

My cook book

Steamed eggs



Preparation time: 15

Cooking time: 20

Steamed eggs is a traditional Chinese food. It is very easy to cook and nutrient-rich.

Ingredient

1. egg 2.0
2. green onion 1.0
3. oil 3.0 drop
4. salt 2.0 spoon
5. warm water 280.0 ml

Step

1. add 2 eggs in the bowl.
2. beat eggs with salt, oil and soy sauce.
3. pour in warm water. Mix well.
4. remove the bubbles in the surface with a spoon.
5. add some water to the steamer and heat it for 10 minutes.
6. cut up some green onion and spread it to the bowl.

Roasted beef with potato



Preparation time: 20

Cooking time: 45

Roasted beef with potato is a popular family dish in north-west China. It is a traditional Chinese dish created by common people. Using the baaise cooking style, the dish has a plump red color and has a delicious and fragrant flavour. The slight taste of potato mixed with tender beef has a good effect to make body warm. This dish is especially suitable for autumn and winter.

Ingredient

1. aginomoto 5.0 g
2. Beef Brisket 500.0 g
3. Cooking wine 20.0 g
4. gatlic 20.0 g
5. ginger 20.0 g
6. green pepper 50.0 g
7. oil 100.0 g
8. pepper 5.0 g
9. potato 400.0 g
10. salt 20.0 g
11. shallot 20.0 g
12. soybean sauce 60.0 g
13. sugar 20.0 g

Step

1. Cut breed brisket, green pepper and potatos into small pieces, mix ginger, cutted garlic and green onion together.
2. Put beef pieces into water and boil it for 5 minutes. Take them out and wash them clean.
3. Heat the oil in a heavy pan with high heat for 2 minutes and carefully pour in the beef and potatoes. Turn the heat lower and fry them until their skin turns yellow. Then take them out.
4. Turn high heat again and put in ginger, garlic, green pepper and shallot. Fry them until you can

smell a strong flavour. Then pour in beef and potatoes and mix them together.

5. Pour in a bowl of hot water, add Cooking wine, soybean sauce, salt, pepper and sugar. Cover the pan, turn the heat to low and simmer for 30minutes.

6. Open the pan cover, turn high heat and boil until the sauce is stick. Pour the beef into a bowl.

Hong Shao Rou—Red Braised Pork Belly



Preparation time: 10

Cooking time: 60

It is a pork dish, so it is made from pork.

Ingredient

1. brown sugar 4.0 tablespoon
2. ginger 2.0 inch
3. green onion 4.0
4. hot water 1.0 cup
5. pork 500.0 g
6. soy sauce 2.0 tablespoon

Step

1. Bring a pot of water to a boil and blanch the pork for a couple minutes.
2. Take the pork out of the pot and set aside.. more steps.
3. Over low heat, add oil and sugar to your work.
4. Melt the sugar slightly and add the pork.
5. Raise the heat to medium and cook until the pork is lightly browned.
6. Turn the heat back down to low and add cooking wine, light soy sauce, dark soy sauce, and chicken stock.
7. Cover and simmer for about 60 minutes to 90 minutes until pork is fork tender.
8. Every 5-10 minutes, stir to prevent burning and add water if it gets too dry.
9. Once the pork is fork tender, if there is still a lot of visible liquid, uncover the wok, turn up the heat, and stir continuously the sauce has reduced to a glistening coating.