces juice of 1 lime
- 1 tsp fish sauce
- Shredded 3-inch/7.5-cm piece cucumber, chopped
- 1 iceberg lettuce

Method

1. Put the crabmeat into a bowl and stir in the scallions and cilantro.
2. Mix the ingredients for the dressing together.
3. Place the lettuce leaves on a serving platter and sprinkle with the cucumber.
4. Arrange the crab salad over the leaves and drizzle the dressing over the salad.

DEEP-FRIED CRUMBED PORK



Ingredients - Serves 4

- 1 tsp salt
- 1 tsp garlic powder
- 1/2 tsp pepper
- 1 lb (500 g) pork fillet, trimmed of sinew, cut into slices 1/2 inch (12 mm) thick
- Vegetable oil for deep-frying
- 1 cup (5 oz/150 g) all-purpose (plain) flour
- 2 eggs, beaten
- 2 cups (8 oz/250 g) panko
- 4 lemon wedges, for serving
- Tonkatsu sauce, for dipping

Method

Pour oil into a deep, heavy-bottomed frying pan to fill 3 inches (7.5 cm) deep. Heat oil until it reaches 375°F (190°C) on a deep-frying thermometer. Place flour on a plate. Working in batches, dredge pork slices in flour, shaking off excess. Dip into the beaten egg, letting excess drain away, then coat with panko, pressing crumbs on firmly. Slip pork slices into hot oil and fry until coating is golden brown and pork is no longer pink, 5–6 minutes. To check doneness, make a small cut in thickest part of pork. Using a wire skimmer, remove from oil and drain on paper towels. With a sharp knife, cut each slice into smaller slices 1 inch (2 cm) long, a more manageable size to eat with chopsticks. Divide pork among 4 plates. Place a wedge of lemon on each plate. Serve immediately with tonkatsu sauce for dipping.

GREEN CHICKEN CURRY



Ingredients - Serves 4

- 1 tbsp vegetable or peanut oil
- 1 onion, sliced
- 1 garlic clove, chopped finely
- 2-3 tbsp Thai green curry paste
- 14 fl oz/400 ml/¾ cups coconut milk
- ¼ pint/150 ml/⅔ cup chicken stock
- 4 kaffir lime leaves
- 4 skinless, boneless chicken breasts, cut into cubes
- 1 tbsp fish sauce
- 2 tbsp Thai soy sauce
- Grated rind and juice of 1 ½ lime
- 1 tsp jaggery or soft light brown sugar
- 4 tbsp chopped fresh cilantro, to garnish

Method

Heat the oil in a wok or large skillet and stir-fry the onion and garlic for 1-2 minutes, until they start to soften. Add the curry paste and stir-fry for 1-2 minutes.

Add the coconut milk, stock, and lime leaves, bring to a boil and add the chicken. Reduce the heat and let simmer gently for 15-20 minutes, until the chicken is tender.

Add the fish sauce, soy sauce, lime rind and juice, and sugar. Cook for 2-3 minutes, until the sugar has dissolved. Serve immediately, garnished with chopped cilantro.

BEEF DONBURI (GYUDON)



Ingredients - Serves 4

- 2 ½ cups short-grain rice (to make 7 cups steamed rice)
- Broth: 2 cups dashi broth and 2 tbsps soy sauce
- 2 tbsps sugar
- 2 tbsps mirin
- 1 medium onion, sliced thin
- 10 oz (300 g) sukiyaki beef slices cut into 1-inch lengths
- 4 eggs (optional)
- A few sprigs of mitsuba (trefoil)

Method

Cook the rice.

Heat the broth ingredients in a large saucepan. Add the onion and cook over medium heat for 2 minutes until tender. Add the beef and cook for 2 to 3 minutes. Gently break the eggs over the mixture, being careful not to disturb the yolks.

In the meantime, divide steamed rice among 4 deep bowls. When the egg whites in the saucepan have become opaque, scoop out the eggs, with the portions of beef and onions underneath and place each egg and beef portion over the four rice servings. (The eggs may be omitted altogether.) Dribble remaining broth in saucepan over each serving. Garnish with mitsuba leaves.

CHICKEN-&-EGG DONBURI (OYAKODON)



Ingredients - Serves 4

- 2 ½ cups short-grain rice (to make 7 cups steamed rice)
- Broth: 1 cup dashi broth, 5 tbsps soy sauce and 2 ½ tbsps sugar
- 2 ½ tbsps mirin
- 6 oz (160 g) boneless chicken, cut into bite-size pieces
- 4 green onions, sliced diagonally
- 4 eggs
- A few sprigs of mitsuba (trefoil)
- Nori seaweed (toasted), chopped for garnish

Method

Cook the rice. Heat the broth ingredients in a saucepan until the sugar dissolves. Into a small frying pan over low heat, pour about 1/4 cup of the heated broth. Add one quarter of the chicken and green onions. Cook the chicken pieces, turning them over for about 3 minutes, then beat an egg and stir in. Add a sprig or two of mitsuba and cover the saucepan. In the meantime, have ready one portion of steamed rice in a deep bowl. When the egg has set (about 50 seconds) slip the mixture over one serving of rice. Sprinkle with nori seaweed. Repeat this process for the remaining servings.

SHRIMP & PAPAYA SALAD



Ingredients - Serves 4

- 1 papaya, peeled
- 12 oz/350 g large cooked shrimp, shelled

For the dressing:

- 4 scallions, chopped finely
- 2 fresh red chilies, seeded and chopped finely
- 1 tsp fish sauce
- 1 tbsp vegetable or peanut oil
- juice of 1 lime
- 1 tsp jaggery or soft light brown sugar
- assorted baby salad greens

Method

Scoop the seeds out of the papaya and slice thinly. Stir gently together with the shrimp.

Mix the scallions, chilies, fish sauce, oil, lime juice and sugar together.

Arrange the salad greens in a bowl and top with the papaya and shrimp. Pour the dressing over the salad and serve immediately.

JAPANESE STIR-FRIED NOODLES (YAKISOBA)



Ingredients - Serves 4

- 1 ½ tbsps vegetable oil
- 7 oz (200 g) roast pork, cut thin
- 6 leaves cabbage, cut in slivers
- 7 oz (200 g) bean sprouts
- 2 small green peppers, cut in slivers
- Salt and pepper
- 1 ¼ pounds fresh (or 1 lb dried) Chinese-style wheat noodles OR ramen, cooked in boiling water until al dente, drained and patted dry
- 4 tbsps Worcestershire sauce
- 1 tbsp soy sauce
- Nori seaweed, roasted and crushed (mominori) OR sesame, paprika or dried parsley

Method

Heat half the oil in a frying pan and sauté the pork and vegetables over medium heat for 2 to 3 minutes until tender. Season with salt and pepper. Remove from frying pan and set aside. Heat the remaining vegetable oil and fry the noodles for 3 minutes over medium heat. Return the pork and vegetables to the frying pan and season with Worcestershire sauce and soy sauce. Fry 1 ½ to 2 minutes more and serve on individual plates sprinkled with crushed nori seaweed.

PORK WITH BELL PEPPERS



Ingredients - Serves 4

- 1 tbsp vegetable or peanut oil
- 1 tbsp chili oil
- 1 lb/450 g pork fillet, sliced thinly
- 2 tbsp green chili sauce
- 6 scallions, sliced
- 1-inch/2.5-cm piece fresh ginger, sliced thinly
- 1 red bell pepper, seeded and sliced
- 1 yellow bell pepper, seeded and sliced
- 1 orange bell pepper, seeded and sliced
- 1 tbsp fish sauce
- 2 tbsp Thai soy sauce juice of ½ lime
- 4 tbsp chopped fresh parsley
- Cooked flat rice noodles, to serve

Method

Heat both the oils in a wok. Add the pork, in batches, and stir-fry until browned all over.

Remove with a slotted spoon and set aside.

Add the chili sauce, scallions and ginger to the wok and stir-fry for 1–2 minutes. Add the bell peppers and stir-fry for 2–3 minutes.

Return the meat to the wok, stir well, and add the fish sauce, soy sauce and lime juice. Cook for an additional 1–2 minutes, then stir in the chopped parsley and serve with flat rice noodles.