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## **Chinese Cookery**

### **Mixed Fried Rice**

#### **Ingredients**

1 kg Basmati Rice

#### **Marinade :**

Chicken 100gm, soya Sauce- 1Tsp, Pepper- ¼Tsp, salt & ajino- moto

Beef 100gm, Pepper, Salt, ajinomotto – ¼tsp each.

Prawn 100gm, Pepper, Salt, ajinomotto - ¼tsp each

Rice – 1 kg

2tbs oil

2tsp salt

1tsp ajinomotto

Meat (all three marinated meats)

½ inch crese water (7 cups)

½ cup oil

1tb g & g

Carrot -50gm

Cabbage – Handful

Spring Onions – 5 No

Pepper, salt, ajinomotto – ¼ tsp each

Egg 5

Stock – 5tbs (into the egg)

Soya Sauce – 1tbs into the rice

Oil – 5tbs

Ajinomoto, Pepper & salt – 1tsp

Spring Onion leaves – 50gr (at last)

#### **Method:**

Soak the Rice for ½ hour and drain. Marinate the meats separately. Mix to the rice and cook. In a separate work temper the rest of the ingredients. Then add the egg mixed with the stock into the middle & cook. Scrape after done. Then add the cooked rice, soya sauce, salt, pepper & ajinomotto & mix.

## **Sweet Corn Chicken Soup**

**Marinade :** ½ chicken breast, ¼ tsp Pepper, ¼ tsp salt, ¼ tsp ajinomotto

#### **Ingredients:**

3 tbs oil

½ tsp g & g paste

1 tin sweet corn

3 pint stock (6 cups)

3tbs corn flour

½ cup stock

1tsp ajinomotto

1 egg white

Dash of pepper

#### **Method:**

Chop the chicken, put salt, pepper, ajinomotto & keep a side (do not marinate) make the corn flour with the stock & keep before starting.

Heat the wok & add oil & g & g paste. Mix & put the chicken, cook for some time & add the sweet corn, stock & leave it to boil. When it comes to the boiling point add ajinomoto, mix corn flour & boil further, then add pepper & egg white & mix with a fork. Off the flame & serve.

**Chinese Cookery**  
**Full Fish with Sweet and Sour**

**Ingredients:**

1 full fish

Ginger – 1"

Garlic – 5 pod

Spring onion – 3 nos

Salt – 2tsp

Ginger paste

Soya sauce – 2tbs

Pepper – 1tsp

**for dusting**

corn flour – 1tbs

Flour – 1tbs

Pinch of salt

Chilly and pepper

Powder

**for decoration**

Spring onion leaf 2tbs

Capsicum – 2

Tomato – 1 big

Onion – 2 big

Pineapple

Carrot – 2 Nos grated

Ginger – 2 inch

Celery – 2 stalk

**Sauce:**

Oil – 2tbs

G & G paste – 4tbs  
sauce – 3tbs

Chilly paste - ½tsp

Soya sauce – 1tbs

Corn flour – 1tbs

Pineapple juice – 1 cup ( ¼ pineapple chopped & add 1 ¼ cup Tomato  
boiling water)

Salt – 1tsp

Ajinomoto – 1tsp

**Method:**

Clean the full fish with tails, give diamond cut, make the ginger paste. Marinate and keep for 8 hrs, dust with flour and deep fry. Keep the fried in a dish, do the sauce, pour over the fish and decorate.

**Sesame Prawn**

**Ingredients:**

400 grms prawns – keep the tail & clean & put a bent cut

½ tsp salt

¼ pepper

¼ ajinomoto

1tbs corn flour full spoon

1 egg white

½ tsp sesame oil

4tbs vegetable oil

½ tsp sesami oil

1tbs g & g paste

2tbs sesami seeds

3tbs tomato sauce

1tbs chillie paste

1tbs sugar

1tsp salt

½ tsp ajinomoto

**Method:**

Keep the tail & clean the prawns. Wash & cut ½ way from up, don't divide in to 2. Put all the marinade to the prawns & keep for ½ hour. Heat the wok & add both the oils & fry the marinated prawns, g & g paste, mix and cook. Make a well & put the sesami seeds then mix 3tbs tomato sauce, chillie paste, sugar & mix. Off the flame add ajinomoto, add salt & serve.

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**Chinese Cookery**  
**Deville Beef & Kankung**

**Ingredients:**

**Marinade:**

Beef – 250gr, 1tsp vinegar, ½ tsp pepper, ½ tbs soya sauce, ¼ ajinomoto  
*After boiled* : ½ tbs vinegar, ½ tbs soya sauce, ¼ tsp salt & pepper.

Green chillie – 5 nos, Big onion, 1 bundle kankung  
Oil 5 tbs  
Garlic & ginger 1 tbs  
Dried red chillie 1 tbs  
Chillie paste 1 tbs  
Sugar 1 tbs  
Oyster sauce – 2 tbs  
Kankung  
Ajinomoto 1 tsp  
Soya sauce – 2tbs  
Stock – ½ cup  
Add salt to taste

**Method:**

Marinate the beef & cook in a pressure cooker (½ cup of water 10 – 15 min). Once done marinate again. Deep fry the beef. Into the same oil add green chillies, onion & fry, take out when done. Heat the oil & add the rest of the ingredients. Lastly add the fried chillies & onions.