

Mrs. Zameena Firaz
123/3, Anderson Road,
Dehiwela.
Tel: 2737624 / 0772293002

Chinese Cookery
Prawn and Ginger Fried Rice

Ingredient:

Marinade:

- 1 kg Basmati Rice – soak for half an hour. Wash & drain
- 5 liters water
- 2 tsp salt
- 2 tbs oil (vegetable)
- 200 grm prawns
- ½ tsp salt, ¼ pepper, 14 ajinomoto (marinade & keep)
- 1 tbs sesame oil
- 1 tsp salt – after cooked rice
- 3 eggs
- 3 tbs stock
- ¼ salt, ¼ ajinomoto
- ¼ cup veg oil
- 2 tbs sesame oil
- 1 tbs ginger chopped (chopped separately, not paste)
- 1 tbs garlic (chopped separately, not paste)
- 1 carrot chopped
- 50 grm cabbage chopped
- 2 capsicums chopped
- 4 spring onion chopped
- 1 tsp ajinomoto
- Taste & put salt to the vegetables
- 1 tbs sesame oil
- 3 tbs vegetable oil
- 2 tbs soya sauce

Method:

Wash & drain the rice, boil water with salt & oil, when the water is boiling add the drained rice & cook for 8 minutes (look at the clock & cook) then after 8 minutes put some more water & strain out the balance. Cover & keep it. If salt is not sufficient add 1 tsp more.

Heat the wok & put the vegetable oil & sesame oil together. Then heat & add the marinated prawns & fry. Then mixed the chopped ginger & garlic & then add all the chopped vegetables, not the spring onion. Mix & cook, add ajinomoto & salt into the vegetable mixture. Make a well & put the mixed egg stock & mix well & off the flame.

Stir Fried Cuttle Fish in Hot Garlic Sauce

Ingredients:

- 500 gr cuttle fish – to cut into rings
- 4 tbs vegetable oil
- 3 tbs garlic chopped
- 1 tbs ginger chopped
- 1 ½ tbs sugar
- 3 tbs tomato sauce
- 1 big onion – cut veggies
- 2 big capsicum – cut veggies
- 1 big carrot – cut length wise & then into slices
- ½ tsb salt
- 1 tbs chillie paste
- 1 tbs corn flour
- 1 tbs vinegar
- 1 cup stock
- 1 tbs soya sauce
- 1 tsp ajinomoto

Marinade: (Marinate the below mention items for 15 mins)

- 1 tbs lime juice
- 1 tsp salt
- ½ tsp ajinomoto
- ¼ tsp pepper
- 1 tbs soya sauce

Boil Method:

Put one cup of water & salt in a cooker & cook the marinated cuttle fish for 5-10 mins.

Marinade 2:

1 tbs corn flour, 1 tbs soya sauce, ½ tsp pepper, 1 tbs oil, 1 egg white, 1 tsp chillie paste, ½ tsp salt, ¼ tsp ajinomoto

Method:

Deep fry the cuttle fish & keep aside. Heat the oil & add g & g chopped, sugar, tomato sauce, veggies (onion, capsicum & carrot). Now add salt, chillie paste, corn flour mixture, soya sauce and at last add the fried cuttle fish and ajinomoto & off the flame. (Don't overcook the vegetables)

Lemon Chicken

Ingredients:

Chicken 4 fillet, salt, pepper, aji – ¼ tsp each, lemon juice – 1 tbs

Batter:

2 egg yolk, corn flour – 4 tbs, water – 3tbs

Method:

Mix the marinated fillet with the batter and leave ½ an hour before frying.

Sauce:

Oil 3 tbs

Garlic & ginger paste 1 tbs

Bee honey – 2 tbs

Sugar – 1tbs

Lemon juice – 1 tbs

Lemon sauce – 3 tbs

Yellow colouring – 2 drops

Corn flour – 1 tbs

Stock – 1 cup

Pepper – ¼ tsp

Salt – 1 tsp

Spring onion leaf – little

Method:

Deep fry chicken & make the sauce and pour over the chicken, garnish with spring onion leaves.

Mrs. Zameena Firaz
123/3, Anderson Road,
Dehiwela.
Tel: 2737624 / 0772293002

Chinese Cookery
Prawns Sweet and Sour

Ingredients:

500 grm big prawns – cleaned with tail
¼ tsp pepper, ½ tsp salt, ¼ tsp ajinomoto

Batter:

4 tbs flour heaped	¼ tsp salt
3 tbs corn flour heaped	¼ tsp pepper
1 egg white	½ cup water
	1 tsp baking powder heaped

Ingredients:

¼ cup oil
½ tsp salt
Cut all the vegetables

Cut veggers:

1 big tomato cut ½, then veggors
2 green pepper or 2 big capsicum – cut veggors
½ pineapple cur veggors
1 stalk celery – angle cut
2 big B onion – cut veggors
1 green cucumber with the skin, cut ½ then cut in to two & take the seed out & cut angle wise.

Sauce:

3 tbs oil
1 tbs g & g paste
3 tbs tomato sauce
3 tbs sugar
1 tbs corn flour
1 cup stock
1 tsp salt, ¼ pepper
1 tbs soya sauce

Method:

Marinate the prawn, dip in the batter and deep fry. Heat the oil & put all the cut vegetables, salt & stir fry (put 7 take it out soon) into the same oil add g & g paste, tomato sauce, sugar into the oil, pour the mixed corn flour, salt, pepper & make the sauce till little thicker. Slow the flame & add all the stir fried vegetables. Now mix & off the flame, then put the fried prawns. Lastly add soya to get the colour. (don't make it very thick before you serve)

Mrs. Zameena Firaz
123/3, Anderson Road,
Dehiwela.
Tel: 2737624 / 0772293002

Hot Buttered Cuttle Fish

Ingredients:

Cuttle fish- 500 grm
Milk – accordingly
Salt – 1 tsp
Pepper – ¼ tsp
Mince garlic – 1 tbs
Red dry chillie – 5
Soya sauce – 1 tbs
Lemon juice – 1 tbs
Sugar – 1 tsp
Butter – 100 gr
Corn flour – 3 tbs
Semolina – 3 tbs
Salt, pepper (pinch)
Chillie paste – 1 tsp
Spring onion – 3 sliced
Egg – 1

Method:

Clean the cuttle fish, put 2” 3” rectangle pieces. Soak the cuttle fish with milk for one to two hours. After this wipe out and add salt & pepper & coat with a beaten egg. Mix corn flour & semolina with a pinch of salt & pepper. Now mix everything together well. Deep fry the cuttle fish & keep aside.

* (Soak the dry chillies in salt water to get crunchy crispy)

Fry the red dry chillies till crisp. Now fry the cadju to get golden brown. Keep both aside. Add little chillie powder & salt into it. Heat the wok & add butter. Once it melts add minced garlic, spring onion. Now add the sugar, chillie paste, fried cuttle fish & simmer for a few seconds. Finally add the fried dry chillies, cadju and the soya sauce, Garnish with spring onion leaves.