

# How To Cook

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程序员做饭指南

GitHub Community

The Unlicense

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# 1. 程序员做饭指南



最近宅在家做饭，作为程序员，我偶尔在网上找找菜谱和做法。但是这些菜谱往往写法千奇百怪，经常中间莫名其妙出来一些材料。对于习惯了形式语言的程序员来说极其不友好。

所以，我计划自己搜寻菜谱并结合实际做菜的经验，准备用更清晰精准的描述来整理常见菜的做法，以方便程序员在家做饭。

同样，我希望它是一个由社区驱动和维护的开源项目，使更多人能够一起做一个有趣的仓库。所以非常欢迎大家贡献它~

## 1.1 本地部署

如果需要在本地部署菜谱 Web 服务，可以在安装 Docker 后运行下面命令：

```
docker pull ghcr.io/anduin2017/how-to-cook:latest
docker run -d -p 5000:80 ghcr.io/anduin2017/how-to-cook:latest
```

如需下载 PDF 版本，可以在浏览器中访问 [/document.pdf](#)

## 1.2 如何贡献

针对发现的问题，直接修改并提交 Pull request 即可。

在写新菜谱时，请复制并修改已有的菜谱模板：[示例菜](#)。

## 1.3 搭建环境

- [Food\\_Taboos](#)
- [How\\_To\\_Choose\\_What\\_To\\_Eat](#)
- [Kitchen\\_Preparation](#)
- [Air\\_Fryer](#)
- [Food\\_Safety](#)
- [Learning\\_Blanching](#)
- [Learning\\_Boiling](#)
- [Learning\\_Cold\\_Dishes](#)
- [Learning\\_Marinating](#)
- [Learning\\_Steaming](#)
- [Learning\\_Stir\\_Fry\\_And\\_Pan\\_Fry](#)
- [Microwave](#)
- [Pressure\\_Cooker](#)
- [Removing\\_Fishy\\_Smell](#)

## 1.4 菜谱

### 1.4.1 Index by Difficulty

- 1 Star Difficulty
- 2 Star Difficulty
- 3 Star Difficulty
- 4 Star Difficulty
- 5 Star Difficulty

### 1.4.2 Vegetable Dish

- Baby\_Cabbage\_in\_Broth
- Blanched\_Choy\_Sum
- Boiled\_Edamame\_with\_Preserved\_Plum
- Braised\_Eggplant
- Braised\_Winter\_Melon
- Cabbage\_Stir\_Fry\_Vermicelli\_Eggs
- Candied\_Potatoes
- Celery\_Tossed\_Tea\_Tree\_Mushrooms
- Celuce\_Leaf\_Pancake
- Century\_Egg\_Tofu
- Cold\_Blanched\_Lettuce
- Cold\_Mixed\_Celtuce
- Cold\_Mixed\_Cucumber
- Cold\_Mixed\_Enoki
- Cold\_Mixed\_Tofu
- Cold\_Mixed\_Wood\_Ear
- Crispy\_Tofu
- Di\_San\_Xian
- Egg\_Drop\_Soup
- Egg\_Ham\_Stir\_Fried\_Cucumber
- Eggplant\_Stewed\_Potato
- Enoki\_Mushroom\_Japanese\_Tofu\_Pot
- Garlic\_Broccoli
- Garlic\_Water\_Spinach
- Golden\_Coin\_Eggs
- Griddle\_Cauliflower
- Hand\_Torn\_Cabbage
- Home\_Style\_Japanese\_Tofu
- Hot\_And\_Sour\_Potato\_Shreds
- Kabayaki\_Eggplant
- Oil\_Vinegar\_Fried\_Eggs
- Olive\_Vegetable\_Minced\_Meat\_Green\_Beans

- Onion\_Stir\_Fry\_Eggs
- Oyster\_Sauce\_Lettuce
- Oyster\_Sauce\_Three\_Mushrooms
- Pan\_Fried\_Tofu\_with\_Scallions
- Pine\_Nut\_Corn
- Pounded\_Pepper\_Century\_Egg
- Roasted\_Eggplant
- Salt\_And\_Pepper\_Corn
- Shanbei\_Stewed\_Beans
- Silky\_Scrambled\_Eggs
- Spinach\_Stir\_Fry\_Eggs
- Microwave\_Egg\_Custard
- Steamed\_Egg\_Custard\_in\_Steamer
- Steamed\_Egg\_Custard
- Steamed\_Pumpkin
- Stir\_Fried\_Beans
- Stir\_Fried\_Cauliflower
- Stir\_Fried\_Eggplant
- Stir\_Fried\_Green\_Vegetables
- Stir\_Fried\_Lotus\_Root\_Cubes
- Sugar\_Tossed\_Tomatoes
- Tiger\_Skin\_Peppers
- Tomato\_Scrambled\_Eggs
- Tomato\_Tofu\_Soup
- Water\_Oil\_Braised\_Vegetables
- Zucchini\_Stir\_Fry\_Eggs

#### 1.4.3 Meat Dish

---

- Ants\_Climbing\_a\_Tree
- Beef\_Brisket\_in\_Chu\_Hou\_Sauce
- Beer\_Duck
- Black\_Pepper\_Beef\_Tenderloin
- Blood\_Duck
- Boiled\_Beef
- Boiled\_Pork\_Slices
- Boneless\_Chicken\_Feet
- Braised\_Chicken
- Braised\_Dishes
- Braised\_Lamb\_Chops\_with\_Noodles
- Cantonese\_Radish\_Braised\_Beef\_Brisket
- Cheese\_Bacon\_Macaroni
- Chili\_Stir\_Fried\_Meat

- Chinese\_Cabbage\_Pork\_Stewed\_Vermicelli
- Cola\_Chicken\_Wings
- Cold\_Rabbit
- Cold\_Shredded\_Chicken
- Crispy\_Fried\_Pork
- Cucumber\_Stir\_Fried\_Meat
- Cumin\_Beef
- Curry\_Beef
- Dried\_Tofu\_Celery\_Stir\_Fried\_Meat
- Drunken\_Ribs
- Dry\_Fried\_Young\_Chicken
- Elbow\_Pork
- Farmhouse\_Bowl\_Fragrance
- Fermented\_Bean\_Curd\_Pork
- Fish\_Flavored\_Eggplant
- Fish\_Flavored\_Shredded\_Pork
- Fried\_Dace\_With\_Indian\_Lettuce
- Garlic\_Moss\_Stir\_Fried\_Minced\_Meat
- Ginger\_Scallion\_Mixed\_Chicken
- Ginger\_Stir\_Fry\_Chicken
- Green\_Pepper\_Potato\_Stir\_Fried\_Meat
- Guizhou\_Spicy\_Chicken
- Guizhou\_Style\_Sausage\_Baby\_Cabbage
- Hot\_Pepper\_Stir\_Fried\_Beef
- Huizhou\_Style\_Red\_Braised\_Pork
- Hunan\_Home\_Style\_Red\_Braised\_Pork
- Italian\_Roasted\_Chicken
- Kung\_Pao\_Chicken
- Lamb\_Brisket\_Pot\_with\_Yuba
- Lean\_Meat\_Potato\_Slices
- Lychee\_Pork
- Mapo\_Tofu
- Millet\_Chili\_Stir\_Fried\_Pork
- Minced\_Meat\_Stewed\_Egg
- Mouth\_Watering\_Chicken
- Mushroom\_Smooth\_Chicken
- Old\_Moms\_Hoof\_Flower\_Soup
- Old\_Style\_Guo\_Bao\_Rou
- Onion\_Stir\_Fried\_Pork
- Pakistan\_Beef\_Curry
- Pan\_Fried\_Lamb\_Chops
- Pan\_Fried\_Pork\_Belly
- Pork\_Skin\_Jelly

- Pork\_Stewed\_with\_Pickled\_Cabbage
- Pork\_with\_Preserved\_Vegetable
- Potato\_Stewed\_Ribs
- Radish\_Stewed\_Lamb\_Chops
- Red\_Braised\_Chicken\_Wings
- Simple\_Red\_Braised\_Pork
- Southern\_Style\_Red\_Braised\_Pork
- Red\_Braised\_Pork\_Trotters
- Roasted\_Chicken\_Wings
- Salt\_And\_Pepper\_Ribs
- Sauce\_Spareribs
- Screaming\_Bullfrog
- Shangzhi\_Pork
- Shanxi\_Oil\_Braised\_Pork
- Shredded\_Pork\_with\_Dried\_Tofu
- Slaughter\_Pig\_Stew
- Snow\_Peas\_Stir\_Fried\_Sausage
- Spiced\_Beef\_Shank
- Spicy\_Chicken\_Feet\_Pot
- Spicy\_Pot
- Steak
- Steamed\_Mandarin\_Fish
- Steamed\_Pork\_Ribs\_with\_Black\_Bean\_Sauce
- Steamed\_Pork\_With\_Rice\_Powder
- Steamed\_White\_Eel\_with\_Black\_Bean\_Sauce
- Stir\_Fried\_Beef
- Stir\_Fried\_Chicken\_Liver
- Stir\_Fried\_Pork
- Sweet\_And\_Sour\_Pork\_Tenderloin
- Sweet\_And\_Sour\_Pork
- Sweet\_And\_Sour\_Ribs
- Sweet\_And\_Spicy\_Roasted\_Wings
- Taiwanese\_Braised\_Pork\_Rice
- Tiger\_Skin\_Elbow
- Tomato\_Beef\_Brisket
- Tomato\_Potato\_Stewed\_Beef
- Tomato\_Red\_Sauce
- Twice\_Cooked\_Pork
- Village\_Beer\_Duck
- Wasabi\_Rosenberg\_Prawns
- Water\_Bamboo\_Stir\_Fried\_Meat
- Winter\_Melon\_Stuffed\_Meat
- Xiangqi\_Mifu\_Duck

- Xinjiang\_Big\_Plate\_Chicken

#### 1.4.4 Aquatic Dish

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- Boiled\_Shrimp
- Braised\_Carp
- Braised\_Fish\_Head
- Braised\_Fish
- Braised\_Prawns
- Braised\_Sea\_Cucumber\_with\_Scallion
- Bream\_Stewed\_with\_Tofu
- Butter\_Pan\_Fried\_Shrimp
- Carp\_Stewed\_with\_Cabbage
- Curry\_Stir\_Fried\_Crab
- Eel\_Shreds\_in\_Sizzling\_Oil
- Garlic\_Butter\_Shrimp
- Garlic\_Shrimp
- Meat\_Crab\_Pot
- Microwave\_Scallion\_Ginger\_Black\_Cod
- Mixed\_Roasted\_Fish
- Pan\_Fried\_Argentine\_Red\_Shrimp
- Pan\_Fried\_Topmouth\_Culter
- Razor\_Clam\_Omelet
- Sauce\_Braised\_Crab
- Scallion\_Oil\_Mandarin\_Fish
- Sichuan\_Boiled\_Fish
- Spicy\_Crayfish
- Steamed\_Oysters
- Steamed\_Sea\_Bass
- Sweet\_and\_Sour\_Carp
- Wasabi\_Butter\_Rosenberg\_Prawns

#### 1.4.5 Breakfast

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- Air\_Fryer\_Toast
- American\_Scrambled\_Eggs
- Boiled\_Corn
- Egg\_Fried\_Glutinous\_Rice\_Cake
- Egg\_Sandwich
- Hand\_Grasped\_Pancake
- Longan\_Red\_Date\_Porridge
- Microwave\_Cake
- Microwave\_Poached\_Egg
- Microwave\_Steamed\_Egg

- Milk\_Oatmeal
- Oat\_Egg\_Pancake
- Onsen\_Tamago
- Pan\_Fried\_Dumplings
- Perfect\_Boiled\_Egg
- Scotch\_Egg
- Soft\_Boiled\_Egg
- Steamed\_Egg\_Custard
- Steamed\_Flower\_Bun
- Sunny\_Side\_Up\_Egg
- Tea\_Egg
- Toast\_with\_Jam
- Tuna\_Mayo\_Sandwich

#### 1.4.6 Staple

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- Air\_Fryer\_Teriyaki\_Chicken\_Rice
- Basic\_Milk\_Bread
- Bonito\_Seaweed\_Corn\_Rice
- Chinese\_Pie
- Chive\_Boxes
- Cola\_Fried\_Rice
- Egg\_Fried\_Rice
- Eggplant\_Meat\_Pancake
- Fermented\_Rice\_Sweet\_Dumplings
- Fresh\_Meat\_Shumai
- Fried\_Instant\_Noodles
- Fried\_Liangfen
- Fried\_Mo
- Fried\_Rice\_Cakes
- Fried\_Rice\_Noodles
- Fried\_Spaghetti
- Green\_Bean\_Braised\_Noodles
- Ham\_Rice\_Balls
- Handmade\_Dumplings
- Henan\_Steamed\_Noodles
- Hot\_and\_Sour\_Fern\_Root\_Noodles
- Hot\_Dry\_Noodles
- Instant\_Noodles\_With\_Egg
- Japanese\_Curry\_Rice
- Japanese\_Gyudon
- Korean\_Bibimbap
- Lao\_Bing

- Lao\_Gan\_Ma\_Noodles
- Laoyou\_Pork\_Noodles
- Lard\_Rice
- Liangfen
- Luosifen
- Meat\_Egg\_Rice\_Bowl
- Microwave\_Sausage\_Claypot\_Rice
- Noodles\_in\_Soup
- Omurice
- Pizza\_Dough
- Rice\_Cooker\_Steamed\_Rice
- Stovetop\_Steamed\_Rice
- Salmon\_Rice\_Cooker\_Rice
- Salted\_Pork\_Vegetable\_Rice
- Sauce\_Mixed\_Buckwheat\_Noodles
- Scallion\_Oil\_Noodles
- Sesame\_Oil\_Mixed\_Noodles
- Shaanxi\_Oil\_Spilled\_Noodles
- Sesame\_Shaobing
- Spaghetti\_Bolognese
- Spicy\_Fat\_Burning\_Buckwheat\_Noodles
- Steamed\_Braised\_Noodles
- Teriyaki\_Chicken\_Rice
- Tomato\_Egg\_Noodles
- Yangzhou\_Fried\_Rice
- Zhajiangmian

#### 1.4.7 Semi-finished

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- Air\_Fryer\_Chicken\_Wings
- Air\_Fryer\_Lamb\_Chops
- French\_Fries
- Frozen\_Sweet\_Dumplings
- Lazy\_Egg\_Tarts

#### 1.4.8 Soup

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- Corn\_Pork\_Rib\_Soup
- Mutton\_Soup
- Pigeon\_Stewed\_with\_Mushrooms
- Pork\_Rib\_Bitter\_Gourd\_Soup
- Pork\_Rib\_Soup\_with\_Dried\_Tangerine\_Peel
- Thickened\_Shiiitake\_Soup
- Tremella\_Lotus\_Seed\_Congee

- Yellow\_Catfish\_Tofu\_Soup
- Zhuque\_Soup

#### 1.4.9 Drink

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- B52\_Bomber
- Baba\_Mandarin\_Tea
- Bingfen
- Cola\_Bucket
- Fermented\_Rice\_Wine
- Gin\_and\_Tonic
- Gin\_Fizz
- Kiwi\_Spinach\_Special
- Lemonade
- Long\_Island\_Iced\_Tea
- Mango\_Sago\_Pomelo\_Delight
- Milk\_Tea
- Mojito
- Palm\_Sugar\_Coconut\_Smoothie
- Passion\_Fruit\_Orange\_Special
- Pineapple\_Coffee\_Special
- Seaside\_Sunset
- Sour\_Plum\_Soup
- Sour\_Plum\_Soup\_Semi\_Finished
- Thai\_Hand\_Brand\_Black\_Tea
- Winter\_Melon\_Tea

#### 1.4.10 Condiment

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- Chili\_Oil
- Fried\_Skewer\_Sauce
- Garlic\_Soy\_Sauce
- Oil\_Roux
- Scallion\_Oil
- Simple\_Caramel\_Coloring
- Strawberry\_Jam
- Sucrose\_Syrup
- Sweet\_and\_Sour\_Sauce

#### 1.4.11 Dessert

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- Baked\_Egg\_Tarts
- Chiffon\_Cake
- Coffee\_Coconut\_Milk\_Jelly
- English\_Scones

- Fried\_Milk
- Guilinggao
- Konjac\_Cake
- Margaret\_Cookies
- No\_Mixer\_Honey\_Bread
- Oreo\_Ice\_Cream
- Oven\_Baked\_Basque\_Cheesecake
- Pomelo\_Cake
- Snowflake\_Crisp
- Strawberry\_Ice\_Cream
- Sugar\_Glazed\_Taro
- Taro\_Paste\_Daifuku
- Tiramisu
- Yogurt\_Panna\_Cotta

## 1.5 进阶知识学习

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如果你已经做了许多上面的菜，对于厨艺已经入门，并且想学习更加高深的烹饪技巧，请继续阅读下面的内容：

- Auxiliary\_Ingredients\_Tips
- Cooking\_Glossary
- Oil\_Temperature\_Tips
- Sugar\_Coloring\_Guide

## 1.6 衍生作品推荐

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- 图像化菜谱：支持在线预览与 PDF 导出
- HowToCook-mcp 让 AI 助手变身私人大厨，为你的一日三餐出谋划策
- HowToCook-py-mcp 让 AI 助手变身私人大厨，为你的一日三餐出谋划策 (Python)
- whatToEat 今天吃什么？的决策工具，帮助你快速选择合适的菜谱。

## 2. Before Cooking

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### 2.1 Unveiling the Wisdom of Food Combinations: Foods Not to Eat Together

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In daily cooking, we all hope to make delicious and healthy home-cooked meals. However, some ingredients may seem ordinary, but when combined, they may hide "mysteries" that not only affect the color, smell, and taste of the food but may also hinder nutrient absorption or even have subtle effects on health. Understanding these "Food Taboos" and "Contraindications" is an important step in improving dietary wisdom and protecting the health of your family.

### 2.1.1 Common Misconceptions and Scientific Interpretations of Ingredient Combinations

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Here are some ingredient combinations that require special attention on our dining table:

**1. Spinach + Tofu: The "Clash" of Oxalic Acid and Calcium**

- **Principle:** Spinach is rich in oxalic acid, while tofu is a high-quality source of calcium. When eaten together, oxalic acid combines with calcium ions to form insoluble calcium oxalate.
- **Possible Impact:** Calcium oxalate is not only difficult for the human body to absorb and utilize but long-term excessive intake may also increase the risk of stones.
- **Health Suggestion:** Before cooking spinach, it is recommended to blanch it in boiling water, which can effectively remove most of the oxalic acid, thereby reducing its combination with calcium.

**2. Carrots + White Radish: The "Depletors" of Vitamin C**

- **Principle:** Carrots contain a special "ascorbic acid oxidase" (Vitamin C decomposing enzyme), which destroys Vitamin C in other foods.
- **Possible Impact:** Leads to a large loss of Vitamin C in white radish (and other foods rich in Vitamin C, such as citrus), reducing their nutritional value.
- **Health Suggestion:** It is best to eat them separately, or cook carrots first before eating with foods rich in Vitamin C, because high temperature will deactivate the enzyme.

**3. Shrimp + Large Amounts of Vitamin C: Potential Risk, But Don't Panic**

- **Principle:** Shrimp and other crustaceans contain a "pentavalent arsenic" compound. Under the reduction of a very high dose of Vitamin C, pentavalent arsenic could theoretically be reduced to highly toxic "trivalent arsenic" (commonly known as arsenic trioxide).
- **Possible Impact:** Theoretically poisoning, but **Please Note:** The intake of shrimp and Vitamin C in the daily diet is far from enough to reach the dose that triggers poisoning. This is an exaggerated "taboo", so there is no need to panic excessively.
- **Health Suggestion:** Eat normally, no need to deliberately avoid. Avoid consuming large amounts at once.

**4. Persimmon + Crab: The "Double Test" of the Digestive Tract**

- **Principle:** Persimmons are rich in tannic acid, while crabs are high in protein. Tannic acid can easily coagulate protein into indigestible lumps—tannic acid protein.
- **Possible Impact:** May cause gastrointestinal discomfort, such as bloating, abdominal pain, nausea, vomiting, and even aggravate constipation.
- **Health Suggestion:** Try to avoid eating together, or separate by a few hours. People with deficiency-cold of spleen and stomach should pay special attention.

**5. Milk + Chocolate: "Invisible Barrier" to Calcium Absorption**

- **Principle:** Chocolate contains oxalic acid, which combines with calcium in milk to form calcium oxalate.
- **Possible Impact:** Affects calcium absorption and reduces the calcium supplementation effect of milk.
- **Health Suggestion:** It is recommended to eat separately or at separate times.

**6. Soy Milk + Eggs: "Digestion Challenge" of Protein**

- **Principle:** Uncooked soy milk contains a trypsin inhibitor, which affects the human body's digestion and absorption of protein.
- **Possible Impact:** Reduces the utilization rate of egg protein and may cause indigestion.
- **Health Suggestion:** Ensure that soy milk is thoroughly boiled (false boiling doesn't count) before eating with eggs so that the trypsin inhibitor is destroyed and will not cause adverse effects.

**7. Cucumber + Tomato: The "Silent Loss" of Vitamin C**

- **Principle:** Similar to carrots, cucumbers also contain a Vitamin C decomposing enzyme.
- **Possible Impact:** Destroys Vitamin C in foods like tomatoes, reducing their antioxidant and immune-enhancing effects.
- **Health Suggestion:** It is best to eat separately. If making a salad, consider eating tomatoes first, then cucumbers, or process them separately.

**8. Lamb + Watermelon: The "Collision" of Cold and Heat**

- **Principle:** Lamb is warm and hot, with the effect of tonifying deficiency and dispelling cold; watermelon is cold and cool, with the effect of clearing heat and relieving summer heat.
- **Possible Impact:** Eating both together opposes their nature, which may cause spleen and stomach discomfort, causing digestive problems such as diarrhea and bloating, especially for those with weak spleen and stomach.
- **Health Suggestion:** Avoid consuming large amounts in the same meal.

**9. Pork + Tea: "Obstruction" of Protein Absorption**

- **Principle:** Tea leaves contain tannic acid, which combines with protein in pork to form indigestible precipitates.
- **Possible Impact:** Affects protein digestion and absorption, may cause constipation or indigestion.
- **Health Suggestion:** Drink tea one hour after meals, or avoid drinking strong tea in large quantities when eating meat.

**10. Honey + Tofu: Digestive "Incoordination"**

- **Principle:** Organic acids in honey combine with protein in tofu, which may form indigestible substances.
- **Possible Impact:** May cause gastrointestinal discomfort, such as diarrhea.
- **Health Suggestion:** Try to avoid eating together.

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2.1.2 Scientific View of "Taboos", Wise Combination of Daily Diet

- **"Taboos" are not absolute prohibitions:** Most so-called "food taboos" have not been found to cause serious poisoning or fatal consequences in scientific research. Many are speculations based on traditional experience, rare cases, or in vitro experiments. Daily small consumption or occasional pairing usually does not have a significant impact on health.
- **Focus on Balance and Variety:** The principle of a healthy diet is balance and diversification. Instead of worrying too much about "taboos", it is better to focus on the rationality of the overall dietary structure and avoid partial eclipse and picky eating.
- **Cooking method matters:** Some "taboo" problems can be avoided or alleviated by appropriate cooking methods (such as blanching, high-temperature heating).
- **Individual differences are large:** Everyone's constitution, digestive ability, and sensitivity to food are different. Combinations that may cause discomfort to some people may have no effect on others.
- **Pay attention to your own feelings:** If you feel uncomfortable after eating a certain combination, pay attention to it and avoid it next time.
- **Consult professionals for special groups:** If you have special health conditions, chronic diseases (such as diabetes, kidney disease, etc.) or a history of allergies to certain foods, be sure to consult a doctor or registered dietitian for professional advice. They can provide more targeted and personalized dietary suggestions.

Hope this detailed ingredient combination guide can help you build a health defense line for yourself and your family while enjoying the fun of cooking! Let's eat deliciously, safely, and healthily!

## 2.2 How to Decide What to Eat

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Deciding what to eat is also a big problem for me before cooking. Since I am a programmer, I can only describe it with mathematics.

### 2.2.1 Calculation Method

#### Calculate the Number of Meat and Vegetable Dishes

- Number of dishes = Number of people + 1.
- The number of meat dishes should be one more than, or equal to, the number of vegetable dishes.

From this, obtain the number of meat dishes and vegetable dishes, and then choose from the recipe list in the previous step.

#### FORMAL LANGUAGE DESCRIPTION

When there are `N` people, Let `Veg` be the number of vegetable dishes, and `Meat` be the number of meat dishes. `N`, `Veg`, and `Meat` are all integers.

At this time, we have the following inequality group:

- `Veg + Meat = N + 1`
- `Veg ≤ Meat ≤ Veg + 1`

Solving this:

```
const Veg = Math.floor((N+1)/2);
const Meat = Math.ceil((N+1)/2);
```

#### Choice of Dishes

- If there are more than 8 people, consider adding fish to the meat dishes.
- If there are children, consider adding sweet dishes.
- Consider adding specialty dishes or signature dishes.
- When deciding on meat dishes, do not use the same animal for all of them. The priority order is: `Pork`, `Chicken`, `Beef`, `Lamb`, `Duck`, `Fish`.
- Do not choose strange animals for meat dishes.

If you are still unsure, please use the [What To Eat Today?](#) tool to help you choose.

## 2.3 Kitchen Preparation

Before reading and referring to the recipes, assume you have the following items ready in your kitchen. These items will not be mentioned in the raw materials and tools sections of the recipes.

Gas stove, drinking water, wok, steamer, pot, rice cooker, cooking oil, washing basin, plates, bowls, chopsticks, spoons, soup ladles, colanders, detergent, rags, steel wool, kitchen knife, cutting board for raw food, cutting board for cooked food, peeler, kettle

The following materials may be used frequently. It is recommended to purchase them for the kitchen in advance and always ensure there is a fresh supply available.

Scallions, chives, ginger, garlic, Sichuan peppercorns, star anise, cinnamon, bay leaves  
 Dried chili, millet chili, light soy sauce, dark soy sauce, oyster sauce, cooking wine (Shaoxing wine, optional)  
 Black vinegar (balsamic, mature vinegar), white vinegar, bean paste (Doubanjiang), rock sugar, white sugar, salt, MSG/Chicken essence  
 Black pepper, white pepper, five-spice powder, corn starch, sweet potato starch

If you need to deal with emergencies or long-term home stays, it is recommended to also purchase the following content:

Refrigerator, microwave oven, plastic wrap, food preservation bags  
 Eggs, green peppers, carrots, cucumbers, tomatoes, wood ear mushrooms, pork tenderloin, eggplant, rice, dried noodles or instant noodles

If you really want to pursue formalization, standardization, and a sense of ritual, and want to own a unique and interesting kitchen, then also purchase the following content:

Electronic scale (or balance), vernier caliper, graduated cylinder, stopwatch, beaker, thermometer gun, pipette

If you want to save time, you can buy semi-finished products and process them simply before eating:

Pre-fried chicken nuggets, frozen pancakes (hand-grab cakes), frozen dumplings, curry packets, various rice bowl toppings (Donburi), self-heating food, noodle seasoning packets, takeout packets, instant food

For other raw materials specific to each dish, please refer to the [Ingredients](#) section of the dish itself.

### 2.3.1 Choosing Oil

Before buying oil, you need to understand some basic knowledge about fatty acids.

#### Classification of Fatty Acids

Fatty acids are classified into:

- Saturated fatty acids (Avoid as much as possible)
- Unsaturated fatty acids
- Cis-fatty acids
- Trans-fatty acids (Especially avoid)
- Polyunsaturated fatty acids
- Monounsaturated fatty acids

Saturated fatty acids are solid at room temperature, while unsaturated fatty acids are liquid at room temperature.

#### Fatty Acids to Avoid

Among them, **saturated fatty acids** and **trans-fatty acids** are generally considered unhealthy.

Saturated fatty acids increase the risk of obesity, high cholesterol, and heart disease.

Studies have shown that long-term excessive consumption of trans-fatty acids produced by hydrogenation processing can cause abnormalities in human blood lipid metabolism, thereby increasing the risk of cardiovascular disease. Some studies also show it may increase the risk of chronic diseases such as diabetes and obesity.

The World Health Organization suggests: To improve cardiovascular health, the intake of trans-fatty acids should be controlled, with a maximum intake of not more than 1% of total energy. That is to say, if calculated based on an average daily energy intake of 2000 kcal for an adult, the daily intake of trans-fatty acids should not exceed 2.2 grams.

GB 28050-2011 stipulates that when food ingredients contain or use hydrogenated and/or partially hydrogenated oils/fats during production, the content of trans-fatty acids must also be indicated in the nutrition facts table.

### **Trans-fatty Acids in Food**

According to relevant surveys, the average content of trans-fatty acids in baked goods (cakes, biscuits, bread, etc.), condiments, and fried foods is between 0.30~0.50 g/100g.

Therefore, don't worry too much—trans-fatty acids in daily food are not enough to harm health. But just in case, when buying snacks, you might as well pay attention to the `Trans Fat` content labeled in the nutrition facts table.

### **Trans-fatty Acids in Cooking**

According to a 2021 survey, the average content of trans-fatty acids in vegetable oils in China is 0.86 g/100g, so there is no need to worry too much.

The source of trans-fatty acids that requires extra attention is the cooking process:

Vegetable oils often contain a high proportion of polyunsaturated fatty acids, which have relatively poor thermal stability and are easily converted into trans fats at high temperatures.

Therefore, in different scenarios, we need to choose oil products reasonably and minimize the heating time of oil products as much as possible.

### Selection of Vegetable Oils

Oil Name	Saturated Fatty Acid (%)	Omega 3 (%)	Omega 6 (%)	Omega 9 (%)
Canola Oil	7%	11%	21%	61%
Flaxseed Oil	9%	57%	16%	18%
Sunflower Oil	12%	1%	71%	16%
Corn Oil	13%	1%	57%	29%
Olive Oil	15%	1%	9%	75%
Soybean Oil	15%	8%	54%	23%
Peanut Oil	19%	0%	33%	48%
Cottonseed Oil	27%	0%	54%	19%
Lard	43%	1%	9%	47%
Palm Oil	51%	0%	10%	39%
Tallow (Beef Fat)	68%	1%	3%	28%
Coconut Oil	91%	0%	2%	7%

- Peanut Oil : Rich in monounsaturated fat . But only recommended to choose high quality. When processing, also pay attention not to heat for too long to avoid producing trans-fatty acids .
- Olive Oil : Rich in monounsaturated fat , it has only one unsaturated bond. Olive oil has low saturated fatty acid content. But only recommended to choose high quality. Pay attention not to heat too long.
- Soybean Oil : Does not contain saturated fatty acid , and contains linoleic acid and vitamins. But soybean oil is unstable and easily produces trans-fatty acids during processing, so it is not recommended for long-term consumption. Can be used for cold dressing.
- Rapeseed Oil (Canola) : Good thermal stability, rich in polyunsaturated fatty acids , but may contain erucic acid, which may cause fat deposition and heart damage. Rapeseed oil lacks linoleic acid, has lower nutritional value, and easily spoils.
- Coconut Oil : Very high in saturated fatty acid , good thermal stability, but note that some foods use hydrogenated coconut oil. Suitable for frying in spirits, frequent consumption increases obesity risk.
- Palm Oil : Very high in saturated fatty acid , good thermal stability, frequent consumption increases high cholesterol risk.
- Lard , Tallow , and other animal fats: Rich in saturated fatty acid , frequent consumption increases high cholesterol risk. Not recommended for long-term consumption.

Therefore, according to the table above, we can draw some conclusions:

- No oil is perfect; each has its pros and cons. We should choose different oils for different cooking scenarios.
- Do not always use the same type of oil; rotate them to ensure nutritional balance.
- To avoid ingesting too much trans-fatty acid : When heating, do not choose thermally unstable oils, and do not heat for too long.
- Do not consume large amounts of fried foods. Oils with good thermal stability often contain large amounts of saturated fatty acids and are not suitable for long-term consumption.
- Do not reuse oil. Oil generates large amounts of trans-fatty acids during the heating process.
- Do not eat takeout for long periods, as it is difficult to determine what oil they used.

#### STIR-FRY OIL

- Peanut Oil (High Quality)
- Olive Oil (High Quality)
- Canola Oil (Low Erucic Acid)

Peanut oil, olive oil, and canola oil contain more unsaturated fatty acids and less saturated fatty acids. However, their thermal stability is relatively poor, and they easily produce trans-fatty acids during heating. Therefore, pay attention to controlling the heating time.

#### FRYING OIL

- Coconut Oil
- Palm Oil
- Tallow
- Lard

When stir-frying at high heat or deep-frying, use oils with better thermal stability, such as coconut oil, palm oil, or tallow. They produce fewer trans-fatty acids. However, their saturated fatty acid content is higher, so they are not suitable for long-term consumption.

#### COLD DRESSING AND STEWING OIL

- Flaxseed Oil
- Sesame Oil
- Walnut Oil
- Perilla Oil

These scenarios do not require heating, so no trans-fatty acids will be produced. Do not choose oils with too much saturated fatty acid.

## 2.4 Using an Air Fryer

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### 2.4.1 What is an Air Fryer?

An air fryer is an electronic cooking appliance that uses air to replace hot oil for heating, cooking food, and allowing ingredients to achieve an effect similar to deep-frying without encountering oil.

#### Working Principle

The air fryer uses a heater above to generate high-temperature hot air, allowing the hot air to circulate and convect around the food, quickly heating the food's own fats, taking away the food's moisture, producing a frying effect, and creating a crispiness similar to fried food.

#### Advantages

- Since no cooking oil needs to be added, intake of cooking oil containing high amounts of fat and calories can be **significantly reduced**.
- High-speed circulating hot air dehydrates food, making the surface golden and crisp, leaving the food charred on the outside and tender on the inside.
- Simple operation, friendly to newcomers.

### 2.4.2 Process

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- Place the air fryer on a stable, flat, and level heat-resistant surface.
- Remove the frying pan, put the ingredients into the frying basket, and slide the frying pan into the product.
- Modify the preset temperature and rotate the knob to adjust the cooking time.
- After adjusting the cooking time, the product will start cooking. Wait for the timer to ring when cooking is complete.
- Pour all the food in the frying basket into a bowl or plate. Be sure to remove the frying basket containing the raw materials from the frying pan used, because there **may be residual hot oil or grease** at the bottom of the frying pan.

### 2.4.3 Precautions

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- When using an air fryer, pay attention not to set the temperature too high (try to be within 120°C, preferably not exceeding 168°C), and the production time should not be too long (about 10 minutes), to avoid generating too much harmful component **Acrylamide**.
- Reduce cooking starchy foods such as potatoes, bread, fried dough sticks, etc., in air fryers to correspondingly reduce **Acrylamide** intake. Relatively speaking, air fryers are suitable for cooking foods with higher fat or moisture content, such as meat and vegetables.
- During use, do not block the air inlet on the top and the air outlet on the back. If blocked by hand, you may be **scalded by hot air**.
- The temperature difference of fryers of different brands can reach  $\pm 10^{\circ}\text{C}$ . For the first attempt, it is recommended to reduce the time by 10% and then adjust gradually.

## 2.4.4 Cooking Suggestions

### Common Foods

Food Name	Temp (°C)	Time (min)	Method Steps
<b>French Fries</b>	200	15-20	1. No need to thaw frozen fries, spray a small amount of oil on surface; 2. Spread flat in basket (no overlap), shake every 5 mins; 3. Can adjust to 210°C for last 2 mins for color.
<b>Chicken Wings</b>	180	18-22	1. Cut wings, marinate with soy sauce, cooking wine, oyster sauce, minced garlic for 1 hour; 2. Spread flat, brush honey water on surface; 3. Flip after 10 mins and continue roasting.
<b>Fish</b>	180-190	12-15	1. Cut both sides of fish, marinate with ginger, scallion, salt, cooking wine for 20 mins; 2. Brush oil on surface, line with foil to prevent sticking; 3. Flip once halfway.
<b>Steak</b>	200	8-12	1. Warm steak to room temp, sprinkle salt, black pepper, olive oil on both sides; 2. Preheat fryer for 5 mins, cook according to thickness (4-6 mins per side).
<b>Beef Cubes</b>	180	15-18	1. Cut beef into 2cm cubes, marinate with soy sauce, starch, black pepper for 30 mins; 2. Spread flat, flip once after 10 mins; 3. Can roast with onions and peppers.
<b>Pork Chops</b>	175-185	16-20	1. Loosen pork chop with knife back, marinate with soy sauce, garlic powder, five-spice powder for 40 mins; 2. Spray oil on surface, line with baking paper; 3. Flip halfway and brush marinade.
<b>Egg Tarts</b>	170-180	12-15	1. Thaw tart crust, pour in homemade egg liquid (milk+cream+sugar+yolk); 2. No preheat needed, bake until crust is golden and center slightly charred.
<b>Cake</b>	160	25-30	1. Line 6-inch mold with oil paper, pour cake batter (70% full); 2. Low temp slow bake, inserted toothpick comes out clean means done; 3. Invert to cool to prevent collapse.
<b>Pizza</b>	180-190	8-12	1. No need to thaw frozen pizza, can add extra cheese; 2. Line with foil to prevent leakage, bake until cheese bubbles; 3. For homemade pizza, bake crust for 5 mins first then add toppings.
<b>Peanuts</b>	160	10-12	1. Soak raw peanuts for 5 mins then drain; 2. Spray small amount of oil + salt and mix; 3. Spread flat single layer, shake every 3 mins.

### Operational Points

#### 1. Pre-processing Key

- Meat needs to be fully thawed and surface moisture wiped dry (Steak/Pork chops recommended to return to room temperature).
- Frozen food (Fries/Pizza) can be cooked directly, but shake/flip frequency needs to be increased.

#### 2. Anti-sticking Tips

- Fish/Cake and other sticky foods are recommended to be lined with baking paper or foil.
- Onion slices/lemon slices can be placed at the bottom of the basket to enhance flavor and isolate juice.

### 3. Coloring Control

- Increasing 10-20°C for the last 2-3 minutes can make the surface crispier (suitable for fries/chicken wings).
- Covering egg tarts/cakes with foil can prevent excessive charring.

### 4. Doneness Detection

- Meat: Press with chopsticks, firm means well done, soft and elastic means medium.
- Cake: Toothpick inserted into center without batter sticking means done.

## 2.5 Food Safety

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### 2.5.1 Poisoning

The following foods carry a risk of poisoning:

- Unripe green tomatoes
- Undercooked kidney beans, cowpeas (green beans), [Jack beans](#)
- Sprouted potatoes (yams), sweet potatoes, peanuts
- Improperly processed/undercooked [Daylilies](#) can cause [Colchicine](#) poisoning
- Raw soy milk
- Wood ear mushrooms soaked for too long (not just wood ear, all fungi soaked for too long carry poisoning risks)
- Undercooked animal offal
- Unrecognized mushrooms or undercooked mushrooms (There is a saying: Red umbrella, white stem, eat it and lie in a coffin together. Generally, the more beautiful the mushroom, the more dangerous it is.)
- ... (Welcome to add)

Storing & cooking acidic foods in aluminum containers for a long time also carries a risk of poisoning, such as:

- Pickled cabbage (Sauerkraut)
- Dried bamboo shoots
- Ketchup
- Lemon juice
- Braised meat
- Soy sauce and pickles
- ... (Welcome to add)

### 2.5.2 Allergies

The following are common allergenic foods (Note: Allergic reactions are generally lifelong):

Adults:

- Shrimp, crab, shellfish seafood (seafood that is not fresh and has bacterial growth)
- Peanuts
- Nuts
- Fish

Children:

- Peanuts
- Nuts
- Eggs
- Milk (mainly lactose intolerance or A1 protein intolerance)
- Wheat and soybeans

### 2.5.3 Salmonella Infection

Salmonella is more common in animal-derived foods, including vegetables which may contain Salmonella due to fecal contamination.

The following foods carry a risk of Salmonella infection:

- Undercooked eggs
- Undercooked meat
- Unpasteurized milk

#### 2.5.4 Aflatoxin

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Aflatoxin is often produced by *Aspergillus flavus* and *Aspergillus parasiticus* in moldy grains, such as rice, beans, peanuts, etc. It is the strongest carcinogen known so far. It only starts to decompose when heated above 280°C, so general heating is not easy to destroy its structure.

The following foods carry a risk of Aflatoxin poisoning:

- Rotten peanuts
- Rotten rice
- Rotten corn

Note that the above foods also include their corresponding products, such as rice noodles, cornmeal; safely cultivated peanut sprouts (sprouted peanuts) can be considered safe to eat.

#### 2.5.5 3-Nitropropionic Acid

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3-Nitropropionic acid is produced by *Arthrinium sacchari*, a fungus commonly visible on sugarcane and coconuts. The main manifestation of poisoning is damage to the central nervous system. Symptoms in the acute phase include vomiting, dizziness, paroxysmal convulsions, lateral gaze of the eyeballs, coma, and even death. The sequelae are mainly extrapyramidal damage, with main symptoms including flexion, torsion, spasm, limb rigidity, and hypotonia at rest. There is no specific antidote for this toxin.

The following foods carry a risk of 3-Nitropropionic acid poisoning:

- Red heart sugarcane
- **Rotten coconuts**

In addition to visual appearance as a judgment criterion, smell is also an important evaluation criterion. Rotten plants often emit special smells (smell of distilled grains, sour smell, etc.). The best way to deal with food that smells rotten is to discard it.

#### 2.5.6 Parasites

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Parasites can enter the human body through air, drinking water, food, and direct contact. If parasites enter the human circulatory system, they can attack white blood cells on one hand, and reach lungs, liver, and other organs or block blood vessels or lymphatic vessels on the other hand, causing diseases such as liver cirrhosis, portal hypertension, and elephantiasis. If humans are intermediate hosts of pork tapeworm, parasites can even reach the eyeballs, heart, and brain, endangering life.

The following foods are best ensured to be completely cooked, otherwise corresponding parasites may remain in the body:

- River snails: *Angiostrongylus cantonensis*
- Sashimi: Liver fluke
- Swamp eel: *Gnathostoma spinigerum*
- Bullfrog: *Spirometra mansoni*
- Pork: Pork tapeworm (*Taenia solium*)
- Beef surface (can be eaten as long as the surface is cooked): Beef tapeworm (*Taenia saginata*)

## 2.5.7 Food Safety Temperatures

Heating food to a sufficient temperature and maintaining it for a certain period can reduce the risk of surviving bacteria and parasites to a certain extent. Various foods have different temperature requirements. Cooks should use a kitchen thermometer to measure the center temperature of the food.

Measuring temperature should use: Kitchen thermometer Measure food center temperature

The following are industry-standard food safety temperatures:

	<b>Whole Piece</b>	<b>Ground Meat</b>	<b>Whole</b>
Pork	71°C	71°C	
Poultry	74°C	74°C	85°C
Beef/Lamb	Rare: 63°C; Medium: 71°C; Well Done: 77°C	71°C	
Leftovers Reheating	74°C		

## 2.6 Blanching (Chao Shui)

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Blanching is a process in cooking, pronounced chāo shuǐ.

Blanching refers to putting preliminarily processed raw materials in a boiling water pot and heating them until they are half-cooked or fully cooked, then taking them out for further cooking or seasoning.

Blanching is an indispensable process in cooking, especially for cold dishes. It plays a key role in the color, aroma, and taste of the dish, especially the color.

Most vegetables and raw meat materials with fishy or gamy odors need to be blanched.

### 2.6.1 Operations

#### **Boiling Water Blanching**

Boiling water blanching involves heating the water in the pot and then putting the raw materials into the pot. After putting them in, turn them over in time. The time should be short and not overcooked.

This method is mostly used for plant-based raw materials, such as celery, spinach, lettuce, etc. When blanching, pay special attention to the heat. If the time is slightly longer, the color will fade, and it will not be crisp or tender. Therefore, after putting into the pot, take them out and let them cool when the water boils slightly.

- Leafy vegetable raw materials should be blanched first and then cut into slices to avoid excessive loss of nutrients.
- When blanching, there should be plenty of water and a strong fire so that the pot can boil in time after the raw materials are put in; when blanching green leafy vegetables, they should be fished out as soon as they roll slightly.
- Vegetable raw materials should be cooled and drained immediately after blanching to avoid yellowing and rotting due to residual heat.
- When blanching vegetables, you can add an appropriate amount of salad oil such as peanut oil, corn oil, or soybean oil to maintain the emerald green color.

#### **Cold Water Blanching**

Cold water blanching puts raw materials and cold water into the pot at the same time. The water should submerge the raw materials, and then boil it. The purpose is to ripen the raw materials and facilitate further processing.

Potatoes, carrots, etc., are large in size and not easy to ripen, so they need to be cooked for a longer time.

Some animal raw materials, such as white meat, tripe, etc., are also put into the pot with cold water and heated until ripe before further processing. Some animal raw materials used for making soup should also be put into the pot with cold water. During the heating process, nutrients gradually overflow, making the soup delicious. If a hot water pot is used, protein coagulation will occur.

- The amount of water in the pot should not be too much, just enough to submerge the raw materials.
- During the gradual heating process, the raw materials must be turned frequently so that they are heated evenly to achieve the purpose of blanching.

### 2.6.2 Additional Precautions

- Blanching sometimes causes some unstable, soluble nutrients in raw materials to overflow. In particular, water-soluble vitamins in fresh vegetables are more easily lost.
- Animal raw materials and plant raw materials should be blanched separately; those with heavy color and taste should be blanched separately from those with light color and taste; large blocks should be blanched separately from small blocks to prevent cross-flavoring.
- After blanching animal raw materials, the soup can be used as fresh soup after skimming off the foam and clarifying.

**Blanching Meat**

- Meat raw materials only need to change color after passing through boiling water. Fish them out and drain before the next step of cooking.
- After blanching meat, you need to wash off the attached blood foam and stains. Remember to wash with **warm water**, otherwise, the meat will expand with heat and contract with cold, adsorbing stains and making it impossible to wash away the blood foam.

**Blanching Vegetables**

- When washing vegetables, sprinkle some salt in the clear water, which can wash out bugs in the vegetables.
- Blanched vegetables should be immediately immersed in cold water to maintain color and texture. If not immersed in cold water, the vegetables will become no longer crisp and feel rotten due to the residual heat of the boiling water.

## 2.7 Boiling

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### 2.7.1 Process

Pour water into the pot — Turn on the fire and heat the pot on the fire — Put in ingredients after the water boils (water rolls and a large number of bubbles emerge).

#### Precautions

- Covering the pot lid when heating can speed up heating. **But doing so carries the risk of overflowing.** After continuous heating, excessively churning fluid may overflow out of the pot.
- **If it is about to overflow, turn down the heat immediately and open the lid.**
- To speed up heating and avoid overflowing, you can half-open the lid to leave a gas outlet; you can also turn down the heat in the later stage and constantly watch the situation in the pot.
- Depending on cooking needs, ingredients can also be put in cold water. However, it takes longer for the water to boil this way.

## 2.8 Cold Dishes (Liangban)

### 2.8.1 What is Liangban?

Liangban is a way of mixing main ingredients with auxiliary ingredients by stirring to form a dish.

#### **Forms of Liangban**

Liangban can be made into a form where ingredients and auxiliary ingredients are mixed in space. Liangban can be made into a form where ingredients and auxiliary ingredients are separated in space. In this case, the auxiliary ingredients are called dipping sauces.

#### **Why Liangban?**

- Some cold dishes do not require a heat source when served.
- Some cold dishes can reduce the process of washing the pot (no washing or just rinsing with water).
- Cold dishes can preserve the state of ingredients, especially shown in vegetables and raw meat.

#### **Purpose of Liangban**

- The purpose of cold dishes is to add flavor to tasteless or bland ingredients, such as chicken breast.

#### **What can be put in Liangban?**

Including but not limited to:

- Main ingredients
- Auxiliary ingredients
- Marinades
- Seasonings

#### **Precautions**

- When making cold dishes, you should pay attention to food safety. Do not make cold dishes when you are not sure if the ingredients are safe. Do not make cold dishes when you confirm that the ingredients are unsafe.
- Cold dishes should maximize the contact area of the main ingredients, so knife flowers, slicing, smashing, or even mincing are recommended.
- Cold dishes pose basic requirements for the stomach and intestines. Please use cold dishes when confirming that there will be no "spraying" (diarrhea).
- (Historical Note: This file was written during the COVID-19 pandemic. It suggests heating all ingredients above 100°C for more than 15 seconds for psychological comfort. If you want safety, try to avoid raw cold dishes.)

### 2.8.2 Utensils

Any container can be used, from porcelain jars to food-grade plastic bags.

#### **Precautions**

- To facilitate stirring without splashing ingredients, it is more appropriate to use a rigid container with a volume more than twice that of all ingredients.
- To ensure food safety, please move the ingredients to a porcelain or metal container as soon as possible after marinating in a plastic bag or plastic bowl.

- To ensure food safety, please process raw food ingredients and auxiliary ingredients on a clean cutting board.

## 2.8.3 Process

### **Flaky Vegetable Main Ingredient Processing (Optional) (Single or Multiple Choice)**

Examples: Cabbage, iceberg lettuce, baby cabbage, onion, etc.

- Tear ingredients into 4cm \* 4cm small pieces.
- Cut ingredients into 0.5cm long strips.
- Use the whole leaf after cutting off the unused parts.
- Blanch the processed ingredients.

#### **PRECAUTIONS**

For some ingredients, you don't need to peel them apart. Just cut them into sections perpendicular to the axis along the axis. Those who are confident in their knife skills can cut directly perpendicular to the axis.

### **Block Vegetable Main Ingredient Processing (Optional) (Single or Multiple Choice)**

Examples: Potatoes, water chestnuts, cucumbers, etc.

- Cut ingredients into 0.5cm \* 0.5cm cross-section long strips.
- Cut ingredients into 4cm \* 4cm slices with a thickness of less than 0.5cm.
- Smash or crush the ingredients with the flat of a knife (especially suitable for cucumbers).
- Use ingredients directly (especially suitable for ingredients that are naturally small blocks).
- Blanch the processed ingredients.

#### **PRECAUTIONS**

Smashing ingredients may cause splashing. You can wrap them in a food-grade plastic bag before smashing.

### **Block Fungus Main Ingredient Processing (Optional) (Single or Multiple Choice)**

Examples: various mushrooms, wood ear mushrooms, etc.

- Soak the ingredients (if dried).
- Cut ingredients into 0.5cm \* 0.5cm cross-section long strips.
- Cut ingredients into 4cm \* 4cm slices with a thickness of less than 0.5cm.
- Use ingredients directly (especially suitable for ingredients that are naturally small blocks).
- Blanch the processed ingredients.

#### **PRECAUTIONS**

All fungi need to be strictly confirmed for safety. "Lying on a board" (death) is just one step away.

### **Block Meat Main Ingredient Processing (Optional) (Single or Multiple Choice)**

Examples: Fish, jellyfish head, cooked pork, cooked poultry, etc.

- Cook the ingredients by steaming, boiling, roasting, frying, etc.
- Soak the ingredients in cold water for some time (especially suitable for seafood).
- Tear the ingredients into meat strips.
- Cut the ingredients into thin slices (especially suitable for cooked pork).
- Cut the ingredients into 0.5cm \* 0.5cm cross-section long strips.
- Tear directly by part or cut into large pieces (especially suitable for whole cooked poultry).

**PRECAUTIONS**

- There are no exceptions for pork and poultry. They must be fully cooked (well-done), and no blood water should be seen.
- Some beef, fish, and seafood can be eaten raw after confirming safety.

**"I Think This Works Too" Ingredient Processing (Avoid if possible) (Must Choose)**

Examples: Noodles, rice, fruits, tender leaves, etc.

- Confirm ingredient safety.
- Process ingredients into an edible state.
- Process ingredients into a state suitable for mixing.

**PRECAUTIONS**

- Please confirm ingredient safety. You can mince a small amount of ingredients and paste it on your upper arm for 30 minutes to check for allergic reactions. If there is an abnormality, it must be discarded.
- Most leaves and grasses contain components that cause discomfort, even after cooking. Please confirm safety.
- Most grains are not conducive to digestion and absorption before cooking and may have adverse effects on the stomach and intestines.

**Auxiliary Ingredient Processing (Optional) (Single or Multiple Choice)**

Examples: Hot peppers, garlic cloves, ginger, dried chili, etc.

- Remove the stem of the hot pepper, wash it, cut off 0.5cm from the stem end, then mince or cut into sections.
- Smash the garlic clove, peel it, cut off 0.5cm from the stem end, then mince or cut into sections.
- Peel the ginger, then mince, shred, or slice.
- Crush the dried chili.
- Put the prepared ingredients into a small bowl or the container to be used for mixing.
- Add to the container: various powders, seasonings, or marinades, stir well.

**PRECAUTIONS**

- The types, processing, and methods of auxiliary ingredients are extremely broad. Please do not limit your thinking, but please verify carefully, use appropriate amounts, and keep safety in mind.

**Mixing Ingredients (Optional) (Single or Multiple Choice)**

- Squeeze water out of meat ingredients with high water content and drain.
- Put vegetable ingredients with high water content into a container, add about 5g of salt for every 200g, stir, let stand for 5 minutes, then drain the water.
- Add ingredients and auxiliary ingredients to the mixing container.
- Stir with washed chopsticks, spoons, or hands.
- Seal the container and shake well.
- Tilt the container to an angle where no material spills out, and rotate the container around its axis.

**PRECAUTIONS**

- Ingredients with high water content may release too much water directly after adding, diluting the seasoning.
- If you find insufficient water or uneven mixing during stirring, you can add an appropriate amount of boiled water. If you cannot determine the amount, 15mL each time is best.
- Some ingredients with high water absorption rates are not recommended for mixing, as this may lead to overly heavy taste after marinating.

**Eating (Required)**

- Eat the mixed ingredients directly.
- Eat the unmixed main ingredients after dipping in the dipping sauce.
- Add ingredients and dipping sauce to staple food and eat.

## 2.9 Marinating (Meat)

### 2.9.1 Note

The marinating described here is a preparatory step before cooking ingredients, not making finished products like salted meat or sausages.

### 2.9.2 Marinating

Marinating meat before cooking is a common method to let flavors penetrate beforehand. Generally, the object of marinating is raw meat. According to the needs of the dish, you can determine the size of the meat cut yourself.

For example, for popcorn chicken, chicken breast is cut into dice-sized pieces and then put into a bowl to marinate.

For example, for roast whole lamb, lamb leg, half or whole lamb does not need to be cut; apply a large specific amount of seasoning on the surface to marinate.

Depending on the dish, the seasonings and auxiliary ingredients selected for marinating can be of any kind. Sometimes for different tastes, auxiliary ingredients may also need to be pre-processed.

### 2.9.3 Basic Concepts of Marinating

Described here is the marinating process for normal tastes.

- Generally, the larger the amount of meat (e.g., marinating 5kg of chicken wings at once), the larger the volume (e.g., a whole leg of lamb), and the heavier the taste, the more seasonings and auxiliary ingredients are needed.
- Generally, the longer the planned marinating time, the fewer seasonings and auxiliary ingredients are used.
- When marinating, the ingredients should be evenly covered on all surfaces. If it is meat slices or shreds, use your hands to grab and mix as evenly as possible. If it is a whole leg of lamb, use your hands or a brush to brush evenly on the surface.
- Generally, stir-fried meat and fried meat need to be marinated in advance. Stir-fried meat should ensure the fresh and tender texture of the meat, and cooking often requires high heat and short time. When short-time cooking makes it difficult for flavors to penetrate, marinating in advance can make up for the lack of flavor.

### 2.9.4 Marinating Techniques

- **Thin meat shreds/slices:** Since the meat quality is fragile, be as gentle as possible. Shape your fingers like a claw machine claw and gently grab and mix the marinade. Then stir gently in one direction.
- **Meat shreds, slices, chunks:** Same technique as above, but force can be slightly greater.
- **Chicken legs, wings, etc.:** First verify a few knife cuts on the ingredients. Chicken drumsticks and legs can be pierced with a knife. Then mix the marinade in a bowl first, then put the ingredients into the bowl and coat evenly.
- **Lamb legs, etc.:** Generally, you can pierce holes in thick parts of the meat. Then mix the marinade well and apply evenly to the surface.

### 2.9.5 Marinating Containers and Time

- Choose a container that can hold the ingredients and marinade. Including bowls, plates, trays, etc. This is **open marinating**, generally for a short time, commonly 0.5-2 hours. (Roasted) lamb legs etc. can also be marinated like this, but for a longer time.
- You can choose a large enough food sealing bag for marinating. This is **sealed marinating**, generally for a very long time, such as overnight, or for ribs that are difficult to flavor. Commonly 4 hours to overnight. At this time, use slightly less material to prevent the finished dish from tasting too heavy or salty.

## 2.9.6 Common Marinating Ingredients

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- **Light Soy Sauce:** Provides sauce aroma and salty base taste. Can be used for almost all meats.
- **Dark Soy Sauce:** Saltiness is not strong, but easy to color. Used for adjusting base color and enhancing aroma. Generally should not be used in large quantities to prevent bean smell. Can be used for almost all red meats (less common), pork liver, etc., can involve more.
- **Salt:** Salty but does not have sauce aroma after stir-frying. Can be used for all meats.
- **White Sugar:** Adjusts sweetness (large amount), can also add fresh and tender texture to meat (small amount). Can be used for all poultry and livestock meats, but not commonly used for fish and seafood.
- **Brown Sugar:** Adjusts sweetness and unique taste of brown sugar, taste is slightly heavier than white sugar. Can be used for almost all meats (generally darker meat or finished dish color is deeper).
- **Oyster Sauce:** Increases umami, salty, and sweet tastes. Generally used for red meat.
- **White Vinegar / Rice Vinegar:** Adds sour taste. Less used.
- **Mature Vinegar / Balsamic Vinegar:** Not only adds sour taste but also enhances aroma and color. Balsamic vinegar is suitable for dark fish (especially grilled fish).
- **Cooking Wine:** Removes fishy/gamy smell and enhances aroma. Can be used for almost all meats. But note:
  - Cooking wine itself has a strong taste, which easily masks the aroma of the ingredients themselves. For ingredients with a not strong fishy smell, consider not using cooking wine. Example: Beef, fish, and chicken.
  - For chicken, white liquor can be used instead of cooking wine.
  - For beef, ginger-scallion water can be used instead of cooking wine.
  - For white fish meat, just wash away blood streaks and mucous membranes, and there will be no fishy smell. It is recommended not to add cooking wine.
- **Yellow Wine (Huangjiu):** Removes fishy smell and enhances aroma, better effect than cooking wine, aroma is more complex. Generally used for white meat. Red meat can also use it, but effect is comparable to cooking wine.
- **Five-spice Powder / Thirteen-spice:** Adds fragrance to meat, simplest compound spice. Five-spice powder merely adds fragrance; Thirteen-spice has a unique, recognizable fragrance. Use these controlled amounts. Can be used for almost all meats, but less common for fish and seafood.
- **Chili Powder:** Many kinds. Aside from type, divided by fineness into powder/flakes etc. Besides adding spiciness, it colors the dish. Avoid excessive chili. Can be used for almost all meats requiring spicy base, but cooking time should be controlled to prevent chili from becoming bitter or dark.
- **Cumin Powder / Fennel Powder:** Generally use ground powder as marinade, not granules, for easier absorption. Can be used for almost all red meat and chicken.
- **X Pepper Powder:** Adds pungent, spicy, fragrant tastes. Use in moderation.
- **Black Pepper Powder:** Pungent, spicy. For almost all red meat.
- **White Pepper Powder:** Pungent, fragrant. Slightly weaker than black pepper, highlights fragrance. For almost all meats.
- **Sichuan Pepper Powder:** Pungent, numbing. Unique aroma. For almost all meats.
- **Bean Paste (Doubanjiang):** Adds fermented bean aroma, saltiness, spiciness. For almost all red meats.
- **Scallion, Ginger, Garlic:** Scallion/Ginger remove smell; Garlic adds pungent aroma. Scallion cut into sections/slices; Ginger slices (peel if needed); Garlic slices/minced. If you don't want them in the finished dish, squeeze juice from them into a small amount of water to make ginger-scallion water for marinating. Garlic generally not added directly. For all meats.
- **Seafood Sauce / Shrimp Paste:** Adds umami/saltiness. Seafood sauce is sweet; Shrimp paste is heavy. For almost all meats, but not common.
- **Fermented Black Beans (Douchi):** Adds fermented bean aroma/saltiness. For red meats, often used.
- **Starch (Shengfen):** Important for "sizing" (shang jiang). Thicker sizing or smoother texture needs more starch. For almost all meats. Starch can be used as simple frying coating (usually with flour), generally not added during marinating phase.
  - Corn starch / Potato starch: High viscosity.
  - Sweet potato starch: Slightly lower viscosity.

- **Oil:** Add oil during marinating to "oil seal", locking moisture and flavor. If marinating in open container for long time, oil seal prevents drying. For almost all meats. Reduce base oil when stir-frying if oil sealed. No difference for deep frying.

## 2.9.7 Several Common Marinating Formulas

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- **Beef:** Moderate light soy sauce, small amount cooking wine, small amount white sugar. Salt (supplement saltiness), oyster sauce/hoisin sauce (minimal), five-spice/thirteen-spice (onion beef). Use scallion/ginger with caution.
- **Chicken (Breast/Wings):** Moderate light soy sauce, less white sugar, small amount cooking wine. Salt, five-spice/thirteen-spice (popcorn chicken), very small dark soy sauce (pan-fried wings).
- **White Fish:** Moderate salt, small amount cooking wine/yellow wine. Seafood sauce/Steamed fish soy sauce (pan-fried ribbonfish), scallion/ginger water (roast fish with skin).
- **Red Fish:** Moderate light soy sauce, small amount cooking wine. Seafood soy sauce/Steamed fish soy sauce (pan-fried salmon), brown sugar (Nordic roast salmon).
- **Pork Liver:** Moderate light soy sauce, moderate cooking wine. Starch, moderate dark soy sauce (stir-fried liver), small amount sugar.

## 2.9.8 Practical Examples

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- **Onion Stir-fried Beef:** 150g beef (1 person). Sliced, tender texture.
  - Light soy sauce 10ml (2 tbsp)
  - Cooking wine 5ml (1 tbsp)
  - White sugar 2.5-10g (1-4 tsp)
  - Cumin powder 5g (2 tsp)
  - Starch 10-15g (1 small handful)
  - Oil 10ml (2 tbsp)
  - (Optional) Thirteen-spice 1g (0.5 tsp)
  - (Optional) Black pepper 1g (0.5 tsp)
- **Oyster Sauce Beef:** 150g beef. Sliced, tender, heavy sizing, sweet taste.
  - Light soy sauce 5ml (1 tbsp)
  - Cooking wine 5ml (1 tbsp)
  - Oyster sauce 10-20ml (2-4 tbsp, salty, use carefully)
  - White sugar 5-15g (2-6 tsp)
  - Starch 25-35g (1 large handful)
  - Oil 10ml (2 tbsp)
- **Five-spice Popcorn Chicken:** 150g chicken breast. Diced, fried.
  - Light soy sauce 10ml (2 tbsp)
  - Cooking wine 2.5ml (0.5 tbsp)
  - Five-spice powder 5g (2 tsp) OR Thirteen-spice 2.5-5g (1-2 tsp)
  - (Optional) Cumin 1g
  - (Optional) White pepper 1g
- **Honey Roasted Chicken Wings:** 250g bone-in wings (1 person). Knife cuts, salty/sweet, roasted.
  - Light soy sauce 10ml (2 tbsp)
  - Cooking wine 2.5ml (0.5 tbsp)
  - White sugar 5-15g (2-6 tsp)
  - Honey/Syrup 10-20ml (2-4 tbsp. If sugar  $\geq 10g$ , add only 10ml)
  - (Optional) Five-spice 2.5g (1 tsp. Do NOT use Thirteen-spice)

- **Roasted Salmon:** 200g boneless salmon steak. Do not cut. Roasted.
- Light soy sauce 10ml (2 tbsp)
- Cooking wine 2.5ml (0.5 tbsp)
- Brown sugar 10-20g (4-8 tsp)
- Balsamic vinegar 2.5-5ml (0.5-1 tbsp)
- Nutmeg powder 2.5g (1 tsp)
- Thyme powder 1g
- Ginger powder 1g
- Rosemary powder 1-2g
- (Optional) White pepper 1g
- (Optional) Dried chili flakes 2.5-10g

## 2.10 Steaming

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### 2.10.1 Methods

#### **Steamer Pot (Zheng Guo)**

A steamer pot is a multi-layer structure. The bottom layer is used to hold water. After the water boils, the heat of the water vapor is used to heat the food in the upper layers.

Add appropriate water to the bottom layer of the steamer —— Place food in the upper steamer drawer —— Heat the steamer on the fire

#### **Iron Wok (Tie Guo)**

If you don't have a steamer, only a standard iron wok (not a flat-bottom pan), you can place a tripod (steaming rack) at the bottom of the pot and inject enough water to achieve an effect similar to a steamer.

Add enough water to the bottom of the iron wok —— Put in the tripod —— Place food on the tripod —— Turn on fire and cover lid

### 2.10.2 Precautions

- Since the heat source is water vapor, the bottom of the food in the lower steamer drawer may be soaked by water. You can put a steamer cloth under the food to avoid this. Using chopsticks to build a simple stand for food also works.
- You can use a smart device to set a timer to remind you to turn off the fire, to prevent forgetting and boiling dry.
- During the process of steaming food, pay attention to the remaining water in the bottom area, **especially in iron woks**, to avoid drying the pot and causing safety problems.
- (Optional) When steaming food in an iron wok, you can place a steaming plate on top of the tripod.

## 2.11 Stir-fry / Pan-fry

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### 2.11.1 Utensils

You can use common metal (iron/stainless steel/aluminum) stir-fry pans/frying pans or non-stick pans.

Using aluminum containers is not recommended; see the Food Safety section for details.

#### Precautions

- Methods to prevent sticking when using ordinary pans:

#### FIRST FRY EGG METHOD

- Regardless of what dish you fry, fry an egg first. Do not wash the pan after frying. When frying the next dish, it will not stick.

#### HOT PAN COOL OIL METHOD (RE-GUO LIANG-YOU)

- Remember, it must be **Hot Pan Cool Oil**. First heat the pan.
- Put nothing in the clean pan, dry burn it to heat it evenly and make it hot.
- Pour in cool oil, rotate the pan so that the oil coats the entire pan (you can rotate back and forth to heat it evenly).
- When you see gas emitting from the pan, it means the oil in the pan is hot.
- Pour the oil out. Do not wash the pan after pouring it out.
- You can repeat the above steps 2-3 times to get a better non-stick effect.
- **Note:** If using gas, fire may spray out. Pay attention to safety.

#### HOT PAN DOUBLE OIL METHOD

- First heat the pan.
- Put nothing in the clean pan, dry burn it to heat it evenly and make it hot.
- Put in a "small amount of cool oil", rotate the pan so that the oil coats the entire pan.
- When you see gas emitting from the pan, it means the oil in the pan is hot.
- Check the oil level, add more cool oil if needed, and start stir-frying.
- **Note:** If using gas, fire may spray out. Pay attention to safety.

#### Supplement:

- The purpose is to coat the bottom of the pan with oil. All household pans on the market are applicable. After coating with oil, it instantly becomes a non-stick pan.
- Frying food in a non-stick pan will not stick. The function of the non-stick pan comes from the coating on its inner wall. **Metal spatulas will scratch the coating. When using a non-stick pan, use a wooden or silicone spatula to avoid damaging the coating.**

### 2.11.2 Process

Turn on the fire — Place the pan directly on the fire and heat it — Pour oil into the pan and heat it — Put in the dish and stir-fry — Remember to add seasonings before taking it out of the pot.

#### Precautions

- When judging whether the pan/oil is hot, you can place your hand flat above the pan to feel the heat; add ingredients only after the oil is hot.
- Before pouring oil into the pan, be sure to confirm that there is no residual water inside the pan. **Water will cause hot oil to splash, causing danger.**

- Following the previous point, ingredients should be drained of water before being put into the oil pan (egg liquid is fine); similarly, do not put unthawed ingredients into the oil pan to avoid danger after the ice melts.
- **If the oil pan catches fire, DO NOT pour water to extinguish the fire.** Doing so will spread the fire. When the fire just starts, quickly turn off the heat and cover the pot with a lid.

## 2.12 Using a Microwave

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### 2.12.1 What is a Microwave?

The microwave oven was invented by [Percy Spencer](#) in 1945.

He conceived of and invented it while working as a radar system engineer when he gathered that a candy bar in his pocket began to melt when the radar was turned on.

#### **Working Principle**

Microwaves are electromagnetic waves with a frequency of 2.45 billion Hz generated by a magnetron. This frequency causes water and oil molecules to vibrate and generate heat.

### 2.12.2 Process

Microwaves work exceptionally well for many cooking tasks.

#### **High Power is suitable for:**

- [Cooking] Cooking vegetables
- [Cooking] Softening hard vegetables with high moisture content (e.g., potatoes, onions, and artichokes)
- [Puffing] Popping snacks, such as puffs, papadums, popcorn

#### **Medium Power is suitable for:**

- [Cooking] Seafood (e.g., [Microwave Green Onion and Ginger Black Cod](#))
- [Cooking] Softening meat
- [Dehydration] Drying vegetable and fruit skins
- [Dehydration] Making jerky
- [Frying] Frying herbs
- [Frying] Softening leafy vegetables
- [Heating] Heating leftovers

#### **Low Power is suitable for:**

- [Defrosting] Defrosting food
- [Defrosting] Melting butter and chocolate

### 2.12.3 Precautions

- Microwaves should not be used to heat water, which may cause it to superheat and explode (boil violently), causing certain impacts on your personal safety.
- **ABSOLUTELY DO NOT** use a microwave to heat eggs! Unless they are **shelled raw** eggs AND the yolk needs to be pierced. Heating causes the gas inside the egg to expand, leading to an explosion.
- Regardless of your purpose, even if you are curious, you should not use a microwave to heat whole fruits (such as grapes, blueberries, cherry tomatoes), which may cause them to explode.
- Since the wavelength of microwaves is 12.2 cm, microwaves heat small objects slower than large objects. Therefore, if they are small ingredients, it is recommended to gather them together for heating.
- Microwaves can only penetrate a few centimeters into food, so sometimes the outside is very hot, but the inside may still be cold. The solution is to put the ingredients with a small amount of liquid into a sealed bag, or put them in a bowl and cover

with plastic wrap, allowing enough steam to be generated in the container to compensate for the microwave's tendency to cook unevenly.

- **Tip:** Be careful of steam spraying out when opening the sealed bag.
- Microwaves can only heat objects containing liquid molecules such as water and oil, so plastic wrap and sealed bags will not be heated by microwaves.
- Metal can reflect microwaves without being heated. Please avoid using containers with gold rims or metal patterns to avoid uneven heating causing the container to burst. Be sure to use porcelain, glass containers, or microwave-safe baking trays.

## 2.13 Steaming (Rice) / Stewing (Using Electric Rice Cooker/Pressure Cooker/Electric Pressure Cooker)

### 2.13.1 What is a Pressure Cooker?

A pressure cooker is actually a normal pot plus a lockable semi-sealed lid with a valve on the lid used to control the pressure inside the pot.

#### **Working Principle**

The working principle of a pressure cooker is to let steam accumulate in the pot to increase the pressure inside the pot. When the pressure inside the pot increases, the boiling point of water also increases, allowing the cooking temperature of water-containing food to exceed 100°C.

#### **Advantages**

- Since the actual cooking temperature of the pressure cooker is higher, the cooking time can be significantly shortened.
- The high temperature inside the pressure cooker can promote browning and caramelization, capable of producing unique flavors.

### 2.13.2 Process

- Put ingredients and water into the inner pot, close the lid, **ensure the pot body is sealed**, and heat.
- For tough ingredients, such as tendons, using a pressure cooker can easily cook them until soft and obtain a good texture.
- Pressure cookers usually have a self-locking valve (float valve). During steaming, as the pressure inside the pot increases, the self-locking valve will start and lock, isolating the gas inside the pot from the outside, creating conditions for pressurizing the pot. After the self-locking valve starts, it will also lock the lid to prevent forcible opening, acting as a safety guarantee. During steaming, confirm that the self-locking valve is not blocked by foreign objects so the pressure cooker works normally.
- After switching to the heat preservation state, **open the lid only after emptying the steam in the pot through the exhaust valve**.

#### **Precautions**

- **Steam is very hot, do not get close to the exhaust valve.**
- During the cooking of **liquid food, do not manually exhaust**, be careful of spraying (you can put ingredients in a sealed jar or vacuum packaging bag and then cook in a pressure cooker).
- Manually releasing gas when cooking some cuisines (such as soups) **may affect the taste and texture of the food**.
- Confirm steam is emptied before opening the lid. Do not open fully at once, especially **do not open the lid facing people**, to avoid steam burns.
- After cooking is completed, as the air pressure in the pressure cooker drops to balance with the outside air pressure, the self-locking valve will loosen. This can be used as a sign of whether the lid can be opened.
- The sealing of the pressure cooker depends on the sealing rubber ring in the lid. For old pressure cookers, check if the sealing rubber ring is still effective.
- Confirm the rubber ring is completely clean; any particles stuck in it may destroy the sealed environment.
- Many pressure cookers have a safety line; materials and liquids should not exceed this line. Too many ingredients and liquids may cause water vapor to block the exhaust valve, or splash too much water vapor which is hard to clean.
- For pressure cookers without a safety line, it is best not to let the water level exceed 2/3 of the pot body.
- **Do not use a pressure cooker to cook foods that easily produce foam, such as oats or noodles.** Foam may block the steam valve and pressure relief pipe.

- During cooking, when the pressure valve rises and sprays steam or smoke, it means the interior of the pressure cooker is over-pressurized, and the pressure valve releases excess pressure to ensure safety. Although the sprayed steam brings a rich aroma and high pleasure, first, the flavor of the food is lost, and second, excessive pressurization may bend the card slot of some types of pressure fryers. Therefore, when you see steam spraying, you can reduce the heat.
- Tip: Opening the lid from the side is a good choice.

## 2.14 Removing Fishy Smell

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Removing fishy smell is a process in cooking.

It refers to removing the fishy or gamy smell from meat, aquatic products, and other foods by means including but not limited to adding seasonings and blanching.

**The fishy/gamy smell is the source of flavor for some foods. Excessive removal may cause the food to lose its flavor.**

There are various ways to remove the smell, and flexible choices should be made in the cooking engineering process.

### 2.14.1 Methods

#### Adding Seasonings

Adding seasonings to ingredients is the simplest way to remove the smell. For example, for most dishes using egg liquid ([Steamed Egg Custard](#), [Tomato Scrambled Eggs](#)), you can add salt, cooking wine, vinegar, and other seasonings during the preparation of the egg liquid to remove the smell.

When cooking certain meats, you can add spices such as Sichuan peppercorns, star anise, bay leaves, cinnamon, cumin, and chili to the soup base to remove the smell.

Finished spicy hot pot base has an extremely strong aroma, which can be added in an appropriate amount during cooking, enough to cover the fishy smell of most meats.

#### Dipping Sauces

Some foods still have a strong smell after cooking. You can prepare dipping sauces to cover the smell when eating.

Common dipping sauce ingredients include: vinegar, soy sauce, sesame oil, bean paste, sweet noodle sauce, sesame paste, peanut butter, fermented bean curd, salt, garlic, ginger, etc.

The combination of various dipping sauces is a matter of opinion and will not be exemplified here.

#### Pot Tempering (Qiang Guo)

During the stir-frying process, spices such as green onions, ginger, garlic, and dried chilies can be used to temper the pot. The aromatic substances in the spices volatilize under the action of high temperature, which can cover the smell to a certain extent and increase the flavor of the dish.

#### Cold Water Blanching

Some animal raw materials have residual blood, such as: chicken, pig trotters, ribs, etc. If the residual blood is not removed, the finished dish will have a certain fishy smell.

When put into cold water, the residual blood will disperse into the water; as the temperature rises, the protein in the blood coagulates, and the blood originally dispersed in the water forms foam floating on the water surface. At this time, simply skim off the foam with a spoon to complete the smell removal. The remaining clear soup can be used as a soup base for stewed dishes to continue cooking.

#### Precautions

- When blanching, seasonings such as Sichuan peppercorns, star anise, cooking wine, and green onions are often added to the pot to further strengthen the smell removal.
- Star anise has a strong aroma and should be added in moderation.

- Sichuan peppercorns are small in size but large in quantity. They may remain in the pot or even in the finished dish after addition. You can wrap them in gauze to make a spice bag or use a food-grade stainless steel spice box directly, which is convenient to pick out before serving.

## 3. Recipes

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### 3.1 By Category

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#### 3.1.1 Vegetable Dish

##### **Baby Cabbage in Broth**

Baby Cabbage in Broth (Vegetarian dish, Diet meal)

Estimated Cooking Difficulty: ★★★

##### ESSENTIAL INGREDIENTS AND TOOLS

- Baby Cabbage
- Century Egg
- Luncheon Meat (Ham Sausage)
- Scallion
- Ginger
- Garlic
- Salt
- Sugar
- Starch

##### CALCULATIONS

Note: This dish only has a version sufficient for 2-4 people.

- Baby Cabbage: 700g
- Enoki Mushroom: 10g (Personal preference, if you don't like "see you tomorrow", don't put it ☺)
- Century Egg: 1 (Optional)
- Luncheon Meat (Ham Sausage can be a substitute)

##### OPERATION

- Wash the Baby Cabbage, cut vertically into sections.
- Cut 3g scallion into small sections. Cut 10g garlic into slices. Cut 10g ginger into small slices.
- Cut the Century Egg into dices, cut the Ham Sausage or Luncheon Meat into dices (1cm size).
- Wash and tear apart the Enoki Mushrooms.
- Boil hot water, put the Baby Cabbage in for ten seconds to blanch, then fish out.
- Heat the pot with cold oil, heat slightly then pour out the oil (to coat the pot), then pour in a little fresh oil.
- Turn to low heat, add scallion, ginger, and garlic, fry until fragrant.
- Add about 300g clear water (enough to cover the Baby Cabbage), put in Baby Cabbage, Enoki Mushrooms, and Luncheon Meat.
- Add seasonings: oyster sauce, sugar, salt, MSG, and bring to a boil.
- Boil for 3 minutes. After boiling, start plating. Serve the Baby Cabbage, place the Century Egg on top, and pour the soup over it.



(Photo technique is limited, but the taste is very good)

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### Blanched Choy Sum



No photo taken, the above is an internet image, but the result is about the same.

Blanched Choy Sum is a classic Cantonese dish. "Bai Zhuo" (Blanching) is a cooking technique in Cantonese cuisine, which uses boiling water or soup to scald raw food until cooked. This cooking method can maintain the original fresh taste and is often used in Cantonese cuisine to cook shrimp and vegetables.

In short, it is an **excellent way to lose weight or quickly deal with green leafy vegetables.**

Estimated Cooking Difficulty: ★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Fresh Choy Sum (Flowering Chinese Cabbage)
- Light Soy Sauce, Oyster Sauce, Salt
- Garlic, Millet Chili (Bird's Eye Chili)
- Cooking Oil

#### CALCULATIONS

The following amounts are enough for two people, or for one person to eat directly with rice.

- Fresh Choy Sum: 250g
- Cooking Oil: 10g
- Mix a "Soul Sauce":
- Light Soy Sauce: 5g
- Oyster Sauce: 5g
- Salt, Sugar: 5g
- Garlic: 4-5 cloves, Millet Chili: 1-2 pieces

#### OPERATION

1. Wash the Choy Sum clean, **remove the hard or old parts of the roots**. Here, I also used a knife to **scrape the root stems of the Choy Sum** to remove the hard outer layer. The inside of the Choy Sum is more palatable, but pay attention to the blanching time of the stems; if it is too long, the stems will not be crisp.
2. Mince the garlic. If you have onions, you can add some onions.
3. Make the Soul Sauce: Mix 5g Light Soy Sauce, 5g Oyster Sauce, add 3g Sugar and 100g clear water (half a bowl) to make a bowl of sauce.  
If you add starch, the sauce will hang on the Choy Sum more easily after boiling, and the taste will be heavier. Cantonese people might not be used to it.
4. Boil 500ml clear water in a pot, add 5g salt and 10g cooking oil.

5. Blanch the Choy Sum stems in boiling water for 1 minute until the stem color turns dark green. Then put the whole Choy Sum into the pot and blanch for 1 minute. Fish them up and arrange them on a plate.
6. Use another small pot to pour in the mixed sauce, bring to a boil over low heat, add half of the minced garlic, a little shredded ginger, and chopped millet chili. When making it, I added a little chopped onion and garlic. First pour oil into the bottom of the pot, add minced garlic and onion when 50% hot, sauté slightly until fragrant, then add the sauce, add millet chili and bring to a boil.
7. Let the sauce reduce slightly. After boiling, wait for ten seconds or so, then pour directly over the Choy Sum. Not too much, but the minced garlic is very powerful, don't skimp on garlic.

#### ADDITIONAL CONTENT

- The Choy Sum chosen must be fresh! Fresh!
- Add oil and salt when boiling clear water in the pot.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Boiled Edamame with Preserved Plum

A simple delicacy that is sweet, sour and tasty, with high nutritional value.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Edamame (Green Soybeans)
- Preserved Plum (Hua Mei)
- Edible Salt

### CALCULATIONS

Per serving:

- Edamame: 300 g
- Preserved Plum: 6 pieces
- Edible Salt: 2 g

### OPERATION

- Add salt to clear water, soak Edamame for 15 minutes.
- Add boiling water, pour in Edamame and Preserved Plum, boil for 20-30 minutes.
- Serve and eat.



**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Braised Eggplant

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Garlic
- Scallion (Large Green Onion)
- Green Chili Pepper
- Onion (Red Onion)
- Tomato
- Green Eggplant
- Salt
- Soy Sauce
- Eggs
- Flour
- Starch

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 2 people.

Totals:

- Quantity of Green Eggplant = Servings \* 0.7
- Green Chili Pepper = Servings \* 0.5
- Onion = Servings \* 0.3
- Tomato = 1
- Scallion = 1/2 stalk
- Garlic = 3 cloves
- Eggs = 1
- Flour = Eggplant quantity \* 150 g
- Starch = Flour / 4 g
- Soy Sauce = Eggplant quantity \* 7 g (Round up)

### OPERATION

1. Wash Green Eggplant, Green Chili Pepper, Tomato, Onion, and Scallion.
2. Cut Scallion into 5 mm wide chopped green onions, peel and crush Garlic, cut Tomato into 6 cubic centimeter blocks, cut Green Chili Pepper and Onion into 5g pieces.
3. Cut Eggplant into diamond-shaped blocks (first cut 2 cm thick slices, then cut slices into 2 cm strips, finally cut blocks diagonally...).
4. Pour flour into a basin, add a small amount of water in turn, stir evenly to form a sticky paste.
5. Add starch, add 30 g water, stir evenly.
6. Crack egg into the basin, add (Flour / 20) g of salt, stir evenly.
7. Pour eggplant blocks into the batter, stir to ensure every side of the eggplant blocks is coated with batter.
8. Turn on high heat, heat the pot, add 500 ml of oil. When you can see a wisp of smoke rising from the oil in the pot, turn to low heat, put the eggplant blocks into the oil pot with chopsticks. After all eggplant blocks are in the pot, turn to medium heat, fish out when the eggplant blocks turn golden yellow, and pour out the oil.
9. Add (Servings \* 5) g of oil, put in Garlic, Scallion, stir-fry for 15 seconds, put in Green Chili Pepper blocks stir-fry for 30 seconds, put in Tomato stir-fry for 30 seconds.

10. Put in fried eggplant blocks, add water to a height of 0.8 times the ingredients in the pot.
11. Add Soy Sauce and (Servings \* 3) g of salt.
12. Wait until the soup is thick (water level is about 0.2-0.3 times the height of the remaining ingredients), open the lid, serve the dish, turn off the heat.

**ADDITIONAL CONTENT**

Pay attention to steps 4-6 in the operation: Must be executed in order, otherwise there will be catastrophic errors.....

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Braised Winter Melon

Braised Winter Melon is a home-style dish with bright red color, delicious savory taste, and rich nutritional value.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Winter Melon
- Cooking Oil
- Cooking Wine
- Starch
- Light Soy Sauce
- Dark Soy Sauce
- Chicken Essence
- Scallion
- Minced Ginger
- Oyster Sauce

### CALCULATIONS

Per serving:

- Winter Melon: 300 g
- Cooking Oil: 50 ml
- Cooking Wine: 2 ml
- Starch: 10 g
- Light Soy Sauce: 10 ml
- Dark Soy Sauce: 15 ml
- Chicken Essence: 3 g
- Scallion: 0.5 stalk
- Minced Ginger: 1 piece
- Oyster Sauce: 15 ml

### OPERATION

- Peel the winter melon, cut into small blocks with side length not exceeding 2cm.
- Heat oil in a pan, put in winter melon, slowly fry for 2 minutes until the surface of the winter melon turns golden yellow.
- Remove the winter melon and put it into a large bowl for later use.
- Use the remaining oil in the pot, add minced ginger, light soy sauce, oyster sauce in turn, stir-fry for 15 seconds.
- Pour the winter melon back in, stir-fry for 30 seconds, then add boiling water, the water needs to cover the surface of the winter melon, boil over high heat for 10 minutes.
- Add dark soy sauce for color, continue to cook until the winter melon is soft (chopsticks can easily insert into the winter melon).
- Add chicken essence, cooking wine, scallion and stir-fry for 30 seconds, remove the winter melon to a large bowl.
- Keep the remaining soup in the pot, pour in water starch, bring to a boil and pour the sauce over the surface of the winter melon.





**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Cabbage Stir-fry with Eggs and Vermicelli

Cabbage Stir-fry with Eggs and Vermicelli is a well-known dish in daily life in China.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Cabbage
- Eggs
- Vermicelli (Glass Noodles)
- Carrot
- Rapeseed Oil (or generic Cooking Oil)
- Salt, Light Soy Sauce, Dark Soy Sauce, Oyster Sauce
- Scallion, Garlic, Dried Chili

### CALCULATIONS

Per serving:

- Cabbage: 1/2 head
- Eggs: 2
- Vermicelli: 1 bunch
- Carrot: 1/2
- Rapeseed Oil: 20 ml
- Salt: 2 g, Light Soy Sauce: 15 ml, Dark Soy Sauce: 10 ml, Oyster Sauce: 10 ml
- Scallion: 1/2 stalk, Garlic: 2 cloves, Dried Chili: 5 pieces

### OPERATION

- Shred carrots and cabbage for later use.
- Soak vermicelli in cold water for 1 hour first, then put the vermicelli into a pot, add boiling water and cook until the vermicelli is soft, then fish out for later use.
- Crack eggs into a bowl, add salt and stir for 15 seconds.
- Cut scallions, garlic, and chili into small pieces for later use.
- Heat oil in a pan, pour in eggs, scramble until cooked, and set aside.
- Pour oil in again, put in scallions, garlic, and dried chili and stir-fry for 8 seconds.
- Add carrots and cabbage shreds and stir-fry for 30 seconds.
- Add vermicelli.
- Add seasonings: Light Soy Sauce 15 ml, Dark Soy Sauce 10 ml, Oyster Sauce 10 ml, Salt 2 g.
- Add the previously stir-fried eggs, stir-fry for about 15 seconds.
- Remove from pan and plate.



**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Candied Potatoes (Ba Si Tu Dou)

Candied Potatoes is a famous dish with complete color, fragrance, and taste, belonging to the Shandong Cuisine.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Potatoes
- Cooking Oil
- Starch
- White Sugar
- Water
- Sesame Seeds

### CALCULATIONS

Per serving:

- Potatoes: 2
- Cooking Oil: 300 ml (Enough to float the potatoes)
- Starch: 30 g
- White Sugar: 120 g (Add plenty of sugar to coat the potatoes with a thick layer of syrup, creating the "pulling silk" effect)
- Water: 100 ml
- Sesame Seeds: 5 g

### OPERATION

- Peel the potatoes and cut them into even small pieces. Add starch (do not add water) and stir to coat the surface of the potatoes with starch.
- Heat oil in a pan, put in the potato pieces, and slowly deep-fry for 5-7 minutes until chopsticks can be inserted into the potatoes.
- Remove the potatoes and put them into a large bowl for later use.
- Add water and white sugar to the pot (clean pot), slowly stir the white sugar in one direction until the color of the white sugar turns brown/caramel.
- Pour the potatoes back in, stir-fry for 30 seconds, and remove from the pan.
- Plate the potatoes and sprinkle with sesame seeds.









**ADDITIONAL CONTENT**

- Do not deep-fry the potatoes too thoroughly, otherwise they will not easily hold their shape when served with the sugar coating, affecting the appearance.
- For the remaining cooking oil, consider collecting it back into an oil pot.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Celery Tossed Tea Tree Mushrooms**





Celery Tossed Tea Tree Mushrooms (*Agrocybe Aegerita*) is a simple and easy-to-make cold dish. Rich in vitamins and minerals needed by the human body. Generally beginners only need 30 minutes to complete.

Estimated Cooking Difficulty: ★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Minxing Tea Tree Mushrooms (Preserved/Bottled Tea Tree Mushrooms)
- Celery
- Sesame Oil
- Oyster Sauce
- Wei Ji Xian (Maggi/Soy Sauce)
- Edible Salt

**CALCULATIONS**

Determine how many servings you plan to make before cooking. One serving is enough for 1-2 people.

Per serving:

- Minxing Tea Tree Mushrooms: 1 bottle
- Celery: 250-300g (Recommended 30cm high celery seedlings, if not available, use mountain celery or regular celery but need to be blanched slightly)
- Sesame Oil: 5ml
- Oyster Sauce: About 7ml
- Wei Ji Xian (Soy Sauce): 3ml
- Edible Salt: About 2g

**OPERATION**

- (Skip this step if using celery seedlings) Boil a kettle of hot water, set aside.
- Pick off yellow leaves of fresh celery seedlings or celery and wash, set aside.
- (Skip this step if using celery seedlings) Pick off celery leaves and put them in a separate basin, slit celery stems into 2-3 mm wide celery strips with a knife, set aside. This step is to make celery cook faster and more evenly, and taste crispier and more refreshing.
- Cut celery seedlings into 4cm celery segments, set aside.
- (Skip this step if using celery seedlings) Heat pot, pour boiling water from the kettle into the pot until water bubbles and boils.
- (Skip this step if using celery seedlings) Put the cut celery strips into the pot to blanch, put in celery leaves after about 20 seconds, turn off heat after 5 seconds, fish out all and pass through cold water, set aside.
- Sprinkle prepared salt, sesame oil, oyster sauce and Wei Ji Xian on the blanched celery or celery seedlings in the basin and mix evenly.
- Pour Tea Tree Mushrooms into the basin and mix evenly.
- Plate.
- Start eating.

**ADDITIONAL CONTENT**

- Water level during blanching needs to cover celery.
- If celery leaves are too old and hard, you can discard them.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Celtuce Leaf Pancake

Celtuce Leaf Pancake is nutritious and delicious.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Celtuce Leaves (Lettuce Leaves)
- Eggs
- Cooking Oil
- Light Soy Sauce
- Starch
- Chicken Essence

### CALCULATIONS

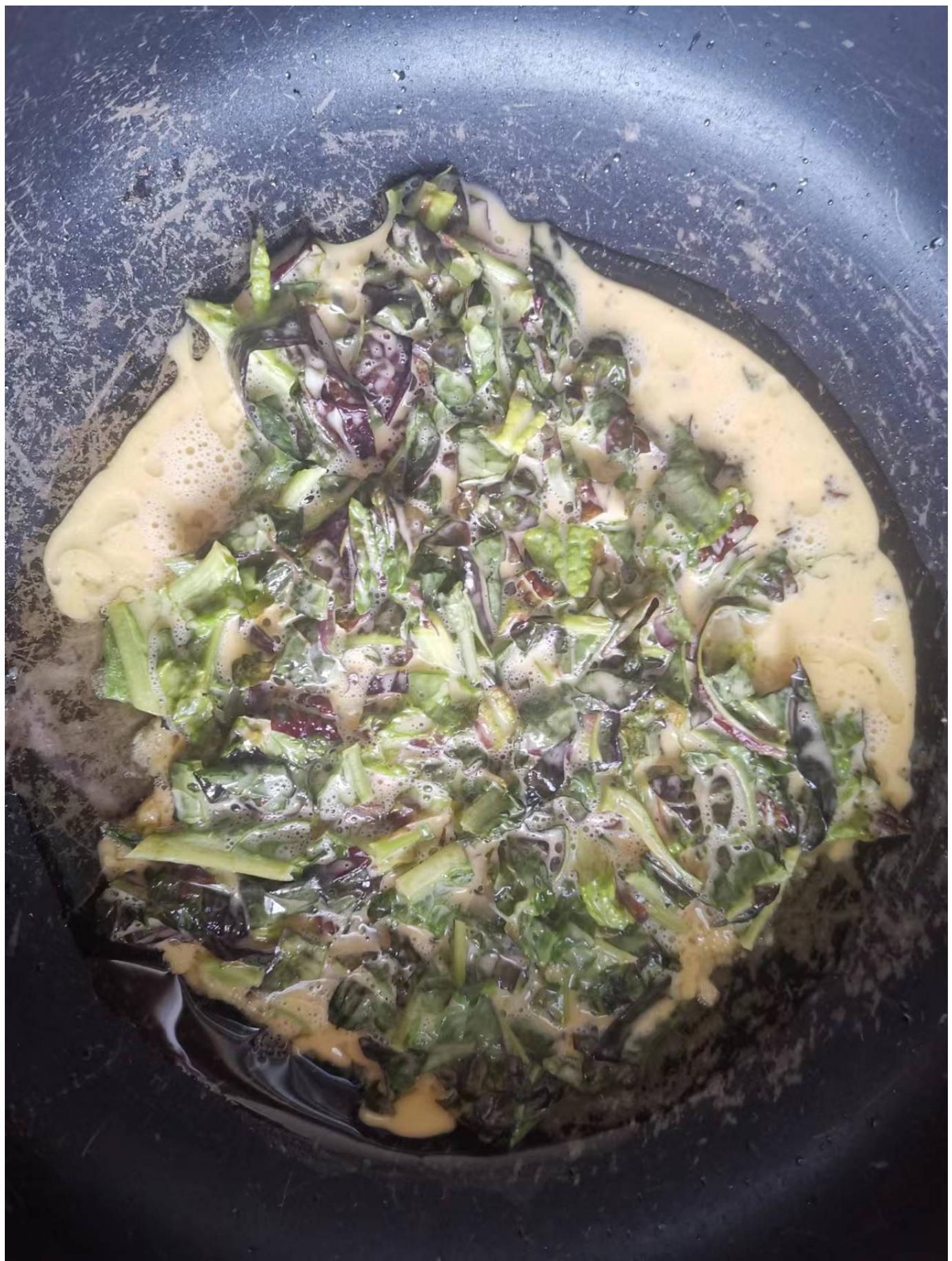
Per serving:

- Celtuce Leaves: 50 g
- Eggs: 2
- Cooking Oil: 30 ml
- Light Soy Sauce: 5 ml
- Starch: 15 g
- Chicken Essence: 2 g

### OPERATION

- Chop Celtuce leaves, add eggs, starch, light soy sauce, chicken essence and mix evenly for later use.
- Heat oil in the pan, pour in the Celtuce leaf batter, spread evenly on the pan surface.
- Fry the first side for 120 seconds, flip and fry for another 60 seconds, then serve.





**ADDITIONAL CONTENT**

- Choosing Celtuce leaves is because vegetable packages bought in some provinces/cities basically include Celtuce. You can replace it with leeks, etc.
- Celtuce leaves have a bitter taste if blanched directly and eaten cold, so choosing to make them into a side dish for pancakes is a good choice.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Century Egg Tofu

Century Egg Tofu is a simple and easy-to-make dish, generally beginners only need 5 minutes to complete. The preserved egg (Century Egg) is bouncy and tender, paired with the refreshing soft tofu, it is savory and appetizing, very good with rice!

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Century Eggs (Preserved Eggs)
- Lactone Tofu (Soft Tofu/Silken Tofu)
- Light Soy Sauce
- White Sugar
- Vinegar (Zhenjiang Balsamic Vinegar recommended)
- Sesame Oil (Optional)
- Chili Oil (Optional)
- Crushed Peanuts (Optional)
- Chopped Green Onions (Optional)
- Cilantro/Coriander (Optional)

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 1 person.

Per serving:

- Century Eggs: 2
- Lactone Tofu: 1 box
- Light Soy Sauce: 15 ml
- White Sugar: 2.5g
- Vinegar: 15 ml
- Sesame Oil: 15 ml
- Chili Oil: 10 ml
- Crushed Peanuts: 10 g
- Chopped Green Onions: 15 g
- Cilantro: 1 stalk

### OPERATION

- First peel the Century Eggs, cut into four wedges.
- Cut the soft tofu into blocks or slices and place in the middle.
- Mix light soy sauce, white sugar, vinegar, sesame oil, and chili oil into a sauce, pour it over.
- Finally, optionally sprinkle with crushed peanuts, chopped green onions, and cilantro.

### ADDITIONAL CONTENT

- Blanching the tofu first can remove the beany smell.
- You can apply some sesame oil on the knife when cutting preserved eggs to prevent sticking.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Cold Blanched Lettuce (Liang Ban You Mai Cai)

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Romaine Lettuce (You Mai Cai)
- Sesame Paste
- Soy Sauce
- Vinegar
- Oyster Sauce
- White Sugar
- Sesame Oil
- Garlic
- Salt

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 1-2 people.

Totals:

- 1 head Romaine Lettuce (about 200g) \* Servings
- 15ml Vinegar \* Servings
- 5ml Soy Sauce \* Servings
- 10ml Sesame Paste \* Servings
- 5ml Sesame Oil \* Servings
- 5g Sugar \* Servings
- 10ml Oyster Sauce \* Servings
- Two **bulbs** (original likely meant cloves, but says 'tou' head/bulb, usually means cloves in this context relative to quantity unless huge batch. Will assume cloves/large amount) Garlic \* Servings (Context check: usually 2 cloves per person. 'tou' can mean head. But 2 heads for 200g lettuce is insane. Likely 2 cloves).
- Corrected Translation: 2 Cloves of Garlic \* Servings

### OPERATION

- Smash garlic and mince it.
- Put vinegar, soy sauce, sesame paste, sesame oil, sugar, oyster sauce, minced garlic into a bowl and mix well.
- Cut Romaine Lettuce into sections, each section not exceeding 4cm.
- Put Romaine Lettuce into a larger basin, pour in the sauce from the above bowl, stir fully and evenly.

### ADDITIONAL CONTENT

- Sesame paste can be replaced with peanut butter.
- Sesame paste must be mixed evenly with Romaine Lettuce to taste better.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Cold Mixed Celtuce

Cold Mixed Celtuce, an appetizing side dish.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Celtuce (Asparagus Lettuce / Lettuce Stem)
- Radish
- Millet Chili
- Ginger
- Garlic Bulb
- Salt
- Cooking Oil

### CALCULATIONS

Per serving:

- Celtuce: 1 stalk
- Radish: 0.25
- Millet Chili: 2
- Ginger: 1 slice
- Garlic Bulb: 2 cloves
- Salt: 5 g
- Cooking Oil: 25 ml

### OPERATION

- Peel the Celtuce and cut into small strips. Cut radish into strips, put together into a large bowl, add salt and stir, let stand for 10 minutes.
- Wash the Celtuce with water 1-2 times after standing.
- Boil water in a pot, put in Celtuce, boil for 1 minute, fish out, drain water, put into a large bowl.
- Heat oil in a pan, put in ginger slice, garlic cloves, millet chili and stir-fry for 30-45 seconds, pour into the Celtuce.
- Stir fully, serve.

**ADDITIONAL CONTENT**

- Radish is not mandatory, just to increase the color of the dish.
- After serving, you can add extra condiments such as light soy sauce, white sugar, balsamic vinegar, sesame seeds, etc., according to personal taste.
- The size of the Celutce strips is decided by personal taste, but peel the Celutce skin as much as possible, otherwise it really affects the texture.
- Icing/Chilling effect is even better.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Cold Mixed Cucumber

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Cucumber
- Vinegar
- Soy Sauce
- Garlic

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 1 person.

Totals:

- Cucumber: 200 g \* Servings
- Vinegar: 7.5 ml + 4 ml \* Servings
- Soy Sauce: 5 ml + 2.5 ml \* Servings
- Garlic: 3 cloves \* Servings
- Salt: 0.4 g + 0.2 g \* Servings
- Sesame Oil: 5 ml + 2 ml \* Servings
- Oyster Sauce: 5 ml

### OPERATION

- Smash the cucumber with a kitchen knife, then chop into pieces 3 cm long.
- Put crushed cucumber into a bowl.
- Smash garlic and mince it.
- Pour vinegar, soy sauce, salt, oyster sauce and garlic into the bowl in turn, mix well and marinate for 15 minutes.
- Pour sesame oil into the bowl and mix evenly.

### ADDITIONAL CONTENT

- In some cases, the ends of the cucumber have a bitter taste, please verify after washing and cutting.
- Eat directly after making, or put it in the refrigerator to chill (not freeze) before eating.
- If put in the refrigerator, wrap tightly with plastic wrap/cling film, and finish eating within 8 hours, otherwise the cucumber will lose its crisp texture due to excessive marinating.
- Recommended to peel cucumber, taste is better.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Cold Mixed Enoki Mushrooms

Cold Mixed Enoki Mushrooms is a simple and fast appetizing cold dish. The texture is crisp, tender and smooth, rich in dietary fiber and various vitamins. The production process requires no complicated cooking skills, very suitable for novices and busy preparations. Generally beginners only need 10 minutes to complete.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Enoki Mushrooms
- Scallion
- Garlic
- Light Soy Sauce
- Vinegar
- White Sugar (Optional)
- Sesame Oil (Optional)
- Chili Oil (Optional)

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 1 person.

Per serving:

- Enoki Mushrooms: 150 g (About 1 small pack)
- Scallion: 5 g
- Garlic: 2 cloves
- Light Soy Sauce: 15 ml
- Vinegar: 10 ml
- White Sugar: 3 g (Optional)
- Sesame Oil: 5 ml (Optional)
- Chili Oil: 5 ml (Optional)

### OPERATION

- Cut off the roots of Enoki Mushrooms, rinse clean with clear water, set aside.
- Wash Scallion, cut into chopped green onions, set aside.
- Peel Garlic, minced into garlic puree, set aside.
- Add 1000 ml drinking water to the pot, bring to a boil over high heat.
- Put in Enoki Mushrooms, cook for **1-2 minutes**, until Enoki Mushrooms are soft.
- Fish out the cooked Enoki Mushrooms, drain water, put into a larger bowl, set aside.
- In another clean small bowl, add 15 ml Light Soy Sauce, 10 ml Vinegar, 3 g White Sugar (Optional), 5 ml Sesame Oil (Optional).
- Add minced Garlic.
- Mix well, make White Sugar fully dissolved, sauce mixed evenly.
- Pour the made sauce evenly on the Enoki Mushrooms.
- Sprinkle with chopped Scallion.
- According to personal preference, drizzle 5 ml Chili Oil (Optional).
- Mix gently with chopsticks, ready to eat.

**ADDITIONAL CONTENT**

- Enoki Mushrooms blanching time should not be too long, so as not to affect the texture.
- The ratio of sauce can be adjusted according to personal taste preferences.
- If you don't like spicy food, you can omit chili oil.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Cold Mixed Tofu

Cold Mixed Tofu is a refreshing and delicious home-style cold dish. Rich in plant protein and calcium, low fat and healthy, it is very suitable for summer consumption or as a daily side dish. The production process is simple and fast, generally beginners only need 10 minutes to complete.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Tofu (Recommended to choose Northern Tofu or Old/Firm Tofu)
- Scallion
- Garlic
- Light Soy Sauce
- Sesame Oil
- Vinegar (Optional)
- White Sugar (Optional)
- Chili Oil (Optional)

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 1 person.

Per serving:

- Tofu: 250 g (About 1 piece of common size tofu)
- Scallion: 10 g
- Garlic: 2-3 cloves
- Light Soy Sauce: 15 ml
- Sesame Oil: 5 ml
- Vinegar: 5 ml (Optional)
- White Sugar: 2 g (Optional)
- Chili Oil: 5 ml (Optional)

### OPERATION

- Cut Tofu into 2 cm small cubes, set aside.
- Add 500 ml drinking water to the pot, bring to a boil over high heat.
- Put in Tofu cubes, cook for **1-2 minutes**, to remove the beany smell and make the tofu texture firmer.
- Fish out the cooked Tofu cubes, drain water, put into a bowl, set aside.
- Wash Scallion, cut into chopped green onions, set aside.
- Peel Garlic, mince into garlic puree, set aside.
- In a clean small bowl, add 15 ml Light Soy Sauce, 5 ml Sesame Oil, 5 ml Vinegar (Optional), 2 g White Sugar (Optional).
- Add minced Garlic.
- Mix well, make White Sugar fully dissolved, sauce mixed evenly.
- Pour the made sauce evenly on the Tofu cubes.
- Sprinkle with chopped Scallion.
- According to personal preference, drizzle 5 ml Chili Oil (Optional).
- Mix gently with chopsticks or spoon, ready to eat.

**ADDITIONAL CONTENT**

- When making Cold Mixed Tofu, it is recommended to choose Northern Tofu or Old Tofu with harder texture, which is not easy to break and tastes better.
- If you like lighter taste, you can omit vinegar and chili oil.
- The ratio of sauce can be adjusted according to personal taste.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Cold Mixed Wood Ear

Cold Mixed Wood Ear. Since there are many dry goods in the distributed supplies, Wood Ear is a Relatively healthy food. And the cooking method of Cold Mixed Wood Ear is also relatively simple.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Dried Wood Ear (Wet/Fresh Wood Ear is also fine, but not if soaked too long ago, must be fresh wet Wood Ear)
- Garlic Cloves
- White Sugar
- Millet Chili
- Salt
- Sesame Oil
- Light Soy Sauce
- Vinegar
- Wasabi/Mustard (Optional)

### CALCULATIONS

Per serving (1 person):

- Dried Wood Ear: 20g / Wet Wood Ear: 120g
- Garlic Cloves: 2-3
- Millet Chili: 2
- Salt: 2 g
- Sugar: 5-10g (According to personal taste)
- Light Soy Sauce: 15ml
- Vinegar: 15ml
- Sesame Oil: 5ml
- Wasabi: (About 2cm)

### OPERATION

- Soak dried Wood Ear, water amount about 400ml, soak for about 45 minutes. (Skip this step for wet Wood Ear)
- Treat the soaked Wood Ear by removing the roots (as shown in Figures 4, 5, 6), and wash thoroughly.
- Boil water in a pot, add Wood Ear after water boils, cook over high heat for 1.5-2 minutes.
- Mince garlic cloves and Millet Chili into a bowl (choose medium-large bowl), and add salt, sugar, light soy sauce, vinegar, sesame oil, wasabi in order, amounts as above.
- Fish out Wood Ear and drain water, put into the bowl from the previous step.
- Stir fully, serve.

品名：东北小秋耳

配料：木耳

生产日期：见包装

保质期：12个月

贮存条件：置阴凉通风干燥处存放

食用方法：泡发洗净后用来煲汤、炒制等

委托方：北京本来工坊科技有限公司

地址：北京市大兴区经济开发区科苑路9号3号楼二层S3208室

电话：4006-917-917

产品执行标准：GB 7096

生产商信息码见生产日期后英文字母代码

受委托方(A)：上海裕田农业科技有限公司(分装)

食品生产许可证编号：SC11631011600384

地址：上海市金山工业区金舸路666号1幢、2幢、5幢

产地：上海市金山区

原料产地：黑龙江省牡丹江市

受委托方(B)：上海喜德旺食品有限公司分公司

食品生产许可证编号：SC11431011700918

地址：上海市松江区九亭镇茂联路390号6幢

产地：上海市松江区





















**ADDITIONAL CONTENT**

- The amount of seasonings can be adjusted according to personal taste. If you don't like wasabi, you don't need to add it.
- It tastes better after the Wood Ear cools down and absorbs the flavor, about 15 minutes.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Crispy Tofu

The rich sauce coats the tofu, making it unstoppable once you take a bite. It's incredibly delicious.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Firm Tofu (Old Tofu)
- Eggs
- Light Soy Sauce
- Dark Soy Sauce
- Oyster Sauce
- White Sugar
- Corn Starch
- Flat-bottomed Pan

### CALCULATIONS

Per serving:

- Firm Tofu: 1 block (Market buy 1.25 squares \* person)
- Eggs: 2 \* Tofu blocks
- Corn Starch: 50 g \* Tofu blocks
- Light Soy Sauce: 20 g
- Oyster Sauce: 10 g
- Dark Soy Sauce: 5 g
- White Sugar: 10 g

### OPERATION

- Beat eggs to form egg liquid and set aside.
- Configure sauce (20 g Light Soy Sauce + 10 g Oyster Sauce + 5 g Dark Soy Sauce + 10 g White Sugar + 10 g Corn Starch + 200 ml Clear Water).
- Cut firm tofu into slices (Personal suggestion, for reference only: Person \* 5 slices, thickness 1.2 cm).
- Pour corn starch into a plate, coat the tofu slices with starch, then coat with egg liquid, place aside.
- Heat the pan, put 18ml cooking oil into the pan. Wait 10 seconds for the oil temperature to rise.
- Put the tofu slices coated with egg liquid evenly into the pan, covering the bottom. Pan-fry over low heat until golden yellow, then flip.
- After both sides are fried to golden yellow, pour in the sauce, let each piece of tofu be bathed in the sauce, cook over high heat for 3 minutes until the sauce is thick.
- Turn off the heat.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Di San Xian (Sauteed Potato, Green Pepper and Eggplant)**

Estimated Cooking Difficulty: ★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Eggplant
- Potato
- Hot Pepper (Green Pepper)
- Scallion
- Ginger
- Garlic
- Bean Paste (Doubanjiang)
- Light Soy Sauce
- Salt
- Sugar
- Starch

### **CALCULATIONS**

Note: This dish only has a version sufficient for 2-4 people.

- Eggplant: 100g
- Potato: 150g
- Hot Pepper: 3 - 4 pieces
- Starch: 20g

Use the above conditions to calculate the proportion of raw materials planned to be used.

### **OPERATION**

- Wash and peel potatoes. Wash eggplant and hot peppers.
- Cut 3g scallion into 0.5cm sections. Mince 10g garlic. Mince 10g ginger.
- Cut eggplant, potato, and hot peppers into 15g small blocks.
- Heat the pan, add 25ml oil.
- Add potatoes, fry for about 3 minutes, wait until it is about 80% cooked, indicated by a golden yellow color.
- Fish out the potatoes, leave the oil.
- Add eggplant, fry for about 40 seconds, wait until it is about 70% cooked, indicated by a golden yellow color.
- If there is no flowing oil in the pot, consider adding 15ml oil.
- Add 3g scallion, 10g ginger.
- Add 20ml Bean Paste.
- Add 10ml Light Soy Sauce.
- Add 8g Salt.
- Add 10g Sugar.
- Add the previously processed potatoes.
- Add hot peppers.
- Stir-fry for 1 minute.
- Add 10g garlic.
- Add 200ml water and 20g starch.
- Wait for the water to boil, when the soup reduces by half, turn off the heat and plate.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Egg Drop Soup (Ji Dan Hua)

Egg Drop Soup is a simple dish. It is a home remedy for moistening lungs, relieving cough and soothing throat discomfort. For beginners, doing it once is enough to learn. There are two ways to make it: sweet and salty.

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Egg
- White Sugar (Optional, for sweet taste)
- Salt (Optional, for salty taste)
- Whisk (Optional)

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 1 person.

Per serving:

- Egg: 1 (About 50g after shelling)
- Boiling Water: 100 - 150 ml
- White Sugar: 5 - 10 g (If making sweet taste)
- Salt: 1 - 2 g (If making salty taste)

### OPERATION

- Crack the egg into a bowl.
- Use chopsticks or whisk to beat the egg liquid in one direction until egg white and egg yolk are completely mixed evenly and color is consistent. (This process takes about 1 - 2 minutes)
- Add seasoning such as sugar or salt into egg liquid, mix slightly.
- Prepare 100 °C boiling water just boiled.
- **While stirring the egg liquid in the bowl quickly with chopsticks, pour the boiling water into the egg liquid in a thin stream.** Ensure good mixing of boiling water and egg liquid.
- Continue to stir for a moment until the egg liquid is completely scalded cooked, forming uniform light yellow egg flowers.

### ADDITIONAL CONTENT

- To prevent Salmonella that may be contained in raw eggs, it is recommended to use 100 °C boiling water just boiled to instantly scald the egg liquid completely.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Egg Ham Stir Fried Cucumber

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Cucumber
- Eggs
- Ham Sausage
- Salt
- Light Soy Sauce
- Red Hot Pepper (Optional)

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 1 person.

Per serving:

- Cucumber: 1 (About 200g)
- Eggs: 2
- Ham Sausage: 1 (About 40g)
- Red Hot Pepper: 1 (Optional)
- Cooking Oil: 10ml
- Light Soy Sauce: 3ml
- Salt: 2g

### OPERATION

- Wash cucumber, cut into semi-circular slices, set aside.
- Cut ham into semi-circular slices, set aside.
- Chop Red Hot Pepper (Optional), set aside.
- Crack eggs into a bowl, whisk evenly, this is Egg Liquid .
- Pour 5ml cooking oil into hot pot.
- After oil is hot, turn to low heat, pour in beaten Egg Liquid , scramble with chopsticks, stir-fry until eggs solidify and color turns slightly yellow, this is Half-cooked Eggs , take out and set aside.
- **Do not wash the pot**, pour 5ml cooking oil into the pot, pour in cucumber slices and **stir-fry on high heat for 1 minute**.
- Pour Half-cooked Eggs into the pot, add 2g salt, 3ml light soy sauce, immediately pour in ham slices and chopped pepper (optional), stir-fry evenly.
- Turn off heat, plate.

### ADDITIONAL CONTENT

- Ham is salty, add it after seasoning, so that ham won't get more salt.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Eggplant Stewed Potato

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Eggplant
- Potato
- Meat (Pork)
- Chili/Pepper (Green Pepper, **NOT chili powder or chili oil**)
- Soy Sauce
- Salt
- Garlic

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 2-3 people.

Totals:

- Eggplant Quantity = Servings \* 1 (Each eggplant about 150g)
- Potato Quantity = Servings \* 1 (Each potato about 150g)
- Meat Quantity = Servings \* 180 g
- Soy Sauce Quantity = Servings \* 15 ml
- Salt Quantity = Servings \* 5 g
- Chili Quantity = 50 g (Seasoning, so put this amount regardless of people)
- Garlic Quantity = 3 cloves (Seasoning, so put this amount regardless of people. Note it is 3 cloves, **NOT 3 whole heads**)

### OPERATION

1. Wash eggplant, potato, chili. Peel garlic and crush it.
2. Cut eggplant and potato into blocks of about 6 cubic cm, cut chili into 5g small pieces, cut meat into 3cm shreds.
3. Turn on the fire, heat the pot, add Servings \* 13 ml oil.
4. When you see a wisp of smoke from the oil in the pot, put in the chili.
5. After frying out the chili fragrance, immediately put in the meat and stir-fry with a spatula for 30 seconds.
6. Put in the potato, stir-fry for 30 seconds.
7. Put in the eggplant, stir-fry for 30 seconds.
8. Put in soy sauce and salt, continue to stir-fry for 5 minutes.
9. Add water, the water level height should be 0.9 times the height of ingredients in the pot, and cover the pot lid.
10. Wait until the water level in the pot remains 0.1 times the height of ingredients, open the lid, put in garlic, stir evenly, turn off the fire.

### ADDITIONAL CONTENT

In steps 5-7 of the operation, pay attention: during this process, if there is no liquid (oil or water) at the bottom of the pot, add 5 ml of water and continue to stir-fry.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Enoki Mushroom Japanese Tofu Pot

Enoki Mushroom Japanese Tofu Pot is an easy-to-learn daily dish.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Enoki Mushrooms
- Japanese Tofu (Egg Tofu)
- Millet Chili
- Light Soy Sauce
- Oyster Sauce
- Salt
- Sugar
- Cooking Oil

### CALCULATIONS

Per serving:

- Enoki Mushrooms: 1-2 bunches
- Tofu: 2 bags/tubes
- Millet Chili: 3-5, chopped
- Garlic: 2-3 cloves
- Light Soy Sauce: 15ml
- Oyster Sauce: 5ml
- Dark Soy Sauce: 3ml
- Sugar: 3g
- Cooking Oil: 10-15ml

### OPERATION

- Cut tofu into slices, fry over low heat until both sides are golden yellow, serve and set aside.
- Minced garlic; mix light soy sauce, oyster sauce, dark soy sauce, sugar, 100ml water to make a sauce, set aside.
- Heat oil in the pot, burst fragrance of millet chili and minced garlic, put in Enoki mushrooms first, stir-fry until soft, spread the fried tofu on top of Enoki mushrooms, pour in the prepared sauce from previous step, simmer/braise for 5 minutes, collect juice over high heat.

### ADDITIONAL CONTENT

- Enoki mushrooms must be fried soft first.
- Try not to stir-fry the tofu, it breaks easily.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Garlic Broccoli

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Broccoli 1 head
- Garlic 3-4 cloves
- Light Soy Sauce
- Oyster Sauce
- White Sugar

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 2 people.

Per serving:

- Broccoli: About 200 g (About 1/2 medium size broccoli)
- Garlic: 3-4 cloves
- Light Soy Sauce: 10 ml
- Oyster Sauce: 5 ml
- White Sugar: 2 g

### OPERATION

- Cut the broccoli into small florets and wash clean.
- Peel the garlic, mince into garlic foam, set aside.
- Add 1000 ml drinking water to the pot, bring to a boil over high heat.
- Put in broccoli, keep high heat and **boil for 2-3 minutes**, until the broccoli color becomes emerald green and the texture becomes soft.
- Fish out the cooked broccoli, drain water, arrange in a plate, set aside.
- Heat the pot, add 10 ml cooking oil. After oil temperature rises, put in minced garlic, stir-fry over low heat until fragrant.
- Add 10 ml light soy sauce, 5 ml oyster sauce, 2 g white sugar, add 30 ml drinking water.
- Bring the sauce in the pot to a boil.
- Pour the cooked garlic sauce evenly over the broccoli in the plate.

### ADDITIONAL CONTENT

- Blanching time should not exceed the recommended duration to avoid affecting the texture and nutrition of broccoli.
- If you want to keep the broccoli crispier, you can shorten the blanching time.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Garlic Water Spinach

Background:

I once ate Garlic Water Spinach (Hollow Heart Vegetable / Ong Choy) at a Sichuan restaurant near my school, and I have loved it ever since.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Water Spinach
- Minced Garlic
- Salt
- Light Soy Sauce
- Chopsticks
- Spatula

### CALCULATIONS

Per serving:

- Fresh Water Spinach: 250 g
- Garlic: Half a head, chopped into minced garlic
- Cooking Oil: 45 ml
- Salt: 2 g
- White Sugar: 3 g
- Light Soy Sauce: 8 ml

### OPERATION

- Wash Water Spinach, remove rotten leaves or old stems, cut evenly into 2 or 3 sections (to prevent being too long and hard to fry).
- Pour a small amount of oil into the pot first, heat until slightly smoking. At this time, pick up the pot and swirl the hot oil around to coat the pot bottom evenly, then pour in the remaining oil ([Hot Pot Cold Oil Method](#)).
- Put in minced garlic, fry on low heat for 10 to 15 seconds to bring out fragrance.
- Put in Water Spinach evenly and quickly, **turn to high heat**. Hold spatula in left hand and chopsticks in right hand, coordinate to flip Water Spinach constantly, **until softened and turns green**.
- Then no need to use chopsticks, use spatula to quickly stir-fry the softened Water Spinach for 15-20 seconds to heat evenly. Sprinkle in 2g salt, 3g white sugar, 8ml light soy sauce.
- Continue to stir-fry on high heat for 10 seconds, serve.



**ADDITIONAL CONTENT**

- Try to choose fresh, tender Water Spinach, otherwise the taste might be tough after frying.
- The actual amount of Water Spinach can be decided according to the size of the pot. It is recommended not to exceed one pot, otherwise if it's too much, it's easy to drop some Water Spinach onto the stove during the initial flipping and subsequent stir-frying.
- When frying Water Spinach, must **use high heat**, so that Water Spinach can soften quickly while maintaining crisp and tender texture. High heat also helps to bring out the fragrance of soy sauce.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Golden Coin Eggs

Golden Coin Eggs is a dish where boiled eggs are sliced and fried until golden, then stir-fried with green and red peppers and fermented black beans (Dou Chi). Crisp outside and tender inside, savory and slightly spicy, shaped like copper coins meaning auspiciousness. Simple, quick and appetizing Hunan home-style dish~

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Eggs
- Line Pepper (Green Chili)
- Millet Chili (Red Chili)
- Bean Paste (Doubanjiang)
- Garlic
- Scallion (Small Green Onion)
- Corn Starch (Optional)
- Cooking Oil
- Light Soy Sauce
- Oyster Sauce
- Sugar

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 2 people.

Per serving:

- Eggs: 5
- Corn Starch: 40 g
- Cooking Oil: 20-35 ml
- Line Pepper: 15 g
- Millet Chili: 6-15 g (About 2-5)
- Bean Paste: 15 ml
- Garlic: 10 g (About 2-3 cloves)
- Scallion: 3 g (About 1-2 stalks)
- Light Soy Sauce: 15 ml
- Oyster Sauce: 15 ml
- Sugar: 5 g

### OPERATION

- Put eggs in cold water pot, boil over high heat then turn to low heat and cook for 8 minutes.
- Rinse with tap water to cool down, facilitating peeling.
- Mince garlic (particle diameter not larger than 1 mm), cut line pepper and millet chili into small granules (about 2-3 mm).
- Cut each cooked egg along the short axis into 4 slices of similar volume.
- If you plan to coat with starch, coat each egg slice with starch, shake off excess starch.
- Put 25 ml oil in the pot (if not coating with starch, put 20 ml), put in cooked egg slices.
- Fry until slightly scorched/golden yellow, add 10 ml oil (if not coating with starch, add 10 ml), flip.
- After the second side is slightly yellow, add line pepper, millet chili, minced garlic and fry for about one minute, flip.
- Then add bean paste and fry for about dozens of seconds, flip.

- Mix light soy sauce, oyster sauce, sugar into a sauce, pour in, shake the pot gently and serve.

**ADDITIONAL CONTENT**

- Original flavor recommendation is 15 g chili, if you can't eat spicy reduce to 6 g, you can also remove chili seeds.
- Recommended to use a non-stick pan, initial oil can be reduced by 5 ml when using non-stick pan.
- Ensure eggs are fully solidified when peeling.
- Do not over stir-fry, easy to fall apart.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Griddle Cauliflower (Gan Guo Hua Cai)**

Griddle Cauliflower is a common dish in Hunan cuisine.

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Cauliflower
- Pork Belly
- Chili Pepper
- Light Soy Sauce
- White Sugar
- Garlic
- Salt
- Oil

**CALCULATIONS**

Per serving:

- Cauliflower: 400 g
- Pork Belly: 100 g
- Chili Pepper: 1-2 pieces
- Light Soy Sauce: 10 ml
- White Sugar: 5 g
- Garlic Cloves: 3-4
- Salt: 2 g
- Oil: 10 ml

**OPERATION**

- Face the cauliflower flower-side down and soak in light salt water for 20 minutes. Then wash and use a small knife to break into small florets.
- Blanch in boiling water for 1 minute, fish out and immediately rinse with cold water until completely cool, drain water for later use.
- Cut pork belly into thin slices, slice the white part of the garlic (or leek/scallion white) flat with the back of a knife, and cut small red chili peppers into sections.
- Heat the pot and put in oil. When the oil is hot, add the scallion whites to burst out the aroma.
- Put the pork belly slices into the pot, stir-fry over medium heat until the surface basically changes color, continue to stir-fry for a while to force out some of the fat from the fatty meat.
- Pour in the red chili sections and cauliflower, stir-fry a few times.
- Add 10 ml Light Soy Sauce.
- Add 5 g White Sugar, turn to high heat and stir-fry constantly for 1 minute.
- Cut the garlic leaves (or green part) into sections, put them into the pot, stir-fry for a few times, turn off the heat, cover the lid and simmer for 1 minute.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Hand-torn Cabbage**

Hand-torn Cabbage is a famous Han dish with complete color, fragrance, and taste, belonging to the Hunan Cuisine.

Estimated Cooking Difficulty: ★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Cabbage
- Pork Belly
- Millet Chili
- Cooking Oil
- Cooking Wine
- Light Soy Sauce
- Balsamic Vinegar (Xiang Cu)
- Chicken Essence
- Ginger
- Garlic Bulb
- Garlic Sprouts/Leeks
- Salt

### **CALCULATIONS**

Per serving:

- Cabbage: 1 head
- Pork Belly: 200 g
- Millet Chili: 2
- Cooking Oil: 60 ml
- Cooking Wine: 5 ml
- Light Soy Sauce: 5 ml
- Balsamic Vinegar: 5 ml
- Chicken Essence: 2 g
- Ginger: 2 slices
- Garlic Bulb: 2 cloves
- Garlic Sprouts: 0.5 stalk
- Salt: 5 g

### **OPERATION**

- Cut the cabbage in half, remove the white part in the middle [See Figure 1].
- Tear the cabbage by hand, put 2 g salt in a bowl, wash the cabbage and drain for later use [See Figure 2].
- Process ginger slices, garlic cloves, millet chili, and garlic sprouts for later use [See Figure 3].
- Slice the pork belly, wash with clear water for later use.
- Add 30 ml cooking oil to the pot, pour in cabbage and stir-fry, stir-fry over high heat for 1 minute, add 3 g salt, continue to stir-fry for 2 minutes, then remove for later use.
- Add 30 ml cooking oil to the pot, pour in pork belly, stir-fry over high heat for 1 minute.
- Pour in ginger slices and other materials, stir-fry for 1 minute.
- Pour in cabbage and stir-fry, add Balsamic Vinegar, Cooking Wine, Chicken Essence, Cooking Wine (Repeated in original, ignore), continue to stir-fry over high heat, serve after 2 minutes.









**ADDITIONAL CONTENT**

- In step 5, the frying time needs to be adjusted according to the actual situation, generally until the cabbage is 70% cooked. 70% cooked means the cabbage has released water and the texture has become soft.
- In step 5, the purpose of adding salt is to lock the moisture of the cabbage while giving the cabbage a little taste.
- In the last step, adjust the frying time flexibly according to the actual situation and personal taste.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Home Style Japanese Tofu**

Home Style Japanese Tofu uses a golden crisp shell to wrap the delicate Japanese Tofu. Three-minute quick stir-fry achieves the light of the dining table, crisp, tender, salty and fragrant, attacking the taste buds.

Estimated Cooking Difficulty: ★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Japanese Tofu (Egg Tofu)
- Green Pepper
- Carrot
- Ham Sausage (Optional)
- Black Wood Ear (Optional)
- Onion (Optional)
- Starch (Cornstarch)
- Garlic
- Oil (For frying tofu, enough to cover more than half)
- Light Soy Sauce 8 ml
- Oyster Sauce 15 ml
- Salt (Salty Fresh taste)
- Chicken Essence (Salty Fresh taste, Optional)
- Ketchup (Sweet and Sour taste)
- White Sugar (Sweet and Sour taste)

### **CALCULATIONS**

Determine how many servings you plan to make before cooking. One serving is enough for 2 people.

Per serving:

- Japanese Tofu: 300 g (About 3 tubes)
- Green Pepper: 120 g (1 medium size)
- Carrot: 50 g
- Ham Sausage: 50 g (About 1 stick)
- Black Wood Ear: 30 g (About 10 g dry wood ear soaked)
- Starch: 80 g
- Onion: 30 g
- Garlic: 10 g (About 2 cloves)
- Oil: 160-165 ml
- Light Soy Sauce: 8 ml
- Oyster Sauce: 15 ml
- Salt: 2 g (If chicken essence is added, put only 0.5g or none)
- Chicken Essence: 3 g
- White Sugar: 10 g
- Ketchup: 15 ml

### **OPERATION**

- Slice carrots, cut peppers into thin pieces, chop onions and garlic.

- Open the bag of Japanese Tofu and cut it, cut into cylinders about 1 cm thick.
- Put starch in a flat plate, ready to coat tofu.
- Gently put tofu on the flour, coat both top and bottom sides and the surrounding area with flour, be careful not to coat too thick.
- Put 150 ml oil in a flat-bottomed pan, the oil should be able to cover a large half of the tofu. Watch the edge color turn golden yellow, then flip and fry.
- When both sides are fried, fish them out and put them in a clean plate for later use.
- Pour 10-15 ml oil into the wok, put in scallion/onion and garlic, fry until fragrant, then put in green pepper, carrot, ham sausage, black wood ear.
- Add oyster sauce, light soy sauce, salt, chicken essence, white sugar, ketchup.
- Gently stir-fry until color is uniform.

**ADDITIONAL CONTENT**

- Don't leave fried tofu for too long, prepare ingredients in advance.
- References: [Home Style Braised Japanese Tofu](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Hot And Sour Potato Shreds

Hot And Sour Potato Shreds is a simple and easy-to-make dish. Bright color, sour and spicy. The auxiliary ingredient chili is rich in Vitamin C. The ingredients are simple, easy to learn and do.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Potato
- Garlic
- Green Pepper
- Red Pepper
- Dried Chili
- Scallion
- Light Soy Sauce
- Vinegar (Aged Vinegar / Chen Cu)
- Salt

### CALCULATIONS

Per serving:

- Potato: 240g (The thinner and longer the shreds, the better)
- Garlic: 4 cloves
- Green Pepper: 0.5
- Red Pepper: 0.5
- Dried Chili: 3
- Scallion: 1 stalk
- Light Soy Sauce: 5ml
- Aged Vinegar: 10ml
- Salt: 2g
- Cooking Oil: 10-15ml

### OPERATION

- Peel potato, cut into shreds (or use a shredder).
- Wash the cut potato shreds with clear water to remove excess starch, then blanch the potato shreds for 10 seconds. Drain, set aside.
- Cut scallion, garlic, dried chili into small pieces, cut green and red peppers into shreds.
- Heat the pot, heat oil over low heat to burst fragrance of garlic and dried chili.
- Add green and red peppers and stir-fry a few times, add potato shreds and stir-fry until color changes.
- Add 5ml light soy sauce, 10ml aged vinegar, minced garlic, finally add salt and stir-fry evenly.

### ADDITIONAL CONTENT

- Starch must be cleaned thoroughly from potato shreds, otherwise they will all stick together.
- After adding minced garlic and salt, serve as soon as possible to retain garlic fragrance and avoid destroying the texture.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Kabayaki Eggplant

Use Kabayaki sauce to cook eggplant.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Eggplant
- Kabayaki Sauce (Eel Sauce) ingredients
- Honey
- White Sugar
- Light Soy Sauce
- Dark Soy Sauce
- Cooking Wine
- Water

### CALCULATIONS

- Decide the amount of oil according to the type of pot
- Non-stick pan: After oil gathers into drops, it should be spread over the area of the eggplant
- Iron pan: Oil can just cover the bottom of the pan after spreading
- 1 long eggplant (top small bottom big) (Note: do not use Zhejiang eggplant or round eggplant)
- 1 portion of Kabayaki Sauce
- 20 ml Honey
- 15 ml White Sugar
- 40 ml Light Soy Sauce
- 10 ml Dark Soy Sauce
- 20 ml Cooking Wine
- 100 ml Water

### OPERATION

- Peel the eggplant, cut transversely into two sections
- Steam for 5 minutes
- Cut longitudinally, do not cut through, make 2~3 cuts on the cut surface on both sides until it can be flattened
- Fry until both sides are golden yellow
- Pour Kabayaki sauce on the eggplant until it covers 1/2 of the eggplant height
- Fry until the back side is colored, flip
- Reduce the sauce at the same time. If unable to reduce, you can add water starch (ratio of raw starch to water is 1:4 to 1:10 depending on the reduction situation)
- Pour the remaining Kabayaki sauce on the eggplant
- Serve, a portion of Eggplant Kabayaki is ready

### ADDITIONAL CONTENT

- This Kabayaki is actually very Chinese style, Japanese Kabayaki is actually grilled.
- The soul lies in the Kabayaki sauce? You can also buy ready-made Kabayaki sauce.
- If you feel it is greasy, you can sprinkle some small chopped green onions of 2~5 mm after plating, and the color matching can be less monotonous.

- For stir-fried eggplant (Fish-fragrant Eggplant, Sauce-exploded Eggplant), I strongly recommend Zhejiang eggplant. It is slender so cutting into rolling blocks is just right, the skin is very tender unlike here where it implies needing peeling, and the eggplant taste is moderate.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Oil Vinegar Fried Eggs**

Oil Vinegar Fried Eggs is a very simple but extremely delicious dish with excellent color, fragrance and taste, belonging to Hunan Cuisine. It is very simple to make, taking about ten minutes.

Estimated Cooking Difficulty: ★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Eggs
- Millet Chili
- Scallion
- Garlic
- Oil
- Balsamic Vinegar (Xiang Cu)
- Light Soy Sauce
- Oyster Sauce (Optional but recommended)
- White Sugar (Optional)

### **CALCULATIONS**

Determine how many servings you plan to make before cooking. One serving is enough for 2 people.

Per serving:

- Eggs: 4
- Millet Chili: 10 g (about 3)
- Cooking Oil: 35-50 mL
- Scallion: 10 g
- Garlic: 5 g
- Balsamic Vinegar: 15 mL
- Light Soy Sauce: 10-15 mL
- Oyster Sauce: 10 g
- White Sugar: 0-5 g

### **OPERATION**

- Eggs do not need to be beaten, directly crack into a bowl for later use.
- Scallion cut into 3cm long small sections.
- Put garlic cloves and millet chili into a garlic press/chopper, beat into foam/mince.
- Add balsamic vinegar, light soy sauce, oyster sauce, white sugar, and water to a small bowl, stir evenly to make sweet and sour sauce.
- Heat oil and pour in eggs, break into large pieces after the eggs solidify, pour in minced garlic, minced millet chili, pour in sweet and sour sauce.
- Collect juice/reduce sauce over high heat, add scallion sections when almost out of the pot.

### **ADDITIONAL CONTENT**

- Personally tested Lao Heng He Brewed Balsamic Vinegar (Zero Additive) tastes best, vinegar fragrance is the soul of this dish.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Olive Vegetable Minced Meat Green Beans**

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Green Beans (String Beans / Four Season Beans)
- Pork Belly
- Olive Vegetable (Preserved vegetable with olives)
- Garlic
- Millet Chili (Optional if you don't eat spicy)

**CALCULATIONS**

- Green Beans: 220g
- Pork Belly: 100g
- Olive Vegetable: 20g
- Garlic: 10g
- Millet Chili: 10g

**OPERATION**

- Wash the Green Beans, tear off the strings cleanly, then cut into granules of uniform size for later use.
- Smash garlic and mince into garlic puree for later use.
- Cut Millet Chili into granules of uniform size for later use.
- Remove skin from Pork Belly, then mince into meat mince for later use.
- Heat the pot/wok, then add 20ml oil to lubricate the pot (Hua Guo - swirl oil to coat). After lubricating, pour out the hot oil, then add 10ml cold oil. This is the legendary "Hot Pot Cold Oil", mainly to prevent meat mince from sticking to the pot.
- If you don't have an oil drying bottle at home, you can skip lubricating the pot. After putting in oil, add meat mince directly and start stir-frying. Stir-fry over low heat for two minutes to fry out the lard/pork fat.
- After the meat mince is fragrant, add minced garlic, Olive Vegetable and Millet Chili, stir-fry until fragrant.
- Add Green Beans and stir-fry over medium heat. Green Beans must be stir-fried for at least 5 minutes. Make sure the Green Beans are **cooked through**, otherwise it may cause food poisoning.
- After the Green Beans are cooked, add 2ml soy sauce directly from the edge of the pot, then add 2g salt, 1g chicken essence, 1g pepper powder and 0.5g sugar.
- Stir-fry the seasonings evenly.
- Serve, plate.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Onion Stir-fry Eggs

Onion Stir-fry Eggs is a well-known dish in daily life in China.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Eggs
- Onion
- Cooking Oil
- Salt
- Scallion/Green Onion
- Cooking Wine

### CALCULATIONS

Per serving:

- Eggs: 2
- Onion: 50 g
- Cooking Oil: 50 ml
- Salt: 2 g
- Scallion: Half a stalk
- Cooking Wine: 2 ml

### OPERATION

- Crack eggs into a large bowl, add onion slices and salt, stir for 60 seconds.
- Heat oil in a pan, pour in eggs, fry one side for 30-45 seconds, flip and continue to stir-fry, repeat for 2-3 minutes, sprinkle with cooking wine and serve.
- Plate the eggs, sprinkle with chopped green onions.



**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Oyster Sauce Lettuce

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Lettuce
- Oyster Sauce
- Garlic
- Light Soy Sauce
- Salt
- White Sugar
- Cooking Oil

### CALCULATIONS

The portion of this dish is the same as the standard portion ordered in Sichuan restaurants.

- Lettuce: 1 head (200 g ± 50)
- Oyster Sauce: 6-8 ml
- Garlic: 4-5 cloves (minced or chopped)
- Light Soy Sauce: 6 ml
- Salt: 0.5 g
- White Sugar: 1 g
- Cooking Oil: 5-8 ml

### OPERATION

- Wash the lettuce and remove rotten leaves.
- Heat the pot, first put 1 L clear water (cold), then put 2-3 ml cooking oil and 0.5 g salt into the pot, wait for the water in the pot to boil.
- After the water boils, put in the lettuce, blanch **every** lettuce leaf for 10 seconds.
- Fish out the lettuce, drain the water, and arrange on a plate.
- Make the sauce: Put 10 ml Light Soy Sauce, 6-8 ml Oyster Sauce, 0.5 g Salt, 1 g White Sugar into a bowl and mix well, add 10-15 ml clear water (cold) and stir evenly.
- Turn on the fire again, heat the pot, put in 5-8 ml cooking oil, add minced garlic when the oil is hot.
- Wait until the garlic aroma floats out, pour in the mixed sauce, boil it, and turn off the heat immediately.
- Evenly **pour** the soup/sauce from the pot over the lettuce.

### ADDITIONAL CONTENT

This dish is rich in vitamins, simple to make, and tastes refreshing without causing internal heat.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Oyster Sauce Three Fresh Mushrooms

Oyster Sauce Mushrooms made in a few minutes, smooth, tasty and delicious.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Shiitake Mushrooms
- Shimeji Mushrooms (Crab Flavor Mushroom)
- White Beech Mushrooms (White Jade Mushroom)
- Millet Chili (Bird's Eye Chili)
- Bell Pepper (Vegetable Pepper)
- Cooking Oil
- Salt
- Cooking Wine
- Starch
- Light Soy Sauce
- Chicken Essence
- Scallion (Chives)
- Minced Ginger
- Oyster Sauce
- Broccoli

### CALCULATIONS

Per serving:

- Fresh Shiitake Mushrooms: 2
- Shimeji Mushrooms: 30 g
- White Beech Mushrooms: 30 g
- Millet Chili: 1
- Bell Pepper: 0.5
- Cooking Oil: 10 ml
- Edible Salt: 5 g
- Cooking Wine: 2 ml
- Starch: 10 g
- Light Soy Sauce: 10 ml
- Chicken Essence: 3 g
- Scallion: 0.5 stalk
- Minced Ginger: 1 piece
- Oyster Sauce: 5 ml
- Boiling Water: 350 ml
- Broccoli: 100 g

### OPERATION

- Remove the soil from the roots of Shimeji and White Beech mushrooms, break the mushroom clusters apart.
- Slice Shiitake mushrooms (thickness 0.5-1 cm per slice, thicker is chewier than thin).

- Pour the starch into a small bowl, add 50ml of water, stir until the starch melts without particles (i.e., water starch) for later use.
- Boil water, put in broccoli, boil in clear water for 3 minutes, put in a bowl for later use.
- Wash the pot and boil water, add 5 g of edible salt, pour in Shimeji, White Beech, and Shiitake mushrooms, boil for 1 minute.
- After 1 minute, remove and drain water.
- Heat oil in a pan, wait until the oil starts to bubble slightly, add minced ginger, millet chili, and bell pepper, stir-fry for 30 seconds.
- Pour in the three fresh mushrooms, then pour in light soy sauce, oyster sauce, chicken essence in order, stir-fry evenly, then pour in water starch.
- Cook over medium heat until the juice dries, add cooking wine and chopped green onions, remove from pan.
- Arrange with broccoli.





**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Pan-fried Tofu with Scallions

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- White Tofu
- Scallion
- Green Chili Pepper
- Salt
- Chicken Essence (Jijing)
- Flat-bottomed Pan

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 1 person.

Totals:

- Quantity of White Tofu = Servings \* 0.8 (Round up)
- Quantity of Chili = 1.5 pieces / 3 people
- Quantity of Scallion = 2 stalks / 3 people
- Amount of Salt = Servings \* 3g
- Amount of Chicken Essence = Servings \* 1.5g

Use the above conditions to calculate the proportion of raw materials planned to be used, and adjust according to taste.

### OPERATION

- Wash the tofu clean. Cut into thickness of about 5 mm, place in a dish.
- Wash the scallion clean, remove roots, cut into chopped green onion, set aside.
- Wash the chili clean, cut open, remove seeds, cut into 1cm \* 1cm shapes, set aside.
- Heat the pan, add Servings \* 9ml oil.
- After the oil enters the pan, make it evenly distributed on the bottom of the pan. Put in the tofu evenly, pan-fry over low heat until golden yellow, then flip.
- Wait until both sides are golden yellow, serve onto a plate for later use.
- Replenish oil to cover the bottom of the pan, pour in chili and stir-fry over high heat, and crush with spatula for 3 minutes.
- Pour in the tofu, stir-fry, add salt and chicken essence, stir-fry over medium heat for 1 minute, then pour in 10 ML water, collect the juice (reduce sauce) over high heat.
- Sprinkle with the calculated chopped green onions before removing from the pan, serve on a plate.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Pine Nut Corn

Pine Nut Corn is a home-style dish with complete color, fragrance and taste. It tastes sweet, tender and refreshing, and the pine nuts are crispy. It is suitable for all ages.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Corn Kernels (Sweet corn is recommended)
- Cooked Pine Nuts
- Carrot (Optional, to add color)
- Cooking Oil
- White Sugar
- Salt
- Starch
- Water

### CALCULATIONS

Per serving:

- Corn Kernels: 200 g (Canned sweet corn can be used, or boiled by yourself)
- Cooked Pine Nuts: 30 g
- Carrot: 50 g (Cut into small cubes, can be omitted)
- Cooking Oil: 15 ml
- White Sugar: 10 g
- Salt: 1 g
- Starch: 5 g
- Water: 20 ml (For mixing starch water)

### OPERATION

- Blanch corn kernels and carrot cubes for 1 minute in advance, fish out and drain for later use.
- Heat the pot with cold oil, put in carrot cubes and fry slightly, then add corn kernels and stir-fry.
- Add white sugar and salt, stir-fry evenly.
- Mix water and starch into water starch, pour into the pot and stir-fry quickly to make the soup slightly thick.
- Add cooked pine nuts and stir-fry evenly.
- Serve on a plate.

### ADDITIONAL CONTENT

- Pine nuts can be dry-fried over low heat until slightly golden and fragrant in advance, which makes them more delicious.
- When using canned corn, drain the water first to avoid excessive water release during frying.
- The fire should not be too high during frying to prevent sticking to the pot or burning the pine nuts.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Pounded Pepper Century Egg (Lei Jiao Pi Dan)

Pounded Pepper Century Egg is a very simple appetizing cold dish. This dish is simple to operate, and ingredients are common. The final product may not look very good, but it is one of the artifacts for consuming rice in summer.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Century Egg (Preserved Egg/Pi Dan)
- Long Green Pepper (Some call it Line Pepper, referred to as "Green Pepper" later)
- Scallion
- Garlic
- Millet Chili (Optional)
- Cooking Oil
- Light Soy Sauce
- Aged Vinegar
- White Sugar
- Sesame Oil
- A deep small iron basin/bowl

### CALCULATIONS

Per serving:

- Century Egg: 2
- Green Pepper: 4 (Length 10-15cm, Width 2-4cm)
- Scallion (About 10cm is enough, green onion part is best)
- Garlic: 3-4 cloves
- Cooking Oil: 10-20ml
- Light Soy Sauce: 15-20ml
- Aged Vinegar: 15-20ml
- White Sugar: 6-10g
- Sesame Oil: 5-7ml
- Millet Chili: 3-4

### OPERATION

- Wash Green Pepper, remove root, cut open from the side, remove internal seeds and flatten on the chopping board, set aside (Must remove green pepper seeds, otherwise they will explode in the pot).
- Cut Scallion into half cm small sections, set aside.
- Peel Garlic, mince into fragments, set aside.
- Peel Century Egg, set aside.
- Cut Millet Chili into 5-10mm small sections, set aside.
- Heat pot, put 10ml - 20ml cooking oil in the pot.
- Put in all Green Peppers, turn to low heat to maintain pot temperature, fry until Green Peppers become soft (can try with chopsticks, if inserted easily then it is done).
- Turn off heat, put Century Egg and Green Pepper into the small iron basin.
- Method 1: If you have a rolling pin and smashing things wont disturb neighbors: Smash Century Egg and Green Pepper in the small basin with one end of the rolling pin, until Century Egg and Green Pepper are mixed (Option).

- Method 2: Tear Green Pepper into strips of about half cm by hand, crush Century Egg with a fork (Option).
- Millet Chili.
- Pour in Light Soy Sauce, Aged Vinegar, White Sugar, Sesame Oil, and other unused reserve ingredients.
- Stir evenly.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Roasted Eggplant

Very simple and convenient, and extremely fragrant.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Eggplant
- Cooking Oil
- Soy Sauce (Light Soy Sauce)
- Minced Garlic
- Chili/Pepper
- Cumin
- Edible Salt

### CALCULATIONS

Based on portion for two people:

- Eggplant: 1 (About 200g)
- Cooking Oil: 20-30 ml
- Soy Sauce: 4-6 g
- Millet Chili: 1 (About 20g)
- Minced Garlic: 3-4 cloves
- Cumin: 1-3 g
- Edible Salt: 0.5-2 g

### OPERATION

- Put soy sauce, cumin, edible salt, minced garlic and chopped millet chili in a bowl, stir evenly for later use.
- Wash the eggplant, wipe dry the moisture on the surface with a paper towel.
- Pierce the eggplant 4-8 times on one side with a fork.
- Use 15-25ml cooking oil to coat the entire surface of the eggplant.
- Set the oven temperature to 200°C (Turn on oven fan, high heat), preheat for 2 minutes.
- Put the eggplant in the middle or upper layer of the oven, roast for 12-15 minutes (Eggplant surface should be wrinkled, and can be pressed 0.3-0.5cm deep).
- Take out the eggplant, use a knife to make a vertical cut on the eggplant. The cut should be centered, 1-1.5cm away from top and bottom.
- Use a small knife or fork to reach into the cut and cut the inside of the eggplant vertically.
- Pry the cut open slightly, pour in the sauce prepared in the first step.
- Put the eggplant into the oven again, set the oven temperature to 200°C, roast for 4-7 minutes.
- Take out, turn off the oven power.

### ADDITIONAL CONTENT

The final product is almost the same as the roasted eggplant at the barbecue stall downstairs, too fragrant!

**Precautions:** Moisture on the surface of the eggplant, not fully coated with cooking oil, or not pierced with a fork may cause **the eggplant to explode during the roasting process**.

**Areas for Improvement:** When making the cut with a knife for the first time, you can directly cut the eggplant vertically into two halves, then cut textures and smear sauce.



If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Salt And Pepper Corn

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Corn Kernels
- Pepper Salt (Sichuan Pepper Salt / Jiao Yan)
- Sesame Seeds
- Oil
- Starch
- Two plastic dustpans/trays
- Several oil-absorbing papers

### CALCULATIONS

The portion of this dish is the same as the standard portion ordered in Sichuan restaurants.

- Corn Kernels (Bagged): 350g
- Starch (Enough to completely cover the surface of corn kernels in the pot, between 40 - 70g)
- Pepper Salt Powder: 10g
- Sesame Seeds: 10g

### OPERATION

- Corn kernels are all peeled, just defrost directly. Soak in warm water for 15 minutes or boil in boiling water on the stove for 5 minutes.
- Take out a dustpan, assume it is BoxA, pad with oil-absorbing paper, pour in the defrosted corn kernels.
- shaking shaking shaking! - Until the oil-absorbing paper becomes completely wet.
- Take out the second dustpan BoxB, pad with oil-absorbing paper, pour all corn kernels from BoxA into BoxB.
- shaking shaking shaking! - Until the oil-absorbing paper becomes completely wet.
- Repeat the above operation many times until there are no obvious visible water droplets on the corn surface but it remains moist.
- Pour in a large amount of starch, enough to completely cover the corn kernels.
- shaking shaking shaking! - Until the starch wraps the corn kernels.
- Turn on the stove - Put on the pot - Pour in oil. Try to cover the bottom of the pot but not too much.
- When the oil is 80% hot, pour in the starch-coated corn kernels.
- Fry over medium heat for 30s first, do not stir-fry, otherwise the starch will fall off.
- Lightly stir-fry for 3 minutes then serve.
- The most important step: sprinkle 3g Pepper Salt, sprinkle sesame seeds!
- The fragrant "Salt And Pepper Corn" is ready.

### ADDITIONAL CONTENT

- Do not peel corn kernels yourself, it hurts your hands. You can buy "already peeled corn kernels" directly from grocery delivery apps, wait 30 minutes for delivery and defrost with warm water.
- If warm water defrosting is slow, boil with boiling water! (Do not boil the corn itself, boil it with the packaging, tear a small opening).

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.



## Shanbei Stewed Beans

Shanbei Stewed Beans is a dish extremely friendly to beginners. Because its production method uses "Stewing" (Ao), ingredients can be more or less, optional, almost no possibility of failure.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Beans (Green Beans)
- Potato
- Tomato
- Screw Pepper (Luo Si Jiao / Green Pepper) (Optional)
- Salt
- Light Soy Sauce
- Five Spice Powder
- Oyster Sauce
- Scallion
- Ginger
- Garlic

### CALCULATIONS

Note, affected by individual ingredients, this recipe is for 2 people.

- Beans: 300g \* 2 people
- Potato: 1 \* 2 people
- Tomato: 1 \* 2 people
- Screw Pepper (Optional): 2 \* 2 people
- Salt: 6g \* 2 people
- Light Soy Sauce: 6ml \* 2 people
- Five Spice Powder: 3g \* 2 people
- Oyster Sauce: 6ml \* 2 people
- Scallion: 3 rings
- Ginger: 2g
- Garlic: 2 cloves
- Chopped Coriander (Optional): Add according to taste

### OPERATION

- Chop scallion, mince garlic, shred ginger, set aside.
- Remove strings from beans, cut into 2-10cm small sections, set aside.
- Peel potato, cut into 1cm<sup>3</sup> small blocks, set aside.
- Peel tomato, cut into 1cm<sup>3</sup> small blocks, set aside.
- Remove seeds from pepper, cut into 0.15cm wide strips, set aside.
- Heat pot and burn oil (10ml - 15ml), after smoking add scallion, ginger, garlic, stir-fry until fragrant;
- Add beans, stir-fry until color changes (green turns to emerald green);
- Add potato blocks, stir-fry 30s;
- Add hot water (water level just covering the vegetables), cover the pot and stew until potato become soft (can check with chopsticks);

- Add tomato blocks, add salt, light soy sauce, oyster sauce, five spice powder, pepper, stew until tomato becomes juice (pay attention to stirring, prevent sticking to the bottom);
- Add chopped coriander, serve.

**ADDITIONAL CONTENT**

- After adding tomato and continuing to stew, need to stir occasionally to prevent sticking to the bottom.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Silky Scrambled Eggs (Chao Hua Dan)**

Silky Scrambled Eggs is a simple and easy-to-make dish. Generally, beginners only need 5 minutes to complete it.

Estimated Cooking Difficulty: ★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Eggs (Pasteurized/Sterile eggs are best)
- Milk

**CALCULATIONS**

Per serving:

- Eggs: 4
- Milk: 30ml
- Cooking Oil: 10ml

**OPERATION**

- Add milk and 5ml cooking oil to the eggs and mix well, set aside.
- Heat a flat-bottomed pan over high heat for about 30s, add 5ml cooking oil.
- Heat for 30s, turn to low heat, and put in the mixed eggs.
- Let stand in the pan for 5 seconds, then slowly push the egg liquid from the edge to the center with a spatula.

- Stir-fry until the eggs are roughly solidified, then turn off the heat and plate.

**ADDITIONAL CONTENT**

- Finally, you can sprinkle some black pepper or salt to taste according to personal taste.

References:

- [Sweetheart Kitchen](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Spinach Stir-fry with Eggs**

This dish has a simple difficulty level and is nutritious.



Estimated Cooking Difficulty: ★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Spinach
- Eggs
- Cooking Oil
- Edible Salt

**CALCULATIONS**

For 1 person portion:

- Spinach: 350g
- Eggs: 2
- Cooking Oil: 15ml
- Edible Salt: 5g

**OPERATION**

- Remove spinach roots, wash clean, put in a basket, and blanch.
- Crack eggs into a bowl and mix well.
- Heat the pan, add 10ml oil.
- After the oil is hot, pour in the egg liquid, stir-fry over medium heat for 15 seconds, first fry into an egg pancake, then cut into small pieces with a spatula.
- Turn off the heat, serve the egg pieces onto a plate, do not wash the pan.
- Turn on the fire again, pour in 5ml oil. After the oil is hot, put in spinach, stir-fry over high heat for 15 seconds, then pour in egg pieces and stir-fry evenly.
- Add 5g salt and 100ml drinking water, stir-fry over high heat for 10 seconds.
- Turn off the heat and plate.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Microwave Egg Custard**

Microwave Egg Custard is a simple and easy-to-make dish. Very suitable for a midnight snack when suddenly hungry at night, quick and simple.

Estimated Cooking Difficulty: ★★

**ESSENTIAL INGREDIENTS AND TOOLS**

Maximum 3 portions can be made at a time. If more than 3 people need it, it needs to be made in multiple batches.

- Eggs
- Water

**CALCULATIONS**

Determine how many servings you plan to make before cooking. One serving is exactly enough for 1 person to eat.

Totals:

- Eggs: 2 \* Servings
- Water: 200ml \* Servings
- Dried Shrimps (Xia Pi): 10 \* Servings (Optional)
- Scallion: 5g \* Servings (Optional)
- Salt: 3g \* Servings
- Soy Sauce (Optional)
- Sesame Oil (Fragrant Oil): 1ml (Optional)

#### **OPERATION**

- Break eggs into a ceramic bowl that can be heated in a microwave, use chopsticks to beat them.
- Add water and salt, mix evenly.
- Put dried shrimps into the bowl, mix evenly, ensure all dried shrimps do not pile up together.
- Chop scallion to  $0.6\pm3$ mm size, put into bowl and mix evenly.
- Put this bowl and contents into the microwave, cover the container surface with cling film or a microwave-safe porcelain plate (Note: do not seal, must leave expansion space), heat for 2 minutes (500W).
- Carefully remove cling film or other covering, then continue to heat for 2 minutes.
- If the microwave does not have a rotating heating plate, rotate the bowl horizontally 180 degrees slowly to ensure contents are heated evenly.
- Put in sesame oil.
- Carefully take the bowl out of the microwave (really hot).
- If choosing to put in soy sauce, ensure soy sauce covers the egg custard surface in the thinnest form after flowing.
- Happily enjoy the egg custard.

#### **ADDITIONAL CONTENT**

- 1 egg is about  $50\pm5$ g. If using other varieties of eggs, adjust water amount proportionally.
- Make sure to beat the eggs, otherwise mild egg explosion may occur.
- Eggs and water should not exceed 2/3 of the bowl capacity, otherwise overflow may occur.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Steamer Egg Custard

Steamer Egg Custard is a simple, quick and easy-to-make dish, preparation time is about 15 minutes. Suitable for chefs with home steamers.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Eggs
- Edible Salt
- Cooking Oil
- Light Soy Sauce (Optional)
- Steamer (Steam Box)

### CALCULATIONS

Based on portion for 1 person:

- Egg: 1
- Edible Salt: 1g
- Cooking Oil: 5ml
- Light Soy Sauce / Wei Ji Xian: 6ml (Optional seasoning)

### OPERATION

- Put one egg into a bowl and beat it.
- Add 60°C purified water 1.0-1.5 times the volume of the egg to the bowl, and mix evenly.
- Less water in the correct range makes it more bouncy, more water makes it more tender.
- Note: Beyond the range, less water will make texture too bouncy, more water will make it too dilute.
- Add 1g edible salt.
- Salt plays an important role in adding base flavor and coagulation.
- Add 5ml cooking oil.
- Filter egg liquid to remove floating foam (Optional, but if not filtered, steamed eggs will have bubbles and look bad).
- Confirm water source of the steamer has been replenished to enough (if not sure, fill up the water tank).
- Put the completely mixed egg liquid bowl into the steamer.
- Adjust to **100°C** and steam for **10 minutes**.
- Open the steamer (Note: Steam will spray out instantly when opening the steamer, be careful to open slowly).
- Serve (Can add light soy sauce for seasoning).
- Enjoy.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Steamed Egg Custard**

Steamed Egg Custard, also known as Water Steamed Egg, does not require complex ingredients. It is a simple, quick, and easy-to-make dish, suitable for breakfast or main meals. Preparation time is about 15 minutes.

Estimated Cooking Difficulty: ★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Eggs
- Edible Salt
- Sesame Oil
- Light Soy Sauce / Wei Ji Xian

- White Vinegar (Optional)
- Rattan Pepper Oil (Optional)

**CALCULATIONS**

Based on portion for 1 person:

- Eggs: 2
- Edible Salt: 3g
- Sesame Oil (or Fragrant Oil): 2-4ml
- Light Soy Sauce / Wei Ji Xian: 8ml
- White Vinegar (or Cooking Wine): 2ml (Optional)

**OPERATION**

- Break two eggs into a bowl and beat them.
- Add 3g edible salt.
- Salt plays an important role in adding base flavor and coagulation.
- Add 2ml white vinegar to remove the fishy smell of eggs (Optional).
- Adding rice vinegar is also fine, but the color of rice vinegar will make the eggs slightly black.
- You can also add cooking wine, which also has the effect of removing fishy smell and has no sour taste of vinegar.
- Add 70°C purified water, 1-1.5 times the volume of eggs, to the bowl and mix evenly.
- 1 time water makes eggs more bouncy, 1.5 times water makes eggs more tender.
- Filter the egg liquid to remove floating foam (Optional, but if not filtered, the steamed eggs will have bubbles and look bad).
- Add 50ml clear water to any pot. After water boils, put in the bowl with egg liquid.
- The steaming bowl should be covered with a lid, an inverted iron plate with grooves, or cling film to reduce water vapor entry, this is to avoid it becoming honeycomb-shaped.
- Steaming steps (Choose one of two):
  - Steam on **medium heat** for **10 minutes**, turn off heat after 10 minutes and simmer for another **5 minutes**.
  - Steam on **high heat** for **5 minutes**, keep the water in the pot boiling, otherwise extend the time. Open the lid once every **2 minutes** to release water vapor. If opening lid too late, egg custard tends to become honeycomb-shaped; if opening too early/frequently, steaming time needs to be longer.
- How to judge if it is cooked?
- Shake the bowl, if the egg custard is no longer in liquid state and has a jelly-like bouncy state, it can be served.
- Serve.
- Add sesame oil and light soy sauce to enjoy.
- You can also use Rattan Pepper Oil (Teng Jiao You) instead of sesame oil to add a numbing and refreshing taste.

**ADDITIONAL CONTENT**

The above introduces the basic water steamed egg method. You can derive from this and add ingredients such as ham sausage, meat filling, dried shrimps, etc., to enrich the texture of egg custard.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Steamed Pumpkin

Steamed Pumpkin is an extremely simple home-style dessert or staple food. It retains the natural sweetness and nutrition of pumpkin to the greatest extent, and the texture is soft and glutinous. It is a good choice for a healthy diet. Generally beginners only need 15-20 minutes to complete (mainly steaming time).

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Pumpkin
- Steamer Pot

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 1-2 people.

Per serving:

- Pumpkin: 300 g
- Drinking Water: 1000 ml (For steamer pot)

### OPERATION

- Wash the Pumpkin skin, remove the pulp and seeds.
- Cut the Pumpkin into slices with a thickness of about 2 cm, set aside.
- Add 1000 ml drinking water to the pot of the Steamer.
- Arrange the cut Pumpkin slices evenly on a plate.
- After the water in the steamer boils, put the plate with Pumpkin into the steamer.
- Cover the pot lid, keep high heat and steam for **15-20 minutes**, until the pumpkin becomes soft and can be easily penetrated with chopsticks.
- Turn off the heat, carefully take out the plate.

### ADDITIONAL CONTENT

- Different varieties of pumpkins vary in sweetness and texture. Old pumpkins/Winter squashes are usually sweeter and more floury/glutinous.
- Pumpkin skin contains nutrition, if you like, you can steam it without peeling, but it needs to be washed thoroughly.
- Steaming time depends on the size and thickness of the pumpkin pieces, as well as the variety of the pumpkin. Testing with chopsticks is a good way to judge whether it is steamed thoroughly.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Stir-fried Beans

A super rice-consumable home-style dish.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Green Beans (String Beans)
- Millet Chili
- Scallion
- Garlic
- Light Soy Sauce
- Dark Soy Sauce
- Oyster Sauce
- Salt

### CALCULATIONS

Note, affected by individual ingredients, this recipe is for 2 people.

- Green Beans: 250g
- Millet Chili: 2
- Scallion: 3 rings/sections
- Garlic: 2 cloves
- Light Soy Sauce: 6ml
- Dark Soy Sauce: 2ml
- Oyster Sauce: 6ml
- Salt: 6g

### OPERATION

- Chop scallion, mince garlic, set aside.
- Mix light soy sauce, dark soy sauce, oyster sauce, and salt to make a sauce, set aside.
- Cut millet chili into rings, set aside.
- Remove strings from beans, cut diagonally into 4-10cm small sections, set aside.
- Heat pot and burn oil (10ml - 15ml), after smoking, add scallion and millet chili, stir-fry until fragrant;
- Add beans, stir-fry for 30s,
- Add sauce, stir-fry on high heat for 2 minutes
- Pour in 150ml water
- Turn to medium-low heat, cover and simmer for 8-10 minutes
- Add minced garlic, serve.

### ADDITIONAL CONTENT

- Cutting beans requires certain knife skills, if you can't do it, you can use scissors.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Stir-fried Cauliflower

Stir-fried Cauliflower is a common home-style vegetable dish. Rich in Vitamin C and dietary fiber, the texture is crisp and tender. The method is simple, it is a quick-to-learn stir-fry dish. Generally beginners only need 15 minutes to complete.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Cauliflower
- Garlic
- Salt

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 2 people (as a side dish).

Per serving:

- Cauliflower: About 300 g (About 1/2 of a medium-sized cauliflower)
- Garlic: 2-3 cloves
- Salt: 3 g
- Cooking Oil: 15 ml
- Drinking Water: 50 ml (For stir-frying process)

### OPERATION

- Wash the Cauliflower, break into small florets with a knife or hand, the thick stem part can be sliced, set aside.
- Peel the Garlic, cut into garlic slices, set aside.
- Add 1000 ml drinking water to the pot, bring to a boil over high heat.
- Put in Cauliflower florets, cook for **2-3 minutes**, until the color of the cauliflower becomes lighter and the texture softens slightly.
- Fish out the cooked Cauliflower, drain water, set aside.
- Heat the pot, add 15 ml cooking oil, heat over high heat.
- Put in garlic slices, quickly stir-fry until fragrant.
- Put in the blanched Cauliflower florets, turn to medium-high heat, quickly stir-fry for about **2 minutes**, making the cauliflower heated evenly.
- Add 3 g salt, continue to stir-fry evenly.
- Pour 50 ml drinking water along the edge of the pot, cover the pot lid, simmer/braise for **1 minute**, helping the cauliflower cook thoroughly and absorb flavor.
- Open the lid, quickly stir-fry evenly, then serve.

### ADDITIONAL CONTENT

- Blanching cauliflower in advance can shorten the frying time and make the cauliflower easier to cook thoroughly.
- The frying time can be adjusted according to personal preference for the softness/hardness of cauliflower. If you like it crispier, you can shorten the time.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Stir-fried Eggplant

Home-style Stir-fried Eggplant is simple and easy to learn. The ingredients are not complex, and some optional items can be omitted. (But Star Anise is strongly recommended).

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Eggplant
- Star Anise (Optional)
- Dried Shrimp (Optional)
- Scallion (Optional)
- Minced Meat (Optional)
- Soy Sauce
- Sugar (Optional)
- Vinegar (Optional)
- Rapeseed Oil or Peanut Oil

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 1-2 people.

Totals:

- Eggplant Quantity = Servings \* 1.8 pieces
- Star Anise = Servings \* 1 piece
- Dried Shrimp = Servings \* Half a handful (normal male hand)
- Scallion = Servings \* 2 stalks
- Minced Meat = Servings \* 50 g
- Soy Sauce = Servings \* 40 ml
- Sugar = Servings \* 5 g
- Vinegar = Servings \* 10 ml

Note: Oil and Soy Sauce are also mentioned in the operation, you can cross-check to determine the quantity of added ingredients.

### OPERATION

- Wash the eggplant clean, cut into two sections (vertically) with one knife. Cut each section into diamond-shaped blocks. Put the cut eggplant into a bowl for standby.
- Wash the scallion clean, cut into chopped green onion and put on the cutting board for standby.
- Cut the star anise and put on the cutting board for standby.
- If you plan to add minced meat, first stir-fry it in 10 ml oil (15 ml if lean meat) over medium heat until it changes color (about 1 minute), then remove and set aside.
- Turn on the fire to heat the pot/wok until there is no water in it.
- Pour cooking oil into the pot, covering the bottom of the pot twice (oil can be more, but not less).
- When the oil is about 60% hot/ripe, put in the three optional ingredients: star anise, dried shrimp, and scallion.
- If there are no optional ingredients like star anise, heat the oil to 90% hot.
- When the oil in the pot reaches 90% hot, pour the eggplant from the bowl into the pot and stir-fry with a spatula.
- Stir-fry for about 40 seconds, then hold the spatula in the air parallel to the pot, and pour soy sauce into the spatula. About 2.5 spatulas per person (soy sauce can be less, but not more, or it will be salty).

- When the eggplant is half soft (after about 1 minute), put back the pre-fried minced meat and stir evenly quickly.
- If you plan to add sugar and vinegar, add them now.
- Continue to stir-fry.
- When all the eggplant in the pot changes color and becomes soft, fish it out.

**ADDITIONAL CONTENT**

- Due to the soy sauce, this dish does not need added salt. You can taste it before serving. If it is not salty enough, you can add a tiny amount of salt. Next time, increase the amount of soy sauce.
- If dried shrimp is added, the amount of soy sauce can be reduced appropriately.
- When frying this dish, keep high heat throughout.
- Taboo! Do not add water, it will become boiled eggplant and the texture will be poor. So add more oil, not less.
- If the household stove temperature does not rise significantly after reaching 70% oil temperature, you can proceed directly to the next step without forcing 90% oil temperature.
- Add sugar and vinegar at the final stage, stir-fry for 20 seconds and remove from the pan to avoid adding vinegar too early, otherwise the sour taste will evaporate.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Stir-fried Green Vegetables**

Simple and convenient to make. Estimated to be completed in 10 minutes.

Estimated Cooking Difficulty: ★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Green Vegetables (Qing Cai / Bok Choy / Choy Sum etc.)

### **CALCULATIONS**

Determine how many servings you plan to make before cooking. One serving is enough for 1 person.

Totals:

- Green Vegetables: 100g \* Servings
- Cooking Oil: 10-15ml (Enough to cover the bottom of the pot)
- Edible Salt: 2g \* Servings
- Drinking Water: 70ml \* Servings
- White Sugar: 5g \* Servings

### **OPERATION**

- Break the green vegetables into small petals, wash clean with clear water, and set aside.
- After heating the pot over medium or high heat, put 10-15ml cooking oil into the pot. Wait another 30 seconds for the oil temperature to rise.
- Pour the prepared green vegetables into the pot and stir-fry until the vegetables become soft (about 1 minute).
- Pour in the calculated clear water, the water level should completely soak or be about to cover the green vegetables, add salt (2g \* Servings), and continue to stir-fry for about 1 minute.
- Finally add white sugar and heat over low heat for 2 minutes, cover the pot while heating.
- Plate.

### **ADDITIONAL CONTENT**

Adding white sugar will make the green vegetables greener in color.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Stir-fried Lotus Root Cubes**

Stir-fried Lotus Root Cubes is a simple and easy-to-make dish. Lotus root is rich in nutrition and very suitable for a vegetarian diet. Estimated production time is 20 minutes.

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Scallion (Large Green Onion)
- Millet Chili
- Lotus Root
- Light Soy Sauce
- Dark Soy Sauce
- Oyster Sauce
- Oil

**CALCULATIONS**

Determine how many servings you plan to make before cooking. One serving is enough for 2 people.

Per serving:

- Scallion: 1 section
- Millet Chili: 1-2 (Depending on personal spicy tolerance)
- Lotus Root: 1 section
- Light Soy Sauce: 30 ml
- Dark Soy Sauce: 15 ml
- Oyster Sauce: 15 ml
- Cooking Oil: 10-15ml

#### **OPERATION**

- Cut Scallion and Millet Chili into small sections, set aside.
- Peel Lotus Root, cut into small cubes not exceeding 3cm, put into water for later use (to prevent oxidation and turning black).
- Take a wok, put 500ml cold water into the pot, boil.
- Put the Lotus Root cubes into the boiling water, blanch for 2 minutes, remove and put into a plate for later use.
- Pour out the water in the pot, heat the pot to dry, add 10-15 ml cooking oil.
- After the oil temperature rises, put in Scallion and Millet Chili to burst aroma.
- Put the processed Lotus Root cubes into the pot, stir-fry over high heat.
- Add Light Soy Sauce, Dark Soy Sauce, Oyster Sauce.
- Stir-fry for 2 minutes and then serve.

#### **ADDITIONAL CONTENT**

- To eat Lotus Root, pick those with yellow-brown outer skin, thick meat and white color. If it is black or has a peculiar smell, it is not suitable for consumption.
- Please try not to use ironware, which will cause Lotus Root to turn black.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Sugar Tossed Tomatoes**

Fresh and tasty, simple to make, high nutritional value, suitable for summer consumption, a delicious cold dish on the family table. Tomatoes contain a lot of Vitamin C. The method is simple and can be completed in a few minutes.

Estimated Cooking Difficulty: ★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Tomatoes
- White Sugar
- Refrigerator

**CALCULATIONS**

One portion is enough for 2 people.

Per portion:

- Tomatoes: 2 (Each tomato about 100g, total 200g)
- White Sugar: 20g

**OPERATION**

- Use a knife to cut the tomato skin in a snowflake/asterisk shape (\*).
- Insert chopsticks into the bottom of the tomato, rotate and roast over gas stove for 10 seconds (or rinse with boiling water for 30 seconds), until the tomato skin curls up.
- Strip the tomato naked (peel off skin).

- Cut the tomato into eight pieces (cutting along the lines can retain more juice), remove the top stem part, set aside.
- After cutting all, arrange a layer of tomatoes evenly on the plate.
- Sprinkle white sugar, repeat the previous step until all tomatoes are placed.
- Put in the refrigerator to chill for 10 minutes.
- A plate of Sugar Tossed Tomatoes is ready, nutritious and delicious, sweet and sour and refreshing, relieving summer heat and greasy feeling.

**ADDITIONAL CONTENT**

Please be careful when using knives during the production process.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Tiger Skin Peppers (Hu Pi Qing Jiao)**

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Green Peppers
- Garlic
- White Sugar (Soul)
- Vinegar
- Light Soy Sauce
- Salt
- Mortar or a bowl with certain depth

**CALCULATIONS**

Per serving:

- Green Peppers: 5, length 10-15cm is most suitable
- Garlic: 2-3 cloves
- Oil: 20ml
- White Sugar: 15g
- Light Soy Sauce: 15ml
- Balsamic Vinegar: 15ml
- Salt: 4g

**OPERATION**

- Remove Green Pepper stems, rinse clean with tap water.
- Cut Green Peppers into long slices, on average cut one green pepper longitudinally into 3-4 slices.
- Peel garlic, mince into fragments, volume 2mm x 2mm x 2mm is fine.
- Seasoning 1 : Take a small bowl and pour in 20ml oil, put minced garlic into it.
- Seasoning 2 : Pour White Sugar, Light Soy Sauce, Vinegar, Salt all into the mortar (bowl) or other container, stir.
- Pour Seasoning 1 into the pot, turn on heat to 50% hot, put in Green Peppers. Green Pepper slices should not be stacked, place them individually slices in the pot.
- Use spatula to press Green Peppers constantly, flip at appropriate times.
- Stir-fry for about 2 minutes, when wrinkles appear on the skin of Green Peppers, pour in Seasoning 2 .
- Increase fire/heat and continue to stir-fry for 30s, then serve on plate.

ADDITIONAL CONTENT



If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Tomato Scrambled Eggs**

Tomato Scrambled Eggs is one of the most common home-cooked dishes in China. Its raw materials are easy to collect, and the cooking steps are relatively simple, making it very suitable for new chefs to get started. It is often the first dish many people learn to cook.

Estimated Complexity: ★★

### **INGREDIENTS AND TOOLS**

- Tomato
- Eggs
- Cooking Oil
- Salt
- Sugar (Optional)
- Scallions (Optional)

### **CALCULATIONS**

Before cooking, determine how many servings you plan to make. One serving is enough for 1 person.

#### **Total:**

- Tomato = 1 (approx. 180g) \* servings
- Eggs = 1.5 \* servings (round up)
- Cooking Oil = 4ml \* number of eggs
- Salt = 1.5-2g \* servings
- Sugar = 0-2g \* servings
- Scallions = 0-10g \* servings

### **STEPS**

1. Wash the tomatoes.
2. **Optional:** Peel the tomatoes.
3. Scald the skin with boiling water, then place the tomato in cold water and peel off the skin.
4. Remove the stem of the tomato and cut it into small blocks with a side length of no more than 4cm. Let's call this Tomato Blocks .
5. Crack the eggs into a bowl, add 1g \* servings of salt, and whisk evenly. Let's call this Egg Mixture .
6. **Tip:** Consider adding 1ml of vinegar to the eggs; this can remove the fishy smell and make the eggs fluffier.
7. Heat the pan and add cooking oil.
8. Once the oil is hot, pour in the Egg Mixture . Scramble until the eggs solidify and turn slightly yellow. Let's call this Semi-cooked Eggs .
9. Turn off the heat. Remove the Semi-cooked Eggs and set aside. Restart the fire.
10. **Note:** Do not wash the pan.
11. Add the Tomato Blocks to the pan, press and stir-fry with a spatula for 20 seconds, or until the tomatoes are soft.
12. Add the Semi-cooked Eggs back into the pan and stir-fry evenly.
13. **Tip:** Consider adding 10ml of ketchup and 50ml of water to increase the sauce.
14. **Tip:** You can add other cooked meats or ingredients as desired.
15. Add the remaining salt, sugar (optional, if you prefer a sweeter version), and chopped scallions (optional). Stir-fry evenly.
16. Turn off the heat and serve.

**ADDITIONAL CONTENT**

This dish has many versions depending on different taste preferences, including but not limited to:

**• Quick Version:**

- Directly add Tomato Blocks to the pan with the Semi-cooked Eggs (don't remove eggs first), and stir-fry together until the tomatoes are soft.

- Continue from Step 10.

**• Soy Sauce Version:**

- Replace Salt with "a few drops of Soy Sauce".

If you find any issues with this guide or have improvements, please submit an Issue or Pull Request.

## **Tomato Tofu Soup**

Tomato Tofu Soup is a very light and delicious soup.

Estimated Cooking Difficulty: ★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Tomato
- Egg
- Tofu
- Cooking Oil
- Salt
- Starch
- Chicken Essence
- Scallion/Chives
- Ginger
- Boiling Water

### **CALCULATIONS**

Per serving:

- Tomato: 1
- Egg: 1
- Tofu: 100 g
- Cooking Oil: 5 ml
- Salt: 2 g
- Starch: 5 g
- Chicken Essence: 2 g
- Scallion: 0.5 stalk
- Ginger: 1 slice
- Boiling Water: 350 ml

### **OPERATION**

- Cut tomato into small cubes, beat egg into bowl and stir, cut tofu into blocks, set aside.
- Heat oil in pot, put in ginger slice for 5 seconds, then pour in tomato and stir-fry for 30 seconds.
- Add boiling water to the pot, boil the soup. After 60 seconds, pour in egg liquid and tofu blocks.
- After the soup boils again, add water starch, stir 2 rounds in one direction.
- Add chicken essence, salt, scallion. Serve after 30 seconds.



**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Water-Oil Braised Vegetables

Oil is added to Water-Oil Braised Vegetables, which improves the taste and increases the intake of fat-soluble vitamins. Compared to eating vegetables raw, there are more benefits.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Cooking Oil
- Salt
- Oyster Sauce (Optional)
- Leafy Vegetables

### CALCULATIONS

Leafy vegetables contain a lot of water and may look bulky when preparing. In fact, the volume will decrease rapidly after heating.

- Leafy Vegetables: 300g ~ 500g

### OPERATION

- Wash the vegetables.
- Add 150ml of water to the pot and bring to a boil. (Water does not need to completely cover the vegetables)
- Add 3g salt.
- (Optional) Add 3ml oyster sauce.
- Add 2ml cooking oil.
- Put in the vegetables, stir slightly, then cover the pot and simmer/braise for 1 minute.
- Serve on a plate.

### ADDITIONAL CONTENT

- If you are unsure about the saltiness, you can put less salt first, taste before serving, and consider adjusting the salt.
- You can use chicken broth, bone broth, etc., instead of water, it tastes better.
- Do not braise for too long.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Zucchini Stir-fry Eggs**

Zucchini Stir-fry Eggs is a simple home-style dish. Simple and easy-to-buy ingredients, delicious and goes well with rice.

Estimated Cooking Difficulty: ★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Zucchini
- Eggs
- Tomato (Optional)
- Edible Salt
- Cooking Oil

**CALCULATIONS**

Based on portion for 2 people:

- Zucchini: 500g
- Tomato: 100g
- Eggs: 3
- Cooking Oil: 10-20ml
- Edible Salt: 6g

**OPERATION**

- Wash tomato, cut into small pieces, set aside.
- Wash zucchini, cut into diamond shapes with side length of about 4cm, set aside.
- Crack three eggs into a bowl, beat and mix well, set aside.
- Heat pot, put 5ml - 10ml cooking oil in the pot.

- Pour in eggs, keep stir-frying until eggs become solid, use spatula to divide into small pieces then dish out to a bowl, set aside.
- Put 5ml - 10ml cooking oil in the pot, pour in tomato, stir-fry until soft.
- Pour in zucchini and stir-fry evenly together, put in 6g edible salt, turn down the heat and **wait for 4 - 5 minutes**.
- Pour in reserved eggs, stir-fry over medium heat for 15 seconds.
- Turn off heat, serve.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### 3.1.2 Meat Dish

#### **Ants Climbing a Tree (Ma Yi Shang Shu)**

Ants Climbing a Tree is a classic Sichuan dish, main materials are Vermicelli and Minced Meat. It is salty fragrant slightly spicy, flavor penetrates thoroughly, Vermicelli soft smooth refreshing, Minced Meat tender fresh fragrant. Whole process only needs 20 minutes, is a dish very suitable for family operation.

Estimated Cooking Difficulty: ★★★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Sweet Potato Vermicelli
- Minced Pork (Or Minced Beef)
- Pixian Bean Paste
- Light Soy Sauce
- Dark Soy Sauce
- Cooking Oil
- Garlic Mince, Ginger Mince
- Small Scallion (Optional)

#### **CALCULATIONS**

Determine how many servings you plan to make before each production. One serving exactly enough for 2 people eating.

Per serving:

- Sweet Potato Vermicelli 80g (Dry weight)
- Minced Pork 150g
- Pixian Bean Paste 15g
- Light Soy Sauce 10ml
- Dark Soy Sauce 5ml
- Cooking Oil 10ml
- Garlic Mince 10g
- Ginger Mince 5g
- Clear Water 300ml (Used for boiling Vermicelli)

#### **OPERATION**

- Soak Sweet Potato Vermicelli soft in advance, soaking time 20 minutes, set aside
- Chop Garlic, Ginger separately, set aside
- Heat pot, add 10ml Cooking Oil, add Garlic Mince, Ginger Mince fry fragrant
- Add Minced Pork stir-fry until **Meat color turns white and slightly releases oil**
- Add Pixian Bean Paste, fry until **Red Oil precipitates**
- Add Light Soy Sauce and Dark Soy Sauce, stir-fry evenly
- Pour in 300ml Clear Water, boil
- Put in soaked drained Vermicelli, gently move with chopsticks to prevent sticking
- Medium low heat boil about 5 minutes, until Vermicelli **Completely absorbs soup juice**, presents slightly dried up state
- Can sprinkle Small Scallion Mince according to taste, turn off heat dish up

**ADDITIONAL CONTENT**

- Vermicelli not recommended to boil too long, easy to break and texture becomes poor; if time too long soup juice should be reduced appropriately
- Pixian Bean Paste salt content relatively high, can reduce Light Soy Sauce amount appropriately according to taste
- Can add 0.5g White Pepper Powder to season, flavor better

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Beef Brisket in Chu Hou Sauce (Zhu Hou Niu Nan)**





Meat fragrant delicious, color attractive, nourishing and strong, excellent texture, drooling Cantonese cuisine. Only need 1 hour with pressure cooker, otherwise need to stew 3 hours.

Estimated Cooking Difficulty: ★★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Stew Pot, Pressure Cooker (Optional, but highly recommended!)

- Beef Brisket (Preferred Boneless Short Rib, part with tendon)



- Chu Hou Paste (Core Sauce), Pixian Bean Paste, Red Fermented Bean Curd, Char Siu Sauce (Optional), Oyster Sauce, Dark Soy Sauce, Light Soy Sauce
- Huadiao Wine, White Liquor
- Fragrant Leaf, Sichuan Peppercorn, Star Anise, Dried Chili, Clove, Licorice, Dried Chili, Millet Chili (Optional), Ginger, Garlic

**CALCULATIONS**

Below is amount for two people eating:

- Beef Brisket 500-600g
- Ginger 30g
- Garlic Half bulb
- Millet Chili 1 (Adjust amount according to taste)
- Fragrant Leaf 2 slices
- Sichuan Peppercorn 0.5g
- Star Anise 2
- Dried Chili 3 (Adjust amount according to taste)
- Clove 3
- Licorice 2 slices
- Red Fermented Bean Curd 2 blocks
- Pixian Bean Paste 15g
- Rock Sugar 10g
- Huadiao Wine 10g
- White Liquor 20g
- Chu Hou Paste 50g
- Oyster Sauce 20g
- Dark Soy Sauce 5g
- Light Soy Sauce 60g
- Char Siu Sauce 20g

**OPERATION**

- Prepare auxiliary ingredients first:

- Bowl 1: Cut Ginger into 1.5cm\*1.5cm small blocks, peel Half bulb Garlic, if have Millet Chili cut into 1cm small segments



- Bowl 2: Put 2 Fragrant Leaves, 0.5g Sichuan Peppercorn, 2 Star Anises, 3 Dried Chilis, 3 Cloves, 2 Licorices



- Bowl 3: Put 2 blocks Red Fermented Bean Curd



- Bowl 4: Put 15g Bean Paste



- Bowl 5: Put 10g Rock Sugar



- Bowl 6: Pour Huadiao Wine 10g and White Liquor 10g



- Bowl 7: Add 50g Chu Hou Paste, 20g Oyster Sauce, 20g Char Siu Sauce, 5g Dark Soy Sauce, 60g Light Soy Sauce



- No need to cut Beef, put directly into cold water pot, high heat blanch water, fish out beef when water boils



- Rinse impurities on beef surface, cut into 4cm\*4cm\*4cm large blocks, drain dry water then put into bowl set aside



- High heat, hot pot put oil, pour Bowl 1 (Ginger, Garlic, Millet Chili) into pot, fry aromatic
- Medium-low heat, pour Bowl 2 (Spices), stir-fry evenly, about 30 seconds
- Medium-low heat, put Bowl 3 (Red Fermented Bean Curd), crush Red Fermented Bean Curd with spatula
- Medium-low heat, put Bowl 4 (Bean Paste), stir-fry evenly, about 30 seconds
- Medium-low heat, put Bowl 5 (Rock Sugar), fry until melted
- Medium-low heat, put in Beef Brisket, fry until Beef colored
- High heat, drizzle Bowl 6 (Wine) along pot edge, quickly stir-fry, fry until beef surface slightly scorched brown

- Pour Bowl 7 (Sauce), quickly stir-fry, pay attention to bottom juice, fry until small bubbles keep popping, soup juice slightly thick



- Transfer all ingredients in pot to another stew pot or pressure cooker, add water to cover ingredients



- Choose stewing meat time according to pot used:
  - a. Ordinary Stew Pot: Low heat stew 3 hours
  - b. Pressure Cooker: Press 40 minutes
- Open lid season after time, if not salty enough add Salt or Light Soy Sauce (Add small amount, constantly taste, until suitable), if not sweet enough then same logic add Sugar
- Can fish out Beef Brisket first after adjusting taste
- If want to eat Radish Potato, peel cut into 2cm thick slices pour into pot boil 10 - 15 minutes (Or boil to desired texture), if pressure cooker then add pressure boil 5 minutes



- Fish out Radish Potato and Beef Brisket put together after boiling

- Filter soup juice drizzle into bowl



#### ADDITIONAL CONTENT

- Reference: [Chu Hou Beef Brisket + Imperatae Cane Water Tutorial](#)
- Pay attention to safety when operating pressure cooker!

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Beer Duck (Pi Jiu Ya)**

Beer Duck is not only fresh and savory, but also carries a fragrance of beer. You won't get tired of the meat even after eating it for a long time, and the soup won't become bland after long cooking. The flavor is unique, with a unique taste of being hot but not floating, fragrant but not greasy, making people praise it endlessly. Generally, beginners need 1 hour to complete.

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Duck Meat
- Beer
- Light Soy Sauce
- Dark Soy Sauce
- Ginger
- Garlic
- Rock Sugar
- Dried Chili
- Cooking Wine
- Salt

- Chicken Essence
- Clove
- Star Anise
- Bay Leaf
- Doubanjiang (Bean Paste)

**CALCULATIONS**

Per serving:

- Duck Meat: Half a duck (About 1kg)
- Beer: 800ml
- Light Soy Sauce: 10-15ml
- Dark Soy Sauce: 5-10ml
- Ginger: 5 slices
- Garlic: 12 cloves
- Rock Sugar: 10g
- Dried Chili: 5 pieces
- Cooking Wine: 30ml
- Salt: 8g
- Chicken Essence: 5g
- Clove: 4 pieces
- Star Anise: 3 pieces
- Bay Leaf: 3 leaves
- Doubanjiang: 20g

**OPERATION**

- Cut duck into 3 cm small pieces. Put duck meat into cold water pot, add ginger slices, cooking wine, blanch once. Dish out and drain water, set aside.
- Heat up wok, put about 100ml cooking oil. High heat until oil boils, put duck meat into pot and stir-fry until colored.
- Wait until duck meat completely changes color (visible whitening), push duck meat to one side of the pot, pour in Doubanjiang and sugar, stir-fry on low heat to bring out fragrance and sugar color.
- Add Clove, Star Anise, Bay Leaf, Dried Chili, Light Soy Sauce, Dark Soy Sauce, Garlic, stir-fry to bring out fragrance.
- Pour in beer, submerging duck meat. Add salt, chicken essence, then braise duck on medium heat for 30 minutes (If teeth are not good, you can braise for 5 more minutes).
- Dish out and plate, serve.

**ADDITIONAL CONTENT**

- The amount of beer must be enough to submerge all duck meat. It is best to choose light-flavored beer.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Black Pepper Beef Tenderloin (Hei Jiao Niu Liu)**

Black Pepper Beef Tenderloin is a simple and easy-to-make dish. Balanced vegetables and meat, rich in protein, taste suitable for most people. Generally beginners can complete within 1 hour.

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Beef (Beef Tenderloin or Steak meat can be used)
- Onion
- Bell Pepper (Red/Yellow Pepper)
- Starch
- Black Pepper (Powder)
- Black Pepper (Marinade)
- Salt
- Peanut Oil

Note: Powder and marinade can replace each other, please refer to instructions on food packaging you bought for specific amount.

Non-stick pan recommended.

**CALCULATIONS**

Determine how many servings you plan to make before cooking. One serving is exactly enough for 2-3 people.

Total Amount:

- Beef Amount = Servings \* 100 g (Adjust according to diners' stomach capacity and pot capacity)
- Onion Amount = Servings \* 1/12 (i.e. cut about 1/4 for 3 people)
- Bell Pepper Amount = Servings \* 1/12 (i.e. cut about 1/4 for 3 people)
- Salt Amount = Servings \* 1 g
- Starch = Servings \* 3 g
- Black Pepper Marinade = Marinate according to ratio in instruction of purchased product
- Black Pepper Powder = Servings \* 1 g (Actually sprinkle casually)
- Peanut Oil = Servings \* 10ml (Actually oil amount varies with vegetable amount, if beef amount changes please change proportionally)

Use the above conditions, calculate the proportion of raw materials planned to be used.

**OPERATION**

- Cut beef into strips, length best controlled under 8cm, thickness about 5-10mm, width about 1cm (Not strict).
- Marinate beef using marinade, mix evenly and let stand, amount and time please refer to product instruction, can be longer but not shorter.
- If using liquid marinade, sprinkle a layer of black pepper powder 3 minutes before marinating ends, then add starch, mix evenly again and let stand for 20 minutes.
- Turn on fire, heat pot, add peanut oil.
- When seeing a wisp of smoke from oil in pot, put in beef, stir-fry.
- Medium-high heat, stir-fry for 2 minutes until beef surface changes color (i.e. no obvious blood color, blood color parts mean not fried enough) (Be careful of oil splashing here).
- Put in Onion and Bell Pepper, stir-fry for 2 minutes.
- Add Salt, sprinkle another portion of Black Pepper Powder, stir-fry for 30 seconds, mix evenly.
- Observe Onion becoming soft, turn off heat, dish out, plate.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Blood Duck (Xue Jiang Ya)**





Blood Duck is a Hunan Wugang characteristic traditional famous dish, fragrant, crisp delicious, due to effect of Vinegar Blood, not only duck bone crisp and brittle, even Ginger and Chili also become not spicy but sweet clean. Generally beginners only need 2 hours to complete.

Estimated Cooking Difficulty: ★★★★☆

#### ESSENTIAL INGREDIENTS AND TOOLS

- Fresh Young Duck Meat
- Fresh Duck Blood (Catch duck blood when killing duck, add vinegar and stir clockwise to prevent coagulation)
- Ginger
- Garlic
- Scallion
- Chili

- Wine (Or White Liquor, Beer, Rice Wine all okay)
- Light Soy Sauce
- Cooking Wine
- Salt
- Chicken Essence

**CALCULATIONS**

Per serving (Suggest 2-4 persons):

- Fresh Young Duck Meat 2000g
- Fresh Duck Blood 250ml
- Ginger 6 slices (Can put 1-3 more slices if like spicy)
- Garlic 6 cloves
- Fragrant Scallion 2 stalks, cut well set aside
- Chili 1000g (Choose Green Pepper, Wire Pepper, Beauty Pepper etc. according to personal spicy preference, can increase 5-8 Millet Chili or Facing Heaven Chili if like spicy, cut well set aside)
- Wine (Choose one):
  - High degree White Liquor 50ml + Water 150ml
  - Beer 200ml
  - Rice Wine 200ml
  - Light Soy Sauce 10ml
  - Cooking Wine 30ml
  - Salt 8g
  - Chicken Essence 5g

**OPERATION**

- Cut Fresh Young Duck Meat into about 3cm small blocks, add Cooking Wine, Ginger Slices, remove blood water.
- Heat wok, put about 100ml Cooking Oil, high heat wait oil boil, put in marinated Fresh Duck Meat, constantly stir-fry.
- Wait until Duck Meat completely changes color (Visible whitening), put in Wine, then add 200ml boiling water, just covering Duck Meat is enough, cover pot lid medium heat boil 15 minutes.
- After water boils, open pot lid put in Ginger Garlic, stir-fry once, cover pot lid continue heating 10 minutes.
- Open pot lid put in Chili, constantly stir-fry, wait until Chili visible stir-fried soft, put in Fresh Duck Blood, at this time need constantly stir-fry, ensure every piece of Duck Meat and every piece of Chili has infiltration of Duck Blood (This is essence of Blood Duck).
- Stir-fry until visible Duck Blood all black, add Salt, Chicken Essence, Fragrant Scallion, (Friends who like eating Mountain Pepper Oil can also put 3-6 drops Mountain Pepper Oil at this time) stir-fry again one to two times.
- Dish out serve plate, table eating.

**ADDITIONAL CONTENT**

- When operating, need to pay attention to observe water level line, adjust stove fire size, prevent water boiled dry sticking pot.
- When putting in Fresh Duck Blood, need constantly stir-fry stir, prevent Duck Blood clumping coagulating into blocks.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Boiled Beef (Shui Zhu Niu Rou)**

Spicy Fresh Fragrant

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Beef
- Bean Sprout
- Egg
- Coriander
- Bean Paste
- Cooking Wine
- Starch
- Dried Chili Powder
- Ginger
- Garlic
- Red Chili
- Oyster Sauce

**CALCULATIONS**

Determine how many servings you plan to make before cooking each time. One serving is exactly enough for 2 people to eat.

This is amount for one serving:

- Beef 300g
- Bean Sprout 100g
- Egg 1
- Coriander 5 stalks
- Bean Paste 10g
- Cooking Wine 10ml
- Starch 15g
- Dried Chili Powder 5g
- Ginger 20g
- Garlic 3 cloves
- Red Chili 1
- Oyster Sauce 8g

#### OPERATION

- Wash Beef clean cut slices.



- Add 15g Ginger shreds, 1 Egg, 15g Starch, 8g Oyster Sauce, 10ml Cooking Wine stir evenly, marinate 15 minutes.



- Wash Coriander clean cut well.



- Pour oil in pot, add Bean Paste, 5g Ginger shreds, Garlic slices.



- Pour in boiling water, boil into red soup.



- Wash Bean Sprout clean remove tail root, put into boiling water blanch cooked.



- Spread Bean Sprout into bowl bottom.



- Put Beef slices one by one into Red Soup, fish out after cooked.



- Spread Beef on Bean Sprout, sprinkle Coriander stems.



- Sprinkle Coriander leaves, Chili Powder, Chili Circles.



- Start another pot burn hot oil, drizzle hot oil on dish, then completed.



#### ADDITIONAL CONTENT

- Reference: [Detailed Steps of Boiled Beef](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### **Boiled Pork Slices (Shui Zhu Rou Pian)**

Boiled Pork Slices is spicy fresh fragrant, suitable for eating with rice, but method is slightly troublesome. Difficulty mainly lies in meat being smooth and tender, beginners generally need 1 - 2 hours to complete. Rice eater, everything is worth it~

Estimated Cooking Difficulty: ★★★★☆

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Pork Tenderloin
- Salt
- Pepper Powder
- Light Soy Sauce
- Cooking Wine
- Egg White
- Potato Starch
- Vegetable Oil
- Bean Sprout
- Fengwei (Lettuce Tip)
- Celery
- Garlic Sprout
- Garlic
- Ginger
- Red Pickled Chili
- Green Peppercorn (Qing Hua Jiao)
- Dried Chili
- Red Oil Bean Paste
- Chicken Essence
- White Sugar
- Small Scallion
- Rapeseed Oil

#### **CALCULATIONS**

- Tenderloin usage amount is 300g
- Small Scallion 2 stalks
- Ginger 10g
- Garlic 20g
- Red Pickled Chili 20g (Choose 0-40 g according to spicy tolerance)
- Garlic Sprout 2 stalks
- Celery 3 stalks
- Red Oil Bean Paste 5ml
- Chicken Essence 1.5g
- Light Soy Sauce 5g
- Salt 5g
- Pepper Powder 2g
- Cooking Wine 3g

- Egg White 1
- Potato Starch 7g
- Vegetable Oil 280g (Choose according to situation, add 100g more if want heavy oil)
- Rapeseed Oil 200g (Choose according to situation, add 100g more if want heavy oil)
- Green Bean Sprout 100g
- Fengwei 1 stalk
- White Sugar 1g
- Millet Chili Dried Chili 20g (Choose 0-40g according to spicy tolerance)
- Green Peppercorn 5g (Choose according to situation, 5g more if want numbness)

**OPERATION**

- Modify Tenderloin into small blocks, then cut into 2mm thin slices (Can improve according to own taste), put into bowl, add clear water wash twice to remove blood water and impurities, fish out squeeze dry moisture set aside.
- Add Salt 1.5g, Pepper Powder 1g, Light Soy Sauce 5g, Cooking Wine 3g into bowl, then stir in one direction for 2 minutes, make it absorb flavor.
- Prepare another bowl, add one Egg White, add 7g Potato Starch, stir evenly in one direction, pour into meat
- Stir evenly in one direction again (Lubricating film formed on meat surface, this will make meat more fresh and tender)
- Finally add 30g Vegetable Oil gently stir (Prevent meat slices sticking).
- Green Bean Sprout 100g, Fengwei 1 stalk (Modify into small strips), Celery 3 stalks cut into small segments, Garlic Sprout 2 stalks smack loose cut into small segments.
- Garlic 20g chop, Ginger small block chop, Red Pickled Chili 20g chop.
- Millet Chili Dried Chili 15g, Green Peppercorn 3g, add oil to pot to slide pot, pour out excess when oil slightly hot keep 50g base oil, put in Dried Chili, Peppercorn, low heat stir-fry aromatic, remember not to burn (Color just turn black is fine), pour out on chopping board chop fine.
- Heat pot, put in 100g Vegetable Oil burn to 60% hot, add 2g Green Peppercorn, Dried Chili explode fragrance, put side dishes in pot, add 1g Salt, stir-fry until broken raw (Duan Sheng), ladle into bowl pad bottom set aside.
- Wash pot clean, add 150g Vegetable Oil burn to 60% hot, add prepared Ginger Garlic Red Pickled Chili, after explode fragrance add Bean Paste 10g, low heat explode Bean Paste aromatic fry out Red Oil.
- Add 800 ml Clear Water (Choose according to actual situation), high heat boil, turn low heat season, add Salt 2.5g, Chicken Essence 1.5g, 1g White Sugar fresh up, 1g Pepper Powder, 5g Water Starch (Choose according to actual situation) reduce soup juice slightly thick.
- After soup juice boils, low heat put marinated meat slices into pot one by one separately, then high heat scald meat slices cooked, use spatula gently push to avoid sticking, wait soup juice boil, fish out meat slices after cooked put on side dishes in bowl, then pour original soup in (Not exceeding dish).
- Sprinkle Knife Edge Chili (Dao Kou La Jiao), Garlic Mince and Scallion Chopped evenly in bowl.
- Wash pot clean, add 200g Rapeseed Oil, burn to 70% hot, then one time evenly splash on meat slices in bowl (Pay attention to safety), deliciousness completed.

**ADDITIONAL CONTENT**

- Pad bottom vegetables choose according to own taste (Mushroom, Chinese Cabbage, Indian Lettuce etc.).
- If Knife Edge Chili production is too troublesome can also directly use Dried Chili Segments and Green Peppercorn instead.
- Pay special attention to meat marination (Stir in one direction, handle blood water clean), guarantee meat smooth tender (Egg White, Starch stir evenly).
- Boiled Beef can also follow this method.

**References**

- [Food Writer Wang Gang R](#)

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**Boneless Chicken Feet (Wu Gu Ji Zhua)**

Color in picture is relatively light, family

**loves eating with less soy sauce**

This is a simple recipe but consumes physical strength and endurance Boneless Chicken Feet, sour spicy appetizing, bouncy refreshing, if making first time total time consumption 8 hours 15 minutes.

Estimated Cooking Difficulty: ★★★★☆

**ESSENTIAL INGREDIENTS AND TOOLS**

- Chicken Meat
- Ginger
- Cooking Wine
- Big Scallion
- Garlic
- Millet Chili
- Onion

- Light Soy Sauce
- Oyster Sauce
- Black Vinegar (Recommend Aged Vinegar)
- White Sugar
- Salt
- Peppercorn Oil
- Coriander
- Lemon

**CALCULATIONS**

One portion is exactly enough for 2-3 people.

- Chicken Feet 1kg
- Ginger 4 slices
- Cooking Wine 65g
- Big Scallion 3 segments (5cm per segment)
- Garlic 10 cloves
- Millet Chili 4 (Low Spicy), 6 (Medium Spicy), 12 (High Spicy) (Recommend High Spicy)
- Onion (Half)
- Light Soy Sauce  $75g = 15g * 5$
- Oyster Sauce  $30g = 15g * 2$
- Black Vinegar (Recommend Aged Vinegar) 50g
- White Sugar 10g
- Salt 3g
- Peppercorn Oil 10ml
- Coriander 3 plants
- Lemon 2 (Adjust acidity by unit of 1)

**OPERATION****Chicken Feet Processing**

- Use scissors / knife to cut off all nail parts on chicken feet **Including meat and bone under nail, let it not have any nail left**
- Wash them clean with water, put aside
- Put Chicken Feet into big pot, prepare to remove smell
- Put Big Scallion, Cooking Wine, Ginger all inside
- Add water to cover Chicken Feet
- High heat boil **Midway can fish up floating foam**
- Water boils **100 degrees, boiling** then wait 10 minutes
- Turn off heat, fish out, drain dry water, wash clean, put into basin

**De-boning**

This step can be omitted, this step takes about 2 hours

- Put into refrigerator, **Freezer** 20 minutes
- Put all into refrigerator not freezer layer, then take out in batches **10 per batch** to de-bone
- Start from tip of finger (chicken feet's), every finger uses knife to cut open **Cut to its back of hand part**
- Then cut open from back of hand part to whole arm
- Break every finger joint **Type that makes sound when pressing finger**
- Press its finger tip, push inside, every finger same, first push to middle palm back of hand part
- After skin of every finger detached, push from palm to arm part until whole thing comes off
- Put into bowl, set aside

**Mix Marinade**

- Cut **Millet Chili** uniformly small
- Chop **Garlic**, **Onion**, **Coriander**
- Cut **Lemon** in half, squeeze lemon juice into chicken feet container
- Pour **All** seasonings into container with chicken feet, also put in **Millet Chili**, **Garlic**, **Onion** and **Coriander**
- Grab mix evenly
- Put into refrigerator one night (6 hours)
- Put all prepared chicken feet in after mixing well

**ADDITIONAL CONTENT**

- When operating, need to pay attention to observe boiling water level line, if found lower than 3/4 of ingredients should add hot water to cover ingredients.
- Chicken Feet De-boning Tutorial: [bili\\_89324373958](#)

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## Braised Chicken

Braised Chicken is a very appetizing gourmet food, ingredients plain but very easy to cook, learn once then know.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Chicken Leg
- Mushroom (Dried Mushroom best)
- Green Pepper
- Ginger Slice
- Dried Chili
- Salt
- Cooking Wine
- White Pepper Powder
- White Sugar
- Soy Sauce
- MSG
- Potato (Optional)

### CALCULATIONS

- Chicken Leg = Two
- Mushroom (Dried Mushroom best) = 5 flowers
- Green Pepper = Two
- Ginger Slice = Two slices
- Dried Chili = 5, 6 pieces
- Salt = 10g
- Cooking Wine = 10ml
- White Pepper Powder = 5g
- White Sugar = 5g
- Soy Sauce = 5ml
- Potato = One (Optional, can make soup juice more viscous)

### OPERATION

#### Preparation Stage

- Wash Chicken Leg clean, chop into **4cm** size blocks
- Ginger cut slices, Dried Chili cut into **Small Rings**
- Mushroom cut slices, Green Pepper cut into slender **Horse Hoof Shape**, if Dried Mushroom, soak one night after washing dust and keep Mushroom water set aside
- If have Potato, cut into **Rolling Knife Block** with size similar to Chicken meat

#### Stir-fry Stage

- Fry Sugar Color: Pour base oil in pot, put in White Sugar when oil cold (**Has certain difficulty, novice can skip to Chicken meat stir-fry and use Dark Soy Sauce to replace**)
- Low heat slowly heat, wait oil temperature gradually rise, White Sugar start melting and turn into deeper brown color (During period need constantly stir, prevent burning pot)
- Quickly pour in Chicken blocks, turn high heat, quickly stir-fry! Cook in Cooking Wine, continue stir-fry for a while

- Pour in Ginger Slices and Dried Chili
- Put in Soy Sauce, fry evenly
- Pour in Mushroom water or Clear Water, standard to submerge Chicken meat
- Pour in Mushroom Slices, White Pepper Powder, Salt, Potato
- After stir-fry evenly, cover pot lid simmer boil, turn medium low heat **15-20 minutes**, if have condition can transfer to Casserole
- Wait Chicken meat soft rotten, soup juice thick (Soup juice do not collect too dry), finally put in Green Pepper
- Put in MSG, stir-fry evenly, turn off heat! Green Pepper basically raw broken is okay, do not fry long time

**ADDITIONAL CONTENT**

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**Braised Dishes (Lu Cai)**

Braised Dishes (Lu Cai) is a classic Chinese braised cuisine, rich in protein and multivitamins. The meat is tender and juicy, fragrant, and the flavor intensity can be adjusted according to soaking time. This dish is suitable as cold dish, appetizer for drinking, or served with staple food. The brine (Lu Shui) can be reused multiple times, the older the more fragrant. This tutorial takes Braised Beef as an example, other meats are similar.



Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Braising Spice Pack (Lu Liao Bao) (Available in supermarkets)
- Soybean Paste (Huang Dou Jiang)
- Broad Bean Paste (Doubanjiang)
- Oyster Sauce
- Red Fermented Bean Curd (Nan Fu Ru)
- Onion

- Ginger
- Garlic
- Dried Chili
- Light Soy Sauce
- Dark Soy Sauce
- Salt
- White Sugar (Yellow Rock Sugar is best, for caramel color)
- Beer
- Beef Shank (or other meats)
- Pressure Cooker
- Strainer/Filter Mesh

**CALCULATIONS**

Determine how many servings you plan to make before cooking. One serving is enough for 2-3 people.

Per serving:

- Braising Spice Pack: 1 pack (about 10g)
- Soybean Paste: 15ml
- Broad Bean Paste (Doubanjiang): 15ml
- Oyster Sauce: 15ml
- Red Fermented Bean Curd: 15ml
- Onion: Half (about 100g)
- Ginger: 30g
- Garlic: 40g
- Dried Chili: 10g
- Light Soy Sauce: 120ml
- Dark Soy Sauce: 60ml
- Salt: 10-15g
- White Sugar: 30g (for caramel color)
- Beer: 1 can (330ml)
- Beef Shank: 500g
- Clear Water: Sufficient amount (Need to submerge all meats)

**OPERATION**

It is recommended to check the [Sugar Coloring \(Caramel Color\)](#) tutorial before this.

- Soak Beef Shank in cold water for more than 3 hours in advance to remove blood water.

**Prepare Brine (Lu Shui)**

- Prepare Sugar Color: Add 30g white sugar to pot, heat on low heat until sugar melts completely and turns brownish, add 150ml hot water, stir evenly and set aside.
- Cut onion into blocks, smash ginger and garlic, break dried chili for later use.
- Add sufficient water to the pot, put in Braising Spice Pack, onion, ginger, garlic, dried chili, boil over high heat.
- Add Soybean Paste, Broad Bean Paste, Oyster Sauce and Red Fermented Bean Curd 15ml each, stir evenly.
- Pour in prepared Sugar Color, mix evenly.
- Add Light Soy Sauce 120ml and Dark Soy Sauce 60ml, stir evenly.

- Add 10-15g Salt to season.
- Pour in 1 can of beer (330ml), boil again.

**Braise Beef**

- Blanch Beef Shank in pot for 2-3 minutes, fish out and rinse off floating foam on surface with hot water.
- Put blanched Beef Shank into boiling Brine, ensure Brine submerges all meat.
- Cover Pressure Cooker lid, after steam comes up, continue cooking for 25-30 minutes.
- After cooking is done, do not open lid to keep warm, let it cool naturally and soak overnight (this makes it more flavorful).
- Take out braised meat and put in refrigerator to chill, making it firm.
- Slice before eating, can be eaten directly or dressed as cold dish.

**Preserve Brine**

- Brine reuse method: After braising meat each time, filter the brine to remove all solid contents, boil again to sterilize, cool down and then refrigerate or freeze. When using, add seasonings again according to original formula proportion. (Water addition depends on brine usage situation).
- Properly preserved brine can be used for a long time, and gets more fragrant as it ages.
- **Important Note:** If braising vegetarian dishes, must take out a portion of brine to use separately, and the brine used for vegetarian dishes cannot be reused.

**Cold Dressing Seasoning**

- Mix minced garlic, chopped green onion, white sesame seeds, chili powder in ratio 1:1:1:1, add millet chili according to personal taste. Add small amount of sesame oil or rattan pepper oil to hot vegetable oil, pour over the seasoning in batches, then add light soy sauce, vinegar, oyster sauce 10ml each, 5ml sugar, MSG/Chicken Essence, finally 15ml Braising Soup, mix evenly.
- Can be paired with smashed cucumber, wood ear, fried peanuts, coriander etc. when dressing.

**ADDITIONAL CONTENT**

- A portion of brine can be taken out to make Beef Noodles, as soup base for plain noodles, add your favorite vegetables, the taste is excellent.



Brine:



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**Braised Lamb Chops with Noodles (Yang Pai Men Mian)**

Braised Lamb Chops with Noodles is a hard dish, suitable for showing off skills during gatherings. The disadvantage is it takes some time, the advantage is it's delicious, and one dish provides the three major nutrients needed by human body.

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Lamb Chops with Skin
- Green Pepper
- Sweet Pepper (Bell Pepper)
- Scallion
- Sichuan Peppercorn
- Dried Chili
- Ginger
- White Sugar
- Dark Soy Sauce

**CALCULATIONS**

1 Person Serving \* 2 Meals = 2 Person Servings

- Lamb Chops with Skin 500g
- Green Pepper, Sweet Pepper 2 each

**OPERATION**

- Blanch lamb in cold water pot, skim off blood foam after water boils, fish out lamb.
- Cut ginger (4 slices), put dried chili and peppercorn in bowl set aside.
- Add oil to wok. (A bit more is fine)
- After oil is hot, put in white sugar, stir-fry caramel color for lamb.
- After lamb moisture is fried dry, put in salt, dark soy sauce, and prepared seasonings.
- Add clear water to cover lamb, after high heat boiling, let it continue boiling for 10 minutes, then low heat stew for 30 minutes.
- During this period, can knead dough. Amount of dough and operation method explained in Additional Content \*(Note 1).
- Put in green pepper, sweet pepper, scallion, and noodle sheets to stir-fry.
- After stir-frying evenly, can serve.

\*Note 1: Can use supermarket noodles instead, but try to choose wide noodles.

**ADDITIONAL CONTENT**

(Dough Kneading Guide - Materials)

- All Purpose Flour 300 g
- Salt 3 g
- Water 180 ml

(Dough Kneading Guide - Operation)

- Mix materials evenly first, add water while stirring, then knead dough until smooth
- Rest dough (10 minutes)
- Knead dough again until smooth
- Rest dough (5 minutes)
- Knead dough into strip, cut into 6 to 8 small agents
- Smear oil, wait 5 minutes
- Roll dough agents into noodle sheets
- Put into pot to simmer for 4 minutes (Operate one by one)

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**Cantonese Radish Braised Beef Brisket (Guang Shi Luo Bo Niu Nan)**

Cantonese Radish Braised Beef Brisket is rich in nutrition, delicious in taste, rich in soup. Children's appetite is better, and grades are better.

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Beef Brisket
- White Radish (Daikon)
- Ginger Slices
- Garlic Cloves
- Scallion
- Star Anise
- Cinnamon
- Dried Chili
- Fragrant Leaf (Bay Leaf)
- Red Fermented Bean Curd (Nan Ru)
- Chu Hou Paste
- Oyster Sauce
- Soy Sauce
- Rock Sugar

- Salt
- Dark Soy Sauce

**CALCULATIONS**

One serving is exactly enough for 3-4 people.

- Beef Brisket: 500g
- White Radish: 1
- Ginger Slices: 8 slices
- Garlic Cloves: 5 cloves
- Scallion Knot: 1 bunch
- Star Anise: 2 pieces
- Cinnamon: 1 small piece
- Dried Chili: 2
- Fragrant Leaf: 2 leaves
- Red Fermented Bean Curd: 1 block
- Chu Hou Paste: 30g
- Oyster Sauce: 15g
- Soy Sauce: 15g
- Rock Sugar: 10g
- Salt: 5g
- Dark Soy Sauce: 15g

**OPERATION****Start Making**

- Cut Radish into rolling blocks (irregular chunks), set aside.
- Blanch whole Beef Brisket, add 2 Ginger slices and a Scallion knot, boil for 5-10 minutes after water boils, then fish out and cut into pieces.
- Cut Beef Brisket into pieces of size you like (Beef Brisket has been blanched, it won't shrink much when braising later, large pieces will take longer to braise).
- Prepare sauce for braising Beef Brisket, mix Red Fermented Bean Curd, Chu Hou Paste, Soy Sauce, Oyster Sauce, Sugar, Salt according to amounts above (If ran out of Rock Sugar, White Sugar is fine).
- Heat pot and add oil, explode Ginger and Garlic until fragrant, put in Beef Brisket, stir-fry until dry, add mixed sauce, stir-fry until fragrant. If you like darker color, add a little Dark Soy Sauce to color.
- After sauce is fully mixed, pour in hot water.
- Transfer Beef Brisket to soup pot, put in Cinnamon, Star Anise, Fragrant Leaf and Dried Chili, braise for about 2 hours.
- After Beef Brisket is braised to half soft, add White Radish and continue to braise for 30 minutes.
- Finish when Radish is braised soft. A pot of rich fragrant Radish Beef Brisket is done.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Cheese Bacon Macaroni (Mac and Cheese)**

This is a delicious Cheese Bacon Macaroni (Mac and Cheese), suitable for four people. It combines rich cheese and crispy bacon, simple to make, and is a popular American home-style dish.

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Macaroni
- Cheese
- Meat (Bacon)
- Onion
- Butter
- Flour
- Milk
- Garlic

**CALCULATIONS**

Determine how many servings you plan to make before cooking. One serving is exactly enough for 2 people.

- Macaroni: 100-125g
- Cheese: 40-55g, prepare extra 25g if baking, shredded
- Bacon or other meat: 100-125g
- Onion: 25g-40g chopped
- Butter: 15g
- Flour: 10g
- Milk: 125ml
- Garlic: Half clove, chopped

**OPERATION**

- Grate cheese into shreds.
- Cut onion into strips.
- Boil macaroni in slightly salted water for 6 minutes.
- **Medium Heat**
  - Put butter in pot, wait to melt.
  - Add onion.
  - After onion softens, add garlic.
  - After garlic fragrance comes out, add meat, wait 5 seconds.
- **Low Heat**
  - Add milk in four batches, stir for 5 seconds after each addition before adding next.
  - Add flour and stir fully.
  - Add cheese and stir evenly.
  - Mix macaroni and cheese sauce.
  - If not planning to bake, can eat directly.
- **Baking:**
  - Preheat oven to 180°C.
  - Spread extra 50g cheese (Wait, calculations said 25g, let's assume 25-50g depending on preference) on top of macaroni.
  - Wait for oven to preheat to 180°C, put macaroni in.
  - Bake until surface is golden yellow, about 24 minutes.

**ADDITIONAL CONTENT**

This cuisine is extremely unhealthy, has about 1300 calories, 80g fat, not recommended to eat often.

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## Chili Stir-Fried Meat

⚠ Note: This dish requires certain cooking foundation, not recommended for novices to try.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Green Pepper (Recommend Hang Pepper, Screw Pepper if eat spicy, Pointed Pepper, Sweet Pepper if not eat spicy)
- Pork Lean Meat
- Salt
- Light Soy Sauce
- Oyster Sauce
- Garlic
- Ginger
- Soy Sauce (Optional)
- Fermented Black Beans (Optional)

### CALCULATIONS

Determine how many servings you plan to make before each production. One serving exactly enough for 1 person to eat.

Total Amount:

- Green Pepper Quantity = Servings \* 3 pieces.
- Meat Amount = Servings \* 200g.
- Salt Amount = Servings \* 3g.
- Light Soy Sauce = Servings \* 3ml.
- Oyster Sauce = Servings \* 3ml.
- Garlic = Servings \* 5g.
- Ginger = Servings \* 5g.
- Soy Sauce = Servings \* 2ml.
- Fermented Black Beans = Servings \* 3g.

Use above conditions, calculate planned raw material ratio.

### OPERATION

- Wash Green Pepper clean, remove Green Pepper Stalk and Green Pepper Seeds, then use Rolling Knife Method to cut well set aside.
- Smack Garlic with knife, then cross cut into Garlic Cloves, chop Ginger into Ginger Mince.
- Cut Pork Lean Meat into Meat Slices (Cut along pork texture, i.e. knife and meat texture parallel, resulting meat slices, texture presents "River" (Chuan) character).
- Wash cut Pork, put into empty bowl, then add calculated Light Soy Sauce, Oyster Sauce, Salt stir evenly, marinate 10 minutes.
- Heat pot, no need to pour oil, put Cut Green Pepper into pot, high heat dry fry until tiger skin shape, then add 2g Salt continue stir-fry 1 minute then fish up.
- No need to wash pot, high heat heat pot, add Servings \* 8ml Oil, wait 30s, add Garlic Cloves, Ginger Mince stir-fry 15s.
- Add marinated Pork pour into pot stir-fry 2 minutes, then add dry fried Green Pepper stir-fry 1 minute.
- Add Fermented Black Beans according to personal taste preference, finally add Soy Sauce, continue stir-fry 30s.
- Dish out, plate.

### ADDITIONAL CONTENT

**Chili can only choose Green Pepper, Screw Pepper is optimal solution, do not choose other varieties of pepper!**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Chinese Cabbage Pork Stewed Vermicelli (Bai Cai Zhu Rou Dun Fen Tiao)

Chinese Cabbage Pork Stewed Vermicelli is a simple and easy-to-make dish. It is a traditional Northeast home-style dish, loved by vast Northeast people for its simple method and superior taste.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Belly
- Chinese Cabbage (Bai Cai)
- Potato Dry Vermicelli
- Thirteen Spices Powder
- Chicken Essence
- Edible Salt
- Dark Soy Sauce
- Light Soy Sauce

### CALCULATIONS

Per serving:

- Pork Belly 300g
- Chinese Cabbage 500g
- Potato Dry Vermicelli 50g
- Thirteen Spices Powder 10g
- Chicken Essence 5g
- Edible Salt 15g
- Dark Soy Sauce 5ml
- Light Soy Sauce 5ml

### OPERATION

- Boil water in pot, put in Dry Vermicelli after water boils, boil for 5 minutes then pour out into container with water, cover lid and continue soaking set aside (Do this first, can do other steps during this).
- Cut Pork Belly into 3mm slices, set aside.
- Separate tender leaves and stems of Chinese Cabbage and cut into 2 portions of vegetable pieces, set aside.
- Heat pot, put 10ml - 15ml Cooking Oil in pot. Wait 10 seconds for oil temperature to rise.
- Put in Pork Belly, keep stir-frying until meat changes color.
- Add Dark Soy Sauce, fry **1 minute**, to color the meat.
- Add Cabbage Stems, add Edible Salt, Light Soy Sauce, fry one minute (If sticking to pot, splash 10ml water).
- Add water to submerge all ingredients, add Chicken Essence, Thirteen Spices Powder, after boiling, turn down heat and **wait 20 minutes**.
- Drain Vermicelli and cut into small segments put in bowl set aside.
- Add Cabbage Tender Leaves, fry evenly then place Vermicelli on top of vegetables, cover lid and boil again for **5 minutes**.
- Taste, turn off heat, reduce juice.

### ADDITIONAL CONTENT

- Potato Dry Vermicelli boiling time is long, can place in first step, do other steps during period.
- Taste in last step, if finding taste light or not cooked, continue covering lid to boil for a while.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Cola Chicken Wings

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Chicken Wings (Mid-joint Wings)
- Cola
- White Sugar
- Light Soy Sauce
- Salt
- Ginger
- Cooking Wine or Beer
- Scallion (Small Green Onion)

### CALCULATIONS

Based on 1 plate portion:

- Chicken Wings: 10 ~ 12 pieces
- Cola: 500ml
- White Sugar: 10 g
- Light Soy Sauce: 15 g
- Dark Soy Sauce: 3 g
- Salt: 2 g
- Ginger: 2 slices
- Cooking Wine: 20 ml
- Scallion tied into a knot

### OPERATION

- Put chicken wings into pot, pour cold water to submerge. Put 1 slice of ginger and 10 ~ 20 ml cooking wine. Boil over high heat (about 2 minutes), skim off floating foam, drain water.
- This step is for frozen chicken wings. Freshly bought chicken wings can be marinated directly with light soy sauce after cutting.
- Fish out chicken wings, make two cuts on both sides with a knife. Marinate chicken wings with about 10 g light soy sauce for 10 minutes (Ensure light soy sauce completely coats chicken wing surface).
- Heat oil in pot over low heat again, first stir-fry remaining ginger slice until fragrant, then put in marinated chicken wings. Pan-fry chicken wings until golden yellow, flip (until both sides are golden yellow), flip chicken wings with spatula, stir-fry 4~5 times with ginger slice (Purpose is to prevent chicken wings and ginger slice from sticking).
- When chicken wings are golden yellow, pour in cola to cover chicken wings, turn on high heat to boil the cola in the pot, then skim off floating black foam (containing blood water). At this time add scallion knot.
- Seasoning: Add 2 g edible salt, 10 g white sugar, 3 g light soy sauce (Can use 3 g dark soy sauce to adjust base color appropriately).
- Wait until scallion knot turns yellow, fish it out together with ginger slice, turn to medium heat to continue slow cooking cola chicken wings.
- Wait until cola presents a hanging syrup state, turn to low heat to let the juice hang firmly on the chicken wings. Serve, plate.

### ADDITIONAL CONTENT

- Adding ginger to stir-fry until fragrant can also prevent chicken wings from sticking to the pot.
- Do not use too high heat when collecting juice at the end, to prevent taste from becoming bitter.

- This dish is sweet.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Cold Rabbit (Leng Chi Tu)**

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Rabbit Meat
- Salt
- MSG (Monosodium Glutamate)
- Oyster Sauce
- Cooking Wine
- Garlic
- Ginger
- Scallion / Big Green Onion / Onion
- Dried Chili
- Green Sichuan Peppercorn (Qing Hua Jiao)
- Star Anise
- Cinnamon
- Bay Leaf
- Sand Ginger (Shan Nai / Kaempferia galanga)
- White Cardamom (Bai Kou)
- Fennel Seeds (Xiao Hui Xiang)
- White Sesame Seeds

**CALCULATIONS**

- Salt Amount = Rabbit Meat Weight (in Jin/500g) \* 2 g
- MSG Amount = Rabbit Meat Weight \* 1 g
- Oyster Sauce Amount = Rabbit Meat Weight \* 5 g
- Cooking Wine Amount = Rabbit Meat Weight \* 10 g
- Oil Amount = Rabbit Meat Weight \* 0.9 ~ 1 Liter
- Garlic Amount = Rabbit Meat Weight \* 1/2 Head
- Ginger Amount = Garlic Amount
- Scallion/Onion Total = Rabbit Meat Weight \* 15 g
- Dried Chili Amount = Total volume of heavy chili segments equals total volume of rabbit meat
- Green Sichuan Peppercorn Amount = 3 Jin Rabbit Meat corresponds to a small bowl used for eating rice, a full bowl of peppercorns
- Star Anise Amount = Rabbit Meat Weight \* 1 piece
- Cinnamon Amount = Rabbit Meat Weight \* A piece the size of a thumb
- Bay Leaf Amount = Rabbit Meat Weight \* 5 leaves
- Sand Ginger Amount = Rabbit Meat Weight \* A piece the size of a soybean
- White Cardamom Amount = Rabbit Meat Weight \* 2 pieces
- Fennel Seeds Amount = Rabbit Meat Weight \* 15 g
- White Sesame Seeds Amount = Rabbit Meat Weight \* 25 g

Use the above conditions to calculate the proportion of raw materials planned to be used.

**OPERATION**

1. Peel garlic and ginger, chop them finely for later use. Wash star anise, cinnamon, bay leaf, sand ginger, white cardamom, fennel seeds for later use.
2. Cut dried chili into small segments of 2 cm, wash clean for later use.
3. Wash scallion/big green onion/onion clean, cut onion into small pieces.
4. Chop rabbit meat into small blocks of 2 cm, add salt, cooking wine, MSG to season, marinate for 15 minutes.
5. Pour oil into pot, when oil temperature is 40% hot (approx 120°C), put in scallion/onion, stir-fry on medium-low heat until fragrant, wait until scallion/onion is slightly burnt, fish them out.
6. Turn on high heat to raise oil temperature. When oil temperature is 80% hot (approx 240°C), put in rabbit meat. During frying process turn to medium-low heat. Fry until rabbit meat is slightly burnt yellow, fish out rabbit meat.
7. Raise oil temperature, pour in dried chili, green Sichuan peppercorn, star anise, cinnamon, bay leaf, sand ginger, white cardamom, fennel seeds; turn to low heat to fry chili segments until crispy.
8. Pour rabbit meat back in, add oyster sauce, stir-fry for a few minutes.
9. Turn off heat, add garlic, ginger, white sesame seeds, stir-fry evenly.
10. Leave it overnight for better flavor absorption.

**ADDITIONAL CONTENT**

In Step 6 of operation, note: Oil amount should submerge rabbit meat. If not submerged, need to replenish in time.

In Step 7 of operation, note: Chili is extremely easy to burn. Burnt chili will turn black. This process is very fast, so must use low heat. Basically wait until there isn't much water vapor evaporating, then you can put in rabbit meat.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Cold Shredded Chicken**

A quick dish during isolation period, less oil and low calorie, simple to make, estimated making time 30 minutes.

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Chicken Breast (Room temperature or frozen both ok)
- Sesame Oil (Sichuan Pepper Oil)
- Light Soy Sauce
- Balsamic Vinegar
- White Sugar
- Salt
- Cooking Wine
- Ginger
- Cold Boiled Water

**CALCULATIONS**

Per serving:

- Chicken Breast: 200 g
- Sesame Oil: 5 ml
- Light Soy Sauce: 4 ml
- Balsamic Vinegar: 4 ml
- White Sugar: 3 g
- Salt: 2 g
- Ginger: 20 g

**OPERATION**

- Slice ginger, set aside.
- Pour 4 liters of water into the pot.
- Add chicken breast, ginger slices.
- Pour in 20 ml cooking wine.
- Turn on high heat and boil water without cover.
- After water boils, turn to medium heat, use a spoon to skim off floating foam.
- Continue to boil for **5-7** minutes. Boil for 5 minutes if non-frozen meat, 7 minutes for frozen meat.
- Chicken breast size affects cooking time. Insert chopsticks into chicken breast, if it can be easily inserted, it represents chicken is cooked. If not cooked, extend boiling time.



- Rinse chicken breast with cold boiled water to cool it down to room temperature.
- Tear chicken breast into fine shreds along the texture.



- Prepare a bowl.
- Add prepared sesame oil, light soy sauce, balsamic vinegar, white sugar, salt into the bowl.
- Stir the sauce to dissolve sugar and salt as much as possible.
- Pour sauce into chicken shreds, mix evenly.

**ADDITIONAL CONTENT**

- This dish was made with existing materials during isolation. If conditions permit, you can add coriander, chopped green onion etc. for seasoning. If you like spicy, you can add chili oil.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Crispy Fried Pork (Xiao Su Rou)

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork without skin (Choose fat/lean ratio according to preference)
- Vegetable Oil
- Old Ginger
- Small Scallion (Chives)
- Cooking Wine
- Salt
- Thirteen Spices Powder
- White Pepper Powder
- MSG
- Chicken Essence
- Crushed Sichuan Peppercorn
- Sichuan Peppercorn Seeds
- Light Soy Sauce
- Egg
- Flour
- Sweet Potato Starch

### CALCULATIONS

#### Main Ingredients

- Pork: 500 g

#### Auxiliary Ingredients

- Egg: 2 pieces
- Flour: 30 g
- Sweet Potato Starch: 120 g

#### Scallion Ginger Water

- Old Ginger: 20 g
- Small Scallion: 15 g
- Cooking Wine: 15 g
- Clear Water: 80 g

#### Marinade Seasoning

- Salt: 4 g
- Thirteen Spices Powder: 2 g
- White Pepper Powder: 3 g
- MSG: 5 g
- Chicken Essence: 5 g
- Crushed Sichuan Peppercorn: 3 g
- Sichuan Peppercorn Seeds: 3 g
- Light Soy Sauce: 8 g

**OPERATION****Making Scallion Ginger Water**

- Cut Old Ginger into shreds, no need to cut Small Scallion.
- Pour in Cooking Wine and Clear Water according to calculation formula.
- Squeeze and knead with hands for 5 minutes, allowing flavors of ginger and scallion to fully dissolve in water.

**Pork Preparation**

- Remove skin from pork and wash clean.
- Cut into strips with length 8~10 cm, thickness 1.5 cm.
- Add Salt, Thirteen Spices Powder, White Pepper Powder, MSG, Chicken Essence, Crushed Sichuan Peppercorn, Sichuan Peppercorn Seeds, Light Soy Sauce according to calculation formula above.
- Pour in the Scallion Ginger Water made earlier.
- Grab evenly and knead fully for 10 minutes, until meat absorbs all moisture and becomes sticky.
- Cover with cling film and let sit in refrigerator for 30 minutes.

**Coating Pork**

- Pour Flour and Sweet Potato Starch into marinated meat, add Egg White.
- Knead fully for 15 minutes.

**First Fry to Set Shape**

- Pour Vegetable Oil into pot, control oil amount according to pot size, oil level height above 3 cm.
- Heat on high heat until temperature reaches 150°, then turn to low heat to maintain temperature.
- Use chopsticks to pick up coated meat strips into oil pot, smooth into shape you like, fry for 3~5 minutes to set shape. Visually check color turning slightly yellow, feel slight hardness when flipping with spatula, then it is ready. Specific time depends on meat size, oil temperature, coating thickness.
- Dish out and drain oil.

**tips:** If you are not sure about time, you can fry a bit longer, otherwise meat will have a raw taste. If inexperienced, put into pot one by one to prevent sticking.

**Re-fry for Finished Product**

- Raise oil temperature to 180°, put in first-fried meat strips, fry until golden yellow, then dish out.

**ADDITIONAL CONTENT**

- Coating powder must be rubbed loose, don't have dry particles wrapped inside, otherwise it will explode!!!
- If there is too much meat to finish, you can fry only once and put in refrigerator. Take out and re-fry when eating later, texture is basically unaffected.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Cucumber Stir Fried Meat

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Cucumber
- Pork Lean Meat
- Cooking Oil
- Light Soy Sauce
- Salt
- Garlic
- Millet Chili

### CALCULATIONS

Determine how many servings you plan to make before each production. One serving exactly enough for 1 person to eat.

Total Amount:

- Cucumber = 100 g \* Servings
- Pork = 50 g \* Servings
- Oil Amount = 50 g \* Servings
- Salt Amount = 10 g \* Servings
- Soy Sauce = 5 g \* Servings
- Garlic Cloves = 2 cloves \* Servings
- Millet Chili = 1 stick \* Servings

### OPERATION

- Cut Pork Lean Meat into slices, put into bowl, pour in Cooking Oil 10 g, Light Soy Sauce, stir evenly, marinate 10 minutes
- Cut off 5 cm head and tail of Cucumber, remaining part diagonally cut into 0.5 cm thin slices
- Pour Cucumber into bowl, sprinkle Salt 8 g, stir evenly, marinate 5 minutes
- Peel Garlic Cloves, flatten, cut into Garlic Mince set aside
- Cut Millet Chili into uniform 0.5 cm segments
- Heat pot, pour oil 40 g, wait oil temperature smoke, put in Garlic Mince Millet Chili stir-fry 5 times
- Put in marinated Pork Lean Meat, stir-fry until meat cooked change color
- Put in Cucumber, add Salt 2 g, high heat stir-fry evenly half minute, out of pot
- If cannot guarantee high heat, might be a bit raw. Can consider increasing to 50 seconds.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Cumin Beef

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Beef Tenderloin or Beef Shoulder
- Green Pepper
- Cumin (Seeds > Powder)
- Millet Chili
- Light Soy Sauce
- Starch
- Oil
- Salt
- Scallion (Green Onion)
- Mortar and Pestle (Optional)

### CALCULATIONS

- Beef Amount: 250 g/person
- Green Pepper Amount: 2 pieces/person, 100g each
- Cumin Amount: 20 g/person
- Millet Chili Amount: 3 pieces/person, 5g each
- Light Soy Sauce Amount: 20 ml/person
- Starch Amount: 10g/person
- Oil Amount: 15ml/person
- Salt Amount: 3 g/person
- Scallion Amount: 1 stalk/person, 20g each

Use the above conditions, calculate the proportion of raw materials planned to be used, adjust according to taste.

### OPERATION

- First chop Millet Chili, put into mortar with cumin seeds and pound into particles, this makes it more flavorful. If time is tight, skip pounding step.
- Remove head and seeds of Green Pepper (Can keep seeds if like spicy), cut into shreds. Cut Scallion into segments.
- Defrost beef in advance, wash once with water, air dry or dry with kitchen paper. Cut beef into slices along the texture.
- Then marinate meat, add light soy sauce, starch, oil, stir evenly, let sit for 30 minutes.
- Heat wok and add oil, put in scallion, stir-fry until fragrant, then put in marinated beef to stir-fry.
- After beef changes color, put in cumin chili particles evenly and stir-fry until cooked.
- Then put in Green Pepper shreds, add salt after breaking rawness.
- High fire fry for 1 minute then turn off heat, flip fry for another 30 seconds to ensure even heating, then serve.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Curry Beef (Ga Li Fei Niu)**

Curry Beef is delicious, nutritious, and appetizing. After eating too many stir-fried or deep-fried dishes, eating Curry Beef feels quite delightful.

It is suitable for eating at home or making into a bento to take to the office (microwaving won't produce too much smell~).

Moreover, it requires few ingredients, easy to buy, and beginners can generally finish cooking in 40 minutes.

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Bay Leaf
- Pure Milk (Wei Gang Fresh Milk recommended)
- Onion
- Carrot
- Potato
- Beef Rolls (Fatty Beef / Fei Niu)
- Curry Block

**CALCULATIONS**

Determine how many servings you plan to make before cooking. One serving is exactly enough for 2 people.

Per serving:

- Bay Leaf: 1 leaf
- Pure Milk: 50ml
- Onion: 100g
- Carrot: 150g
- Potato: 200g (Quite filling, add as appropriate)
- Beef Rolls: 300g (Add more if you like meat)
- Curry Block: 2 pieces (About 100g)

#### **OPERATION**

- Cut onion into strips, carrot and potato into blocks, set aside.
- Boil a pot of water. When water boils, put beef rolls into the pot. Skim off blood foam then fish out and drain water, set aside.
- Heat pot, put 10ml - 15ml cooking oil into pot, **wait 10 seconds for oil temperature to rise.**
- Put in onion, stir-fry until onion becomes soft and transparent.
- Put in potato and carrot **stir-fry for 2 minutes.**
- Add cold water until it submerges all ingredients.
- Put bay leaf and curry block into pot, cover pot lid, **wait for water to boil then turn down heat and wait until potato blocks and carrot blocks are stewed soft and rotten (check with chopsticks).**
- Add beef rolls and milk, cover pot lid and cook on low heat for another 2-3 minutes then serve (stir ingredients with spoon, pay attention to force to avoid breaking beef rolls).

#### **ADDITIONAL CONTENT**

- Curry block does not need to be smashed, just put in the whole block.
- During operation, pay attention to stir ingredients to avoid uneven seasoning distribution.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Dried Tofu Celery Stir-Fried Meat**



Dried Tofu Celery Stir-Fried Meat is a very simple home style stir-fried dish, it is said eating more Celery has very good relief effect for high blood pressure, plus Dried Tofu and Pork stir-fry together, still very delicious. Generally beginners only need 30 minutes (Including preparation time) to complete.

Estimated Cooking Difficulty: ★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Bean Curd (Dried Tofu)
- Celery/Chinese Celery
- Pork
- Garlic
- Chili: Green Pepper or Red Pepper both okay
- Sichuan Peppercorn: Optional
- Salt
- Chicken Essence: Optional
- Dark Soy Sauce
- Oyster Sauce
- Cooking Oil

#### CALCULATIONS

Note, this value is about amount for 2 people.

Per serving:

- Bean Curd: 150g
- Celery: 4 stalks
- Pork: 200g
- Garlic Head: 2 cloves
- Chili: 4 pieces
- Sichuan Peppercorn: 6 grains (Can skip if dislike, or put peppercorn water)
- Salt: 5g
- Chicken Essence: 3g
- Dark Soy Sauce: 8ml
- Oyster Sauce: 5ml
- Cooking Oil: 10-15ml

#### OPERATION

- Remove Celery leaves cut segments, cut into strips not exceeding 4cm, set aside
- Cut Dried Tofu into strips, width about little finger, set aside
- Cut Garlic Head into slices or chop into Garlic Mud both fine, set aside
- Cut Chili into rings or diagonal cut into strips both fine, set aside
- Heat pot, put 10ml - 15ml Cooking Oil in pot. Wait 10 seconds let oil temperature rise
- Put in Sichuan Peppercorn, Garlic explosion fragrant (Can eat Ginger can also extra put some Ginger Slices/Ginger Shreds)
- Add Pork stir-fry until color changes, then add 8ml Dark Soy Sauce coloring stir-fry evenly (If have Bean Paste, can put 3ml Bean Paste stir-fry together)
- Add Dried Tofu stir-fry evenly (About 2 minutes)
- Add Chili stir-fry evenly (About 1-2 minutes)
- Add Celery, put 5g Salt stir-fry 1 minute

- Add 3g Chicken Essence, 5ml Oyster Sauce stir-fry evenly, then can dish out

#### ADDITIONAL CONTENT

- If didn't buy Chinese Celery, or Celery used is relatively thick, can consider blanching, put into boiling water 1 minute fish out, rinse with cold water (Maintain crispness)
- If bought Bean Curd relatively hard, firm, can also cut strips then blanch
- [Dried Tofu Celery Stir-Fried Meat Tutorial](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Drunken Ribs (Zui Pai Gu)

Drunken Ribs is a characteristic traditional famous dish of Fuzhou City, Fujian Province

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Spareribs
- White Sugar
- Cooking Oil
- Fish Sauce
- Sesame
- Ketchup
- Balsamic Vinegar
- Garlic Head
- Scallion
- Sweet Potato Flour
- Egg Yolk

### CALCULATIONS

Per serving:

- Spareribs 200 g
- White Sugar 10 g
- Cooking Oil 500 ml
- Fish Sauce 5 ml
- Sesame 5 g
- Ketchup 5 g
- Balsamic Vinegar 5 ml
- Garlic Head 2 cloves
- Scallion 1 stalk
- Sweet Potato Flour 30 g
- Egg Yolk 1

### OPERATION

- Add 5 g Sweet Potato Flour and water into Spareribs to stir, wash 2-3 times then put into big bowl set aside
- Add Fish Sauce, Sweet Potato Flour, Egg Yolk into Spareribs stir fully
- Put Spareribs one by one into pot (Remember cannot pour whole bowl), ensure each one not sticking together
- After all put in, flip lean meat blocks back and forth with spoon every 30 S, until Spareribs surface golden yellow
- Take out Spareribs, 1 minute later pour into oil pot continue frying, until lean meat blocks surface appear scorched yellow, take out put into big bowl set aside
- Prepare a small bowl, add Garlic Mince, Balsamic Vinegar, White Sugar, Fish Sauce, Ketchup, Scallion Chopped, Sesame stir evenly, pour in 5 ml hot oil
- Pour soup juice into Spareribs, after fully stirring pour into plate

**ADDITIONAL CONTENT**

- Fish Sauce, also called Fish Soy Sauce, is a common seasoning in Guangdong, Fujian etc. places. Effect similar to Light Soy Sauce
- In this production process, due to epidemic reason no Fish Sauce, only used Dark Soy Sauce to replace, so Spareribs color bias black, normal is golden yellow

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Dry-fried Young Chicken (Gan Bian Zai Ji)**

Dry-fried Young Chicken is a sweet and spicy Sichuan dish. It is a delicacy developed by Chef Zhao Chunyue of Peking University Canteen and is widely loved by teachers and students. Chef Zhao has made the recipe public to facilitate everyone to make it by themselves. Essential for epidemic home cooking!

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Chicken Leg
- Potato
- Green Pepper
- Garlic
- Salt
- Pepper Powder
- Light Soy Sauce
- Dark Soy Sauce
- Cooking Wine
- Starch
- Pixian Red Oil Doubanjiang (Note distinction, not the brown-yellow bean paste)

- White Sugar
- Crushed Sichuan Peppercorn

**CALCULATIONS**

1-2 Servings:

- Chicken Leg Meat: 400g
- Potato: 200g
- Green Pepper: 60g
- Garlic Cloves: 10g
- Salt: 3g
- Chicken Essence: 3g (Optional)
- Pepper Powder: 2g
- Light Soy Sauce: 5g
- Dark Soy Sauce: 2g
- Cooking Wine: 5g
- Starch: 20g
- Pixian Red Oil Doubanjiang: 40g
- White Sugar: 30g
- Crushed Sichuan Peppercorn: 2g

**OPERATION**

- Debone chicken leg (Ignore this step if using chicken leg steak), smash chicken leg meat with back of knife, cut into 2cm blocks.
- Add Salt, Chicken Essence (Optional), Pepper Powder, Light Soy Sauce, Dark Soy Sauce, Cooking Wine to chicken leg meat, grab mix until sticky, add Starch and mix well, add cooking oil to prevent sticking, marinate for 30 minutes.
- Peel Potato, cut into 2cm blocks, boil in boiling water for 5 minutes then fish out, drain moisture, to prevent explosion when frying.
- Remove seeds from Green Pepper, cut into 2cm small pieces, put in strainer set aside.
- Add ample oil to pot (depending on pot shape, enough to cover ingredients), heat oil to 180°C, put in potato blocks and fry for 3 minutes then fish out.
- Wait for oil temperature to rise to 180°C again, put in chicken blocks and fry for 2 minutes then fish out.
- Wait for oil temperature to rise to 180°C again, put in chicken blocks to re-fry for 1 minute then fish out.
- Wait for oil temperature to rise to 180°C again, put in potato blocks to re-fry for 1 minute, then filter oil and potato blocks through strainer, letting hot oil scald green pepper pieces on strainer to break rawness.
- Add 5ml cooking oil to pot, low heat stir-fry garlic cloves until yellowish, put in Red Oil Doubanjiang stir-fry until fragrant, put in White Sugar stir-fry to melt, put in Crushed Sichuan Peppercorn, add 40ml clear water, stir continuously until sauce is thick.
- Put in fried chicken blocks, potato blocks, green pepper pieces, stir evenly then dish out.

**ADDITIONAL CONTENT**

- If reluctant to use ample oil for deep frying, you can use less oil to pan-fry chicken blocks and potato blocks. It will increase time and partially affect texture, but will not affect overall taste.
- Reference: [Peking University Catering Center Official News](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Elbow Pork (Dai Ba Zhou Zi)**

Elbow meat is soft, rotten and not greasy, skin is sticky, fragrant and delicious, assisted by Scallion segments and Sweet Bean Sauce, having a unique flavor. It is named so because the foot claw looks like a handle. It is a famous dish in Dali County, Shaanxi Province. Rich in nutritional value, but production difficulty is relatively high.

Estimated Cooking Difficulty: ★★★★☆

### **ESSENTIAL INGREDIENTS AND TOOLS**

#### **Ingredients**

- Front Pork Elbow with Foot/Claw
- Red Fermented Bean Curd
- Sweet Bean Sauce (Tian Mian Jiang)
- Refined Salt
- Red Soy Sauce
- White Soy Sauce
- Cooking Wine
- Garlic Slices
- Ginger Mince
- Star Anise
- Cinnamon
- Scallion

#### **Tools**

- Small Axe (For breaking bones)
- Disinfected Gauze (Can cover the elbow)

### **CALCULATIONS**

Per serving: For 3 people

- Front Pork Elbow with Foot/Claw: One (About 2 Jin 5 Liang = 1250 g)
- Red Fermented Bean Curd: 1 block = 10 g
- Sweet Bean Sauce: 150 g
- Refined Salt: 15 g
- Red Soy Sauce: 35 g
- White Soy Sauce: 25 g
- Cooking Wine: 25 g
- Garlic Slices: 50 g
- Ginger Mince: 10 g
- Star Anise: 3 pieces
- Cinnamon: 5 g
- Scallion: 200 g

### **OPERATION**

- Scrape and wash elbow clean. Place on cutting board with elbow head facing out, elbow handle (foot claw) facing in, and elbow skin facing down.

- Use a knife to split the skin from the center, from elbow head towards elbow handle along the leg bone, remove meat on both sides of leg bone (separate meat on three sides), bottom bone and meat are connected, exposing bone, then break the two sections of leg bone from the middle with back of knife (better use an axe).
- Put elbow into boiling pot and boil until medium-well (70%) cooked (appearance normal, inside pale red), fish out. Dry water with clean cloth, coat meat skin with Red Soy Sauce while hot.
- Take a steamer, put Star Anise, Cinnamon at the bottom. First break the joint of elbow handle with hand, without damaging outer skin, then pack into steamer with elbow skin facing down. When packing, according to elbow shape, tuck elbow handle against pot side to make it round.
- Sprinkle Refined Salt, cover meat with disinfected clean gauze, then spread Sweet Bean Sauce (50 g), Scallion (75 g), Red Fermented Bean Curd, Red Soy Sauce, White Soy Sauce, Ginger, Garlic etc. on gauze. Steam on high heat for about 3 hours (Until rotten).
- Take out after steaming, uncover gauze, invert into plate, pick out Star Anise. Serve with separate small dishes of Scallion segments and Sweet Bean Sauce (Or spread Sweet Bean Sauce on elbow surface, separate Scallion segments in small dish is also fine).

**ADDITIONAL CONTENT**

- 70% cooked for elbow should be judged according to actual situation, ask elders in family if conditions permit.
- Steamer bottom half put water, top half put elbow. Add water in time during steaming to prevent drying out.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Farmhouse Bowl Fragrance (Nong Jia Yi Wan Xiang)**

Farmhouse Bowl Fragrance is an authentic Hunan dish. The main ingredients are green peppers, eggs, and pork. It tastes savory and appetizing, and this dish is simple to cook, requiring no special processing.

Farmhouse Bowl Fragrance is a medium-difficulty dish. Estimated preparation time is 7 minutes, cooking time 10 minutes, total 17 minutes.

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Pork (Pork Belly recommended)
- Green Peppers
- Garlic Slices
- Doubanjiang (Bean Paste)
- Soy Sauce
- Millet Chili
- White Sugar
- Ginger Slices

**CALCULATIONS**

Determine how many servings you plan to make before cooking. Calculate here for 1~2 people.

- Pork: 250g
- Green Peppers: 3
- Garlic Slices: 2 slices
- Doubanjiang: 10g
- Millet Chili: 1
- White Sugar: 5g
- Soy Sauce: 15ml
- Ginger: 2 slices

**OPERATION**

- **Preparation Phase:** Slice the pork, preferably separating fat and lean meat. Cut green peppers and millet chili into segments, smash garlic slices into minced garlic with the back of a knife, and shred ginger. Crack eggs into a small bowl and beat with chopsticks.
- **Cooking Phase:** Once vegetables are ready, start cooking. Pour oil into the pot first, turn on low heat. When oil is hot, pour egg liquid into the pot, stir-fry eggs until scattered and just cooked (solidified), then put back into the small bowl for later use.
- Add a little more oil to the pot, turn on low heat. When pot is hot, pour the sliced fat pork into the pot to render pork lard.
- When fat meat turns golden yellow, turn up heat to medium, put lean meat into the pot and stir-fry together.
- When all lean meat changes color, add prepared ginger shreds, minced garlic, and Doubanjiang, stir-fry evenly to color the pork.
- Put in green and red peppers, and the cooked eggs. Add soy sauce and white sugar. Continue to stir-fry until green peppers are slightly cooked (broken rawness), maintaining the crisp texture of green peppers.
- Serve!

**ADDITIONAL CONTENT**

- If you put too much oil when stir-frying eggs for the first time, you may not need to add oil when stir-frying pork, depending on the situation.
- Reference: [Xiachufang](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Fermented Bean Curd Pork (Fu Ru Rou)

Fermented Bean Curd Pork selects pork belly to dance with red fermented bean curd. The unique wine fragrance and bean fragrance of fermented bean curd penetrate into meat texture, turning into amber tenderness through slow simmering. The meat that melts in the mouth is wrapped in slightly sweet and salty sauce...

Estimated Cooking Difficulty: ★★★★☆

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Belly with Skin
- Red Fermented Bean Curd (Xian Heng Brand Rose Fermented Bean Curd recommended)
- Rock Sugar
- Dark Soy Sauce
- Cooking Wine
- Chives (Optional)
- Ginger
- Clear Water
- Cooking Oil

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for about 2 people.

Per serving:

- Pork Belly with Skin: 400 g
- Red Fermented Bean Curd: 30 g (About 2 blocks)
- Fermented Bean Curd Juice: 15 ml
- Rock Sugar: 25 g
- Dark Soy Sauce: 5 ml
- Cooking Wine: 15 ml
- Scallion White: 15 g
- Chopped Green Onion: 5 g
- Ginger: 10 g
- Clear Water: 500 ml
- Cooking Oil: 10 ml

### OPERATION

- Cut pork belly into small blocks of 2.5 cm length and width.
- Put cooking wine and ginger slices in cold water, put pork belly in, turn on fire and slowly heat until water boils, then fish out.
- Crush Rose Fermented Bean Curd blocks and juice into mud, add Rock Sugar, Dark Soy Sauce to make sauce.
- Heat pot with cold oil, explode Scallion and Ginger until fragrant, put in meat blocks and stir-fry until golden yellow.
- Pour in fermented bean curd sauce, stir-fry evenly, add hot water to braise.
- Simmer on low heat for 40 minutes.
- High heat to reduce sauce, turn off heat when soup bubbles with thick fish-eye bubbles.

### ADDITIONAL CONTENT

- Single crystal Rock Sugar is recommended.
- Fermented bean curd is salty and fresh itself, no need to add extra salt.

- Shake the pot continuously when reducing sauce on high heat to avoid sticking to bottom.
- Reference: [【Steps】 Fermented Bean Curd Pork Recipe](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Fish Flavored Eggplant**

This dish is really super appetizing, be a rice eating king.

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Eggplant
- Minced Meat
- Salt
- Sugar
- MSG
- Light Soy Sauce
- Dark Soy Sauce
- Vinegar
- Water Starch
- Bean Paste

**CALCULATIONS**

Determine how many servings you plan to make before each production. One serving exactly enough for one person to eat.

- Eggplant 2
- Minced Meat 20g
- Salt 3-5g
- Sugar 5-10g
- MSG 5g
- Light Soy Sauce 10ml
- Dark Soy Sauce 5ml
- Vinegar 10ml
- Water Starch 100ml
- Bean Paste 20-30g
- Small Scallion, Ginger, Garlic, Millet Chili (According to own taste)

**OPERATION**

- Cut Eggplant into strips.



- Cut meat into Minced Meat, Scallion Ginger Garlic chop, Millet Chili cut dice.



- Mix Fish Flavor Sauce: Put Salt, MSG, Sugar, Light Soy Sauce, Dark Soy Sauce, Vinegar, Water Starch into bowl stir evenly.
- Pour 300ml oil into pot, turn low heat (Low heat easy to control), wait oil temperature 70% hot (Low heat about 40 seconds, smoke coming out) put in Eggplant fry two minutes, fish out when Eggplant edge slightly yellow. Excess oil can be dished out for cooking later.



- Leave 15-30ml oil in pot, pour in Minced Meat stir-fry until color turns white then dish out.



- Pour 15-30ml oil into pot, put in Bean Paste, Scallion White, Ginger, Garlic stir-fry fragrant, then pour in Minced Meat stir-fry evenly.



- Add 80-150ml Clear Water (Water surface estimated Eggplant 80% height as standard), pour in Eggplant, pour in Sauce Juice, high heat stir-fry flavor absorb juice. Finally put in Scallion stir-fry evenly, can start pot.

**ADDITIONAL CONTENT**

- Eggplant depend on personal preference, can peel, Minced Meat can also put more.
- Reference: [Fish Flavored Eggplant Detailed Steps](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Fish Flavored Shredded Pork

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Tenderloin Meat 200g
- Carrot 100g
- Green Pepper 100g
- Wood Ear (Dried) 5g
- Light Soy Sauce 10ml
- Cooking Wine 5ml
- Egg White 1
- Starch 10g
- Vinegar 15ml
- White Sugar 10g
- Salt 5g
- Ginger 20g
- Scallion 20g
- Garlic 2 cloves
- Bean Paste 15g

### CALCULATIONS

Note, this dish only has version enough for 1-2 people to eat.

### OPERATION

#### Make Marinade and Fragrant Bowl Juice

- Make Marinade : Mix following ingredients:
- Light Soy Sauce 5ml
- Cooking Wine 5ml
- Starch 5g
- Water 20ml
- Egg White 1
- Make Fragrant Juice : Mix following ingredients:
- Light Soy Sauce 5ml
- Vinegar 15ml
- White Sugar 10 g
- Salt 1 g
- Starch 5g
- Water 20ml

#### Process Ingredients

- Marinate Tenderloin Meat with Marinade for 15-30 minutes. Pay attention to grab meat evenly.
- Soak Dried Wood Ear for 4 hours, wash clean, cut into small blocks.
- Wash Green Pepper clean, remove pedicel, cut into shreds.
- Wash Carrot clean, cut into shreds, [Blanch](#) Carrot Shreds.

- Chop Ginger, Garlic into mince.
- Cut Scallion into 5mm small segments.

#### Stir-fry Various Ingredients

- Heat pot, add 15ml oil.
- Pour prepared Marinated Meat into pot, quickly slide scatter until white, dish out set aside.
- Heat pot, add 5ml oil.
- Pour all Scallion, Ginger, Garlic, Bean Paste.
- Pour all Carrot, stir-fry 20s, put in Green Pepper and Wood Ear, stir-fry 2 minutes.
- Pour in Stir-fried Meat. Quickly stir-fry evenly. Pay attention not to fry exceeding 20 seconds.
- Pour in Fragrant Juice. Quickly stir-fry evenly. Pay attention not to fry exceeding 15 seconds.
- Turn off heat, plate.

#### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Fried Dace with Indian Lettuce (Dou Chi Ling Yu You Mai Cai)**



Fried Dace with Indian Lettuce is a very common dish. The ingredients are simple, the operation is convenient, and the dace is salty and fragrant, which goes very well with rice.

Estimated Cooking Difficulty: ★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Indian Lettuce (You Mai Cai)
- Canned Fried Dace with Salted Black Beans (Gan Zhu Brand recommended)
- Garlic
- Light Soy Sauce
- White Sugar
- Cooking Oil

#### CALCULATIONS

Per serving (About for 2 people):

- Indian Lettuce: 500g
- Canned Dace: 1 can (About 250g)
- Garlic: 4 cloves
- Light Soy Sauce: 20g
- White Sugar: 3g
- Cooking Oil: 15ml

#### OPERATION

##### 1. Ingredients Preparation:

2. Wash Indian Lettuce and cut into segments.
3. Open Dace can, remove main bone of dace, cut into small segments, set aside.
4. Minced Garlic.

##### 5. Stir-frying Process:

6. Heat pot and pour cooking oil. After oil is hot, add washed Indian Lettuce, stir-fry until withered and water comes out, then dish out and drain the water produced during frying.
7. Heat pot again, add oil from the Dace can, put in minced garlic to explode fragrance.
8. After garlic is fragrant, add salted black beans from the can, flip mix, then add chopped dace pieces, flip mix again.
9. After mixing evenly, add Indian Lettuce, add Light Soy Sauce and Sugar to season.
10. After seasoning, simply flip mix and dish out.

#### ADDITIONAL CONTENT

##### • Atentions:

- Canned Dace has its own taste, adding Light Soy Sauce makes it flavorful enough, no need to add salt.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Garlic Moss Stir-Fried Minced Meat

Garlic Moss Stir-Fried Minced Meat is a dish simple easy to do. This is a Northern home dish, with characteristics of simple method, superior taste, loved by vast Northern people masses.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Belly Thin Slices
- Garlic Moss (Garlic Scapes)
- Salt
- Light Soy Sauce
- Cooking Oil
- Garlic Clove

### CALCULATIONS

1 Person Eating Version

- Garlic Moss 1 bundle (Each bundle Garlic Moss about 190g)
- Pork Belly Thin Slices 4 slices (About 20g)
- Cooking Oil 10ml
- Garlic Clove 2 cloves
- Light Soy Sauce 15ml
- Salt 2g

### OPERATION

- Cut Garlic Moss into 5cm small segments, set aside
- Cut Pork Belly into 5mm \* 5cm strips, set aside
- Smack Garlic Clove loose cut into mince, set aside
- Hot pot, put 10ml Cooking Oil in pot. Wait 10 seconds let oil temperature rise
- Put in Garlic Mince, medium heat stir-fry **10 Seconds** fry out Garlic Mince fragrance
- Put in Pork Belly and 5ml Light Soy Sauce, medium heat stir-fry **30 Seconds** fry meat cooked and colored
- Put Garlic Moss into pot and add 10ml Light Soy Sauce, stir-fry **30 Seconds**
- Add 20g water in pot, medium heat stir-fry **5 Minutes** fry Garlic Moss slightly soft
- Finally add 2g Salt, medium heat stir-fry **30 Seconds**, then can dish out plate

### ADDITIONAL CONTENT

- Can taste saltiness before adding salt, decide to increase or decrease salt amount by yourself
- Choosing Pork Belly Thin Slices is because cutting meat is simple and tasty without marinating

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Ginger Scallion Mixed Chicken (Jiang Cong Lao Ji)

Tender, smooth and bursting with juice, Rice Killer, simple and easy to make.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Chicken Thigh Meat
- Salt Baked Chicken Powder (Yan Ju Ji Fen)
- Scallion (Green Onion), Ginger

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is exactly enough for 2 people.

Per serving:

- Chicken Thigh: 4, about 400g
- Salt Baked Chicken Powder: 5g
- Ginger: 50g
- Scallion: 1 stalk
- Salt: 5g
- Sugar: 5g
- Oil: 35ml

### OPERATION

- Wash 4 chicken thighs clean, put into a bowl.
- Add Salt Baked Chicken Powder and 5ml oil into bowl, stir evenly.
- Let chicken thighs sit and marinate for 15 minutes. Meanwhile prepare steamer and boil water.
- After chicken thighs are marinated, put into steamer with boiling water, steam for 20 minutes.
- Cut ginger into 1) Ginger Mince or 2) Ginger Shreds or 3) Ginger Granules according to personal taste.
- Cut scallion into 0.5cm small segments.
- Put scallion and ginger into dipping sauce bowl, and add salt and sugar.
- Pour remaining oil (30ml) into another pot and heat to 60-70% hot.
- Pour hot oil into scallion ginger bowl.
- After chicken thighs are steamed, tear them into chicken shreds. No need to be very fine, about 1cm thick is fine.
- Pour Ginger Scallion Oil over chicken shreds, mix evenly and serve.

### ADDITIONAL CONTENT

- Reference: [Rice Killer is coming #GingerScallionMixedChicken-Bilibili](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Ginger Stir-fry Chicken (Jiang Chao Ji)**

Ginger Stir-fry Chicken is a Hunan flavor dish, 5-star for going with rice. Ingredients are ordinary and very easy to cook, learn it once.

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Chicken
- Ginger
- Beer
- Light Soy Sauce
- Dark Soy Sauce
- Salt
- Millet Chili
- Beauty Chili (Mei Ren La - Red Chili)
- Pickled Chili (Pao Jiao)
- Garlic

**CALCULATIONS**

- Chicken = Half (Local chicken/Free-range chicken is best, estimated 650g)
- Cooking Oil = 50ml (Tea oil is best, rapeseed oil if not available)
- Ginger = Half Jin (250g)

- Beer = Half bottle (250ml)
- Light Soy Sauce = 20ml
- Dark Soy Sauce = 10ml
- Salt = 3g
- Millet Chili = 0-5 (0-50g) (Adjust according to spicy taste)
- Beauty Chili = 0-5 (0-50g) (Can use Millet Chili if not available)
- Pickled Chili = 5 (50g)
- Garlic = 3 heads (50g)

**OPERATION**

- Chop chicken into 1cm small pieces as much as possible, drain dry after washing, then marinate with Light Soy Sauce and Cooking Wine for 30 minutes.
- Heat pot on high heat until slightly smoking, put in cooking oil, wait 5 seconds.
- Put in ginger slices then turn to medium heat and stir-fry for 30 seconds.
- Put in chicken pieces and stir-fry for 3 minutes, dry the moisture, fry out chicken oil.
- Put in chopped chilies and garlic cloves, add salt and Dark Soy Sauce, continue stir-frying for 30 seconds.
- Pour in beer, braise on medium-low heat for 2 minutes.
- High heat to reduce sauce (thickening), serve.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Green Pepper Potato Stir-Fried Meat**

Green Pepper Potato Stir-Fried Meat is a simple stir-fried dish with meat and vegetable combination. Generally beginners only need 1 hour to complete. Very appetizing~

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Green Pepper
- Potato
- Pork (Pork Belly)
- Scallion

- Ginger
- Garlic
- Salt
- Soy Sauce
- Potato Starch

**CALCULATIONS**

Determine how many servings you plan to make before each production. One serving exactly enough for 2 people to eat.

Per serving:

- Green Pepper 2 (Total about 200g)
- Potato 2 (Total about 300g)
- Pork 200g
- Scallion 1 stalk (About 10g)
- Ginger 1 block (About 5g)
- Garlic 3 cloves (About 12g)
- Salt 7g
- Soy Sauce 6-10ml
- Cooking Oil 10-15ml
- Potato Starch 5g
- Water 15g

**OPERATION**

- Remove Green Pepper root pedicel cut small blocks, peel Potato cut 2mm thin slices, cut Pork 4mm thin slices, cut Scallion horizontally vertically 3mm small segments, Ginger Garlic peel smack loose chop mince; Potato Starch add about 15g water stir evenly to Water Starch.
- Heat pot boil oil, heat to 70% hot put in Pork Slices, slowly roll stir-fry until remove meat red color, add about 3ml Soy Sauce, stir-fry Meat Slices evenly colored, put in about 2g Salt.
- Turn 50% oil temperature, add Scallion Ginger Garlic fry 5 seconds, then add Potato Slices, turn 70% oil temperature evenly stir-fry, add add about 5ml Soy Sauce and 2g Salt, fry until Potato raw broken, surface slightly scorched yellow.
- Turn 80% oil temperature add Green Pepper, high heat stir-fry out pot breath (White smoke coming out), repeatedly evenly stir-fry 1 minute color, finally pour Water Starch around pot turn 40% fire thicken.
- After appearance presents viscous state turn off heat, dish plate

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Guizhou Spicy Chicken (Gu Zhou La Zi Ji)**

Guizhou people's obsession with eating chicken:

- Festival, eat chicken
- Birthday, eat chicken
- Sick, eat chicken
- Guests coming, eat chicken
- Family reunion, eat chicken
- Don't know what to eat, then eat chicken

Guizhou Spicy Chicken has various side dishes, spicy and delicious, fragrant, sticky, soft and rotten.

Estimated Cooking Difficulty: ★★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Rural Corn Fed Chicken
- Potato
- Garlic
- Fragrant Leaf (Bay Leaf)
- Ginger
- Dark Soy Sauce
- Sichuan Peppercorn or Green Peppercorn
- Ciba Chili (Mixture of Huaxi Dangwu chili, Zunyi Bullet Head chili, Strip chili, Dafang wrinkled chili, crushed)
- Doubanjiang
- Beer
- Garlic Sprout
- Wine Lees (Jiu Zao)
- Cooking Oil

#### CALCULATIONS

Per serving:

- Chicken: Amount for 3-4 people is 4 Jin (2kg), add cumulatively if more people.
- Beer: Half bottle
- Ginger: Two finger-sized pieces
- Ciba Chili: 500g, about two fist-sized lumps
- Garlic Sprout: 3 stalks
- Fragrant Leaf: 2 leaves
- Garlic: 2 heads
- Potato: 2
- Rapeseed Oil: 2 Jin (1kg), will use a lot for frying chicken initially
- Dark Soy Sauce: 20 ml

#### OPERATION

- Add oil to half height of pot. Fry potato cut into long strips until surface is golden yellow then fish out set aside. When oil temperature rises to burning hand level, put cut chicken blocks into pot to fry, and put in cut ginger slices and Sichuan peppercorn.
- When starting to fry chicken, oil is turbid because of water inside chicken blocks. Wait until oil becomes clear, chicken blocks are fried well, then fish out set aside.
- Now you can scoop out one third of oil from pot, don't need so much oil now.
- Heat remaining oil in pot, add Ciba Chili, Doubanjiang, Ginger slices, stir-fry until red oil comes out, put fried chicken blocks in and stir-fry evenly.
- Wait until chicken blocks are colored, add Dark Soy Sauce, pour in Beer. Beer must cover chicken blocks. Add Fragrant Leaf, cover lid, braise for 10 minutes, stir-fry occasionally during period.
- Then add Potato strips, Garlic (Best not to cut, whole cloves), then braise for another 20 minutes.
- Finally add Wine Lees stir-fry evenly, then add cut Garlic Sprouts, ready to serve.

#### ADDITIONAL CONTENT

- Need to stir-fry frequently during operation, because Ciba Chili will burn.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Guizhou Style Sausage Baby Cabbage**

Guizhou Style Sausage Baby Cabbage does not need to master fire control, also no need seasoning, very suitable for lazy people dish. Making time 15 minutes, taste similar to Sichuan Cuisine, Hunan Cuisine, but is rare non-spicy dish in Southwest Cuisine, salty fresh palatable, suitable for North and South.

Estimated Cooking Difficulty: ★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Guizhou Sausage
- Baby Cabbage

**CALCULATIONS**

According to 1 person portion:

- Guizhou Sausage 200g
- Baby Cabbage 300g
- Water 750ml

**OPERATION**

- Put 750ml water in pot, turn on fire heat to boil
- Put in Sausage, timing 13 minutes
- Put in Baby Cabbage, timing 2 minutes

- Turn off heat, clip out Sausage and Baby Cabbage
- Cut Baby Cabbage segments, Sausage slices, plate

**ADDITIONAL CONTENT**

- According to pot size, suggest water amount covering ingredients is appropriate, better more than less
- If no knife tool, Baby Cabbage and Sausage not cut also okay

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Hot Pepper Stir-fried Beef (Jian Jiao Chao Niu Rou)**

Estimated Cooking Difficulty: ★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Beef
- Scallion, Ginger, Garlic
- Hot Pepper (Jian Jiao - Pointed Pepper)
- Soy Sauce
- Salt
- Sugar

### **CALCULATIONS**

- Beef Amount: 250 g/person
- Scallion Amount: 0.5 stalk/person
- Ginger Amount: 1 piece/person
- Salt Amount: 3 g/person
- Sugar Amount: 1.5 g/person
- Soy Sauce Amount: 9 ml/person

Use the above conditions, calculate the proportion of raw materials planned to be used.

### **OPERATION**

#### **Side Dish Preparation**

- Mince Garlic into paste
- Cut Scallion into segments
- Cut Ginger into slices
- Cut Hot Pepper into segments

#### **Beef Pre-treatment**

- Put beef into bowl
- Add Ginger, Salt, Soy Sauce, Sugar to marinate for 30-40 minutes
- Ginger can be removed after marinating

#### **Stir-fry**

- Put cold oil into pot, wait until oil becomes hot with occasional bubbles
- Add Garlic paste
- After Garlic paste turns golden yellow, add Hot Pepper
- Wait until Hot Pepper skin wrinkles slightly, add marinated beef and stir-fry
- Add Scallion before stir-frying until cooked, continue stir-frying
- Stir-fry until beef is cooked, turn off heat and serve

### **ADDITIONAL CONTENT**

- Baking soda can be added during marinating to make beef tender, ratio of beef to soda is 500g:3g.
- Ginger slices can be replaced by Cooking Wine during marinating, amount of Cooking Wine is 3 g/person.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Huizhou Style Red Braised Pork (Hui Pai Hong Shao Rou)

Huizhou Style Red Braised Pork is a dish made from pork belly and other ingredients.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Belly
- White Sugar
- Cooking Oil
- Light Soy Sauce
- Oyster Sauce
- Dark Soy Sauce
- Ginger Slices
- Garlic Cloves
- Cooking Wine
- Scallion
- Five Spice Powder
- Salt

### CALCULATIONS

Per serving:

- Pork Belly 300 g
- White Sugar 100 g
- Cooking Oil 200 g
- Light Soy Sauce 10 ml
- Oyster Sauce 5 ml
- Dark Soy Sauce 5 ml
- Ginger Slices 2 slices
- Garlic Cloves 3 cloves
- Cooking Wine 100 ml
- Scallion 1 stalk
- Five Spice Powder 10 g
- Salt 10 g

### OPERATION

- Cut Pork Belly into blocks, about 2-3 cm size each
- Add 150 ml Cooking Oil in pot, pour in Pork Belly, fry for 2 minutes, add Salt, stir-fry Pork Belly, take out after 2 minutes
- Add 50 ml Cooking Oil in pot, pour in White Sugar, stir-fry until coffee color
- Pour in Pork Belly, stir-fry for 30 S, add Ginger Slices, Garlic Cloves then stir-fry for 30 S
- Add Cooking Wine, Five Spice Powder, Scallion, add water to cover Pork Belly, cover pot lid boil for 10 minutes
- Add Light Soy Sauce, Dark Soy Sauce, Oyster Sauce, medium heat boil for 20 minutes
- Open pot, high heat reduce juice, serve on plate



**ADDITIONAL CONTENT**

- Scallion is whole stalk, no need to chop
- Purpose of adding salt in step two is to lock oil of Pork Belly
- During production process, part of Pork Belly was blanched, cooked with un-blanched together for subsequent production, found un-blanched meat texture more bouncy (Q Tan)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Hunan Home Style Red Braised Pork (Hu Nan Jia Chang Hong Shao Rou)**

Hunan Home Style Red Braised Pork, entrance soft and tender, fatty but not greasy

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Pork Belly with Skin
- Dried Millet Chili (depend on personal situation)
- Ginger
- Light Soy Sauce
- Dark Soy Sauce
- Fragrant Leaf
- Cinnamon
- Star Anise
- Rock Sugar
- Cooking Wine
- Salt
- Rock Sugar (Lock oil color)
- Cooking Oil

- Boiling Water

#### CALCULATIONS

One portion exactly enough for 2 people to eat.

- Pork Belly: 500g
- Cooking Oil: 10g
- Fragrant Leaf 5 slices
- Ginger 3 slices
- Cinnamon 1 small piece
- Rock Sugar 6 pieces
- Cooking Wine 20 g
- Light Soy Sauce 5 g
- Dark Soy Sauce 2 g
- Salt 2 g
- Star Anise 3 pieces

#### OPERATION

- Wash Pork Belly with Skin clean put into cold water pot, add 2~3 Ginger slices to remove smell, boil until boiling fish out rinse white foam with cold water
- Cut Pork Belly into blocks, size 1.5cm\*1.5cm block size
- Heat pot add oil, add Rock Sugar low heat stir until caramel color, add cut Pork Belly, medium heat stir-fry color
- Add prepared Ginger slices, Star Anise, Cinnamon, Light Soy Sauce, Dark Soy Sauce, Cooking Wine, Dried Millet Chili, Salt, low heat stir-fry 1 minute, add boiling water to cover meat
- Cover lid medium heat boil, turn low heat slow stew 30 minutes, during slow stew, stir once every 10 minutes to prevent sticking pot
- When slow stew soup juice remains one third, turn to medium heat reduce juice dish out.

#### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Italian Roasted Chicken

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Chicken Leg Meat
- Salt
- Black Pepper
- Olive Oil
- Garlic
- Lemon Juice
- Parsley

### CALCULATIONS

- Chicken Leg Meat usually 1-2 pieces/person
- Salt usually 2 g/person
- Black Pepper usually 0.5 g/person
- Olive Oil usually 5 ml/person
- Garlic usually 1 clove/person
- Lemon Juice usually 5ml/person
- Parsley usually 1 stalk/person

Use above conditions to calculate planned raw material ratio.

### OPERATION

#### Pre-treatment of Chicken Meat

- Coat Chicken Leg Meat with Salt, Black Pepper, Olive Oil, and Garlic Mince
- Put into oven preheated to 180 degrees, roast for 30-40 minutes or until cooked

#### Preparation of Condiments

- Chop Parsley into mince set aside
- Squeeze Lemon Juice set aside

#### Roasting

- Take out roasted chicken meat, drizzle with Lemon Juice
- Sprinkle Parsley Mince then serve

### ADDITIONAL CONTENT

- Can drizzle Honey or other BBQ sauce on chicken meat when roasting to improve taste
- Preheat oven to 180 degrees, roasting time depends on size and thickness of chicken meat, insure chicken meat is fully cooked
- Chicken meat must be fully cooked to eat, eating undercooked chicken meat may lead to food poisoning and bacterial infection, such as Salmonella and Shigella etc.

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**Kung Pao Chicken (Gong Bao Ji Ding)**

Sharing a simple method for old-school Sichuan cuisine.

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Chicken Leg Quarter (Pistol Leg) (or Chicken Breast)
- Scallion (Big Green Onion)
- Dried Chili (or Er Jing Tiao)
- Cooked Peanuts
- Light Soy Sauce
- Balsamic Vinegar
- White Sugar
- Cooking Wine
- Salt
- Chicken Essence
- Starch
- Vegetable Oil
- Sesame Oil

**Optional Ingredients**

- Chili Oil (You Po La Zi)
- Celctuce (Wo Sun)
- Raw Peanuts
- Doubanjiang (Bean Paste)

**CALCULATIONS**

Note, this dish defaults to single person version. Enough for two people too. Theoretically for more people just multiply completely.

**• Essential Ingredients**

- Chicken Leg Quarter (or Chicken Breast) = 1 (About 350g)
- Scallion = 1 stalk (About 180g)
- Cooked Peanuts = 150g
- Ginger Slices = 10g
- Dried Chili (or Er Jing Tiao) = 10g (If choosing Er Jing Tiao, need about 4)
- Light Soy Sauce = 10g
- White Sugar = 2g
- Salt = 2g
- Vegetable Oil = 20g
- Starch = 15g
- Cooking Wine = 15g

**• Advanced Ingredients**

- Dark Soy Sauce = 5g
- Sichuan Peppercorn (Hua Jiao) = 5g
- Balsamic Vinegar = 5g
- Chicken Essence = 2g
- Sesame Oil = 10g
- Starch (For thickening) = 10g
- Doubanjiang = 10g

**• Optional Ingredients**

- Celtsue = About 250g
- Chili Oil = 5g

Use the above conditions, calculate the proportion of raw materials planned to be used, adjust according to taste.

**OPERATION****Simple Version**

- Debone Chicken Leg Quarter with scissors. Beat chicken meat side with back of knife once. Cut into strips then into 1.5cm square meat cubes; soak in clear water for 10 minutes, fish out and drain dry (If chicken breast, can directly cut into cubes and proceed).
- Put green part of Scallion and 5g Ginger slices into bowl, pour 50g boiling water for later use (Scallion Ginger Water); Cut Scallion white part into 1.5cm round granules for later use; Put peanuts in microwave on high heat for 5 minutes to dry for later use.
- Add 2g salt, 5g Dark Soy Sauce, 15g Cooking Wine, 15g Starch to chicken cubes, stir evenly until slightly dry; slowly add part of Scallion Ginger Water, stir chicken cubes until sticky; seal with cling film, put in refrigerator to marinate for 1 hour.
- Cut Dried Chili into segments; Heat pot, high heat then turn low heat; put in Dried Chili to dry fry until slightly burnt, fish up; dry fry Sichuan Peppercorn until fragrant, fish up.
- Turn to high heat, pour in 20g Vegetable Oil, when 70% hot (bamboo chopsticks bubbles), put in chicken cubes. Fry until top starts to turn white, flip with spatula, fry 30s then stir-fry evenly.
- Put in Scallion granules and stir-fry. Add remaining Scallion Ginger Water (if less than 100g add some clear water, MUST be hot water); cover lid, turn to medium-low heat and braise for 2 minutes.

- Turn to high heat, put in Cooked Peanuts, Dried Chili and Sichuan Peppercorn; add 2g Chicken Essence, 5g Balsamic Vinegar, 2g White Sugar, stir-fry evenly.
- Mix 10g Starch with 50g clear water to make water starch, add to pot, stir-fry evenly, reduce sauce to desired concentration.
- Turn off heat, drizzle 10g Sesame Oil, serve.

#### **Slightly More Complex But More Mouth-Watering Version**

Compared to simple version, here recommends using Er Jing Tiao and Raw Peanuts. And added Celuce to complement the crispness of peanuts and softness of chicken.

- Peel Celuce and cut into 1cm square small blocks, set aside.
- Cut Er Jing Tiao into 1cm long segments.
- Debone Chicken Leg Quarter with scissors. Beat chicken meat side with back of knife once. Cut into strips then into 1.5cm square meat cubes; soak in clear water for 10 minutes, fish out and drain dry (If chicken breast, can directly cut into cubes and proceed).
- Put green part of Scallion and 5g Ginger slices into bowl, pour 50g boiling water for later use; Cut Scallion white part into 1.5cm round granules for later use.
- Add 2g salt, 5g Dark Soy Sauce, 15g Cooking Wine, 15g Starch to chicken cubes, stir evenly until slightly dry; slowly add part of Scallion Ginger Water, stir chicken cubes until sticky; seal with cling film, put in refrigerator to marinate for 1 hour.
- Turn to medium heat, pour in 20g Vegetable Oil, put in Raw Peanuts and stir-fry until surface is slightly burnt, fish out peanuts but leave oil in pot.
- Continue heating, when 70% hot (bamboo chopsticks bubbles), put in chicken cubes, put in Doubanjiang, stir-fry for about 1 minute.
- Add prepared Celuce cubes, continue stir-frying for 1 minute.
- Put in Scallion granules stir-fry, add remaining Scallion Ginger Water (if less than 100g add some clear water, MUST be hot water); add Er Jing Tiao segments; cover lid, turn to medium-low heat and braise for 2 minutes.
- Turn to high heat, put in previously fished out Peanuts, Sichuan Peppercorn; add 2g Chicken Essence, 5g Balsamic Vinegar, 2g White Sugar, stir-fry evenly.
- Mix 10g Starch with 50g clear water to make water starch, add to pot, stir-fry evenly, reduce sauce to desired concentration.
- Turn off heat, drizzle 10g Sesame Oil and 5g Chili Oil, stir-fry for another 10s, serve.



**ADDITIONAL CONTENT**

- Add chili according to personal taste, remove seeds if afraid of spicy.

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**Lamb Brisket Pot with Yuba (Zhi Zhu Yang Nan Bao)**

Lamb Brisket Pot with Yuba is a delicacy suitable for young and old, suitable for warming stomach in winter. This dish is fatty but not greasy, matching rice is superb. Generally beginners need 2 and half hours to complete.

Estimated Cooking Difficulty: ★★★★☆

**ESSENTIAL INGREDIENTS AND TOOLS**

- Lamb Brisket
- Yuba (Dried Bean Curd Stick)
- Chu Hou Paste
- Fermented Bean Curd
- Red Fermented Bean Curd (Nan Ru)
- Dark Soy Sauce
- Cooking Wine
- Oyster Sauce
- Clear Water
- Rock Sugar
- Scallion Segment
- Ginger Slice
- Shiitake Mushroom
- Onion or Shallot
- Garlic Clove
- Fragrant Leaf
- Star Anise
- Cinnamon
- Other side dishes like Water Chestnut, Potato or Radish can be added according to personal preference

**CALCULATIONS**

Per serving:

- Lamb Brisket 500g
- Fried Yuba 30g-50g
- Chu Hou Paste 30g
- Fermented Bean Curd 40g
- Red Fermented Bean Curd 35g
- Dark Soy Sauce 5ml
- Chili Oil 5ml
- Clear Water 500ml
- Rock Sugar 20g
- Granulated Sugar 10g
- Small Scallion 5 stalks
- Ginger Slice 6-8 slices
- Shiitake Mushroom 7-8
- Onion 1 or Shallot 4 - 5
- Garlic Clove 7-8 cloves
- Fragrant Leaf 1 slice
- Star Anise 4-5
- Cinnamon 10g

**OPERATION**

- Preparation: Soak Shiitake Mushroom 2 - 3 hours in advance until soft. Soak Yuba 30 minutes in advance until soft
- Prepare Sauce 1: Put Red Fermented Bean Curd, Chu Hou Paste, 20g Fermented Bean Curd, Dark Soy Sauce into same small bowl stir evenly
- Prepare Sauce 2: Put 20g Fermented Bean Curd, Granulated Sugar, Chili Oil into same small bowl stir evenly
- Remove root of soaked Shiitake Mushroom
- Cut soaked Yuba into 5cm small segments, squeeze dry moisture
- Peel Onion cut shreds. Can also replace with peeled Shallot, taste better.
- Cut Small Scallion into about 5cm Scallion Segments
- Put Lamb Brisket into cold water pot, put 2 - 3 Ginger Slices, pour in cool water, high heat boil until water rolls then turn off heat
- Fish out Lamb Brisket, put into prepared cold water basin to cool, make it more chewy
- After pot burns hot put in cold oil, put in 4 - 5 Ginger Slices, Onion/Shallot, Scallion White Segment, 7 - 8 Garlic Cloves to explode fragrance
- Put in cooled Lamb Brisket, stir with chopsticks about 2 - 5 minutes until golden yellow appears
- Put in mixed Sauce 1, stir-fry about 2 minutes until color uniform
- Pour in Clear Water until just covering ingredients
- Put in Shiitake Mushroom, Rock Sugar, Fragrant Leaf, Star Anise, Cinnamon
- Cover lid turn low heat stew 90 minutes
- Open lid add Yuba, cover lid turn medium heat boil 20 minutes
- Open lid add Sauce 2 stir evenly
- Turn off heat, add Scallion Green Segment or Coriander before serving

**ADDITIONAL CONTENT**

- This dish belongs to Cantonese cuisine, authentic method usually adds Water Chestnut. Considering everyone has different preferences for Radish and Greens, can also replace with Potato, Radish and other ingredients according to personal taste
- Reference: [Branch Bamboo Lamb Brisket Pot Lamb Stew with Bean Curd Sheet \[by Point Cook Guide\]](#)

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**Lean Meat Potato Slices (Shou Rou Tu Dou Pian)**

Lean Meat Potato Slices is a simple and easy-to-make dish. Home-style stir-fry, convenient and fast, suitable for office workers as essential lunch box side dish. Beginners usually need only 1 hour to complete.

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Pure Lean Meat
- Potato

- Garlic Sprout
- Starch (Corn Starch or other)
- Light Soy Sauce
- Dark Soy Sauce
- Edible Salt

**CALCULATIONS**

## 1 Person Version

- Pure Lean Meat: 200g
- Potato: 200g
- Garlic Sprout: 2 stalks (About 20g)
- Starch: 5g
- Light Soy Sauce: 10g
- Dark Soy Sauce: 3g
- Edible Salt: 2g

**OPERATION**

- Peel potato, cut in half, then cut into thin slices about 2mm, set aside.
- Wash Garlic Sprout, cut into segments about 1cm, set aside.
- Wash Lean Meat cut into thin slices about 2mm, put in bowl, add 5g Starch, 5g Light Soy Sauce, 3g Dark Soy Sauce to marinate for ten minutes, set aside.
- When marinating meat, boil a pot of water, put potato slices into pot, blanch for about 5 minutes.
- Heat pot, add 10ml-15ml Cooking Oil. Wait 10 seconds for oil temperature to rise.
- Put in Lean Meat, stir-fry until discolored, pour in Garlic Sprout to fry together, fry Garlic Sprout for about 20 seconds.
- Put in Potato, keep stir-frying, add 2g Salt, 5g Light Soy Sauce.
- Fry for about 3 minutes, plate.

**ADDITIONAL CONTENT**

- Pay attention not to blanch potato slices too long, prevent potato slices becoming soft.
- Stir evenly when marinating lean meat.

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## **Lychee Pork (Li Zhi Rou)**

Lychee Pork possesses unique Fujian cuisine characteristics, tastes sweet and sour. It is a relatively common dish in Fuzhou area.

Estimated Cooking Difficulty: ★★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Lean Meat
- Pineapple
- Egg
- Cooking Oil
- White Sugar
- Starch
- Light Soy Sauce
- Chicken Essence
- Ginger Mince
- Sesame Seeds
- Ketchup
- Balsamic Vinegar

### **CALCULATIONS**

Per serving:

- Fresh Shiitake Mushroom 2 (Not used in recipe?)
- Crab Flavor Mushroom 30 g (Not used in recipe?)
- Lean Meat 150 g
- Pineapple 100 g
- Egg 1
- Cooking Oil 500 ml
- White Sugar 5 g
- Starch 100 g
- Light Soy Sauce 5 ml
- Chicken Essence 5 g
- Ginger Mince 5 g
- Sesame Seeds 2 g
- Ketchup 20 g
- Balsamic Vinegar 2 ml

### **OPERATION**

- Cut Lean Meat into blocks (2-3 cm each), put into large bowl, add 1 Egg, Starch 50 g, Light Soy Sauce 3 ml, Chicken Essence 2 g
- Stir fully, until Starch wraps meat blocks (Continue adding Starch if too thin, add water if too dry), then add 5 ml Oil, set aside after fully stirring
- Prepare another bowl, add Ketchup, Chicken Essence 3 g, Light Soy Sauce 2 ml, Ginger Mince, White Sugar, Starch 10 g, Balsamic Vinegar, Cold Water 200 ml, stir fully set aside
- Cut one Pineapple, prepare 6 (1.5-2 cm each) Pineapple blocks
- Start pot burn oil, pour 500 ml Oil, keep burning oil until hearing frying sound

- Put Lean Meat into pot one by one (Remember not to pour whole bowl), ensure each meat not sticking together
- After putting all Lean Meat, flip meat blocks back and forth every 30 S with spoon, until meat blocks surface golden yellow
- Take out Lean Meat, pour into oil pot to continue frying after one minute, until meat surface appears scorched yellow, take out put into large bowl set aside
- Start pot, pour in soup juice, pour in meat blocks, pineapple blocks after 30 S, fully flip fry then serve
- Place Sesame Seeds













**ADDITIONAL CONTENT**

- In more cases, Fuzhou locals would choose Water Chestnut (relieve greasiness) and Potato (absorb oil), because couldn't buy during epidemic, so chose Pineapple
- Fujian cuisine is mainly sweet, can give up White Sugar if not used to it
- Can judge whether meat is fried through by knocking meat blocks with spoon and hearing sound

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**Mapo Tofu**



This is a dish created referencing Mapo Tofu. Rich in Iron, Calcium, Phosphorus, Magnesium etc. human body essential multiple trace elements, most importantly very appetizing~

Estimated Cooking Difficulty: ★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Lactone Tofu (Recommend Qingmei)
- Fruit Knife
- Salted Duck Egg (Recommend Liufu Duck, this is soul)
- Pork Belly (Supermarket Meat Mince also okay)
- Garlic
- Ginger
- Millet Chili (Optional if not eat spicy)
- Spicy Sauce (Recommend Guangle)
- Sichuan Peppercorn
- Salt
- Soy Sauce (Weijixian Soy Sauce)

#### CALCULATIONS

- 1 Box Lactone Tofu
- 1 Salted Duck Egg
- 20-30g Pork Belly
- Two cloves Garlic
- 2 slices Ginger
- 5 Millet Chili
- 5g Garlic Chili Paste
- 20 Sichuan Peppercorns
- 3g Salt
- 10g Soy Sauce

#### OPERATION

- Chop Garlic and Ginger, set aside
- Cut Millet Chili into chili rings, set aside
- Cut Pork Belly into Meat Mince (Skip if bought Meat Mince)
- Add half Salt and Weijixian Soy Sauce into Meat Mince, stir evenly, set aside
- Cut Duck Egg in half vertically with kitchen knife (Pay attention to safety), remove Egg Yolk (Must remove, otherwise fishy), smash remaining Egg White into about 2 mm \* 2 mm size, not too broken, set aside
- Open Tofu package, use fruit knife to cut Tofu in box into about 2.5 cm \* 3 cm size, set aside
- Heat pot, put 10ml - 15ml Cooking Oil in pot. Wait 10 seconds let oil temperature rise
- Turn low heat, put in Garlic, Ginger, Chili Rings, Sichuan Peppercorn, Salted Duck Egg, Garlic Chili Paste stir-fry 20 seconds, fry out fragrance
- Turn medium heat, put in Meat Mince, stir-fry about 1 minute, meat stir change color
- Turn low heat, put in Tofu, sprinkle remaining Salt, Weijixian Soy Sauce evenly on Tofu
- Pour in boiling water from pot edge (Otherwise Tofu easy to break), cover Tofu is enough
- Turn high heat, immediately turn medium heat after water boils, wait about 10 minutes
- Wait until water only 1/5 left and Tofu surface already colored, turn off heat, dish plate

**ADDITIONAL CONTENT**

- Must pay attention to observe during period, prevent burning pot

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## Millet Chili Stir-fried Pork (Xiao Mi La Chao Rou)

⚠ Note: Not recommended for those with a light diet.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Millet Chili (Xiao Mi La)
- Peanut Oil
- Pork Belly / Lean Meat
- Salt
- Light Soy Sauce
- Oyster Sauce
- Garlic
- Ginger
- Doubanjiang (Bean Paste)
- Chicken Essence
- White Sugar

### CALCULATIONS

Per serving:

- Millet Chili: 20 pieces, adjust according to personal taste
- Peanut Oil: 20ml
- Pork Belly / Lean Meat: 200g
- Salt: 1-2g
- Light Soy Sauce: 10ml
- Oyster Sauce: 10ml
- Ginger and Garlic: 50g
- Doubanjiang: 10g, adjust according to personal taste
- Chicken Essence: 10g
- White Sugar: 5g

### OPERATION

- Wash Millet Chili clean, cut diagonally into slightly larger pieces.
- For meat, cut into shreds if you like shreds, slices if you like slices. Pour in seasoning (Light Soy Sauce, Oyster Sauce, Salt) and marinate for 5 minutes.
- Heat pot and pour oil, stir-fry meat first then dish up.
- Sauté Ginger and Garlic until fragrant, pour in Doubanjiang and stir-fry, pour in cut Millet Chili, then pour in lean meat, stir-fry for a while, put some Light Soy Sauce, Chicken Essence, Salt, Sugar and stir-fry.

### ADDITIONAL CONTENT

**Seasoning can be added according to your own preference, you can also add Dark Soy Sauce, Dark Soy Sauce makes it more fragrant!**

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## **Minced Meat Stewed Egg (Rou Bing Dun Dan)**

Minced Meat Stewed Egg is a traditional Chinese home-style dish, also a very popular rice accompaniment. Beginners only need 20 minutes to complete.

Estimated Cooking Difficulty: ★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Minced Pork
- Egg
- Cooking Wine
- Light Soy Sauce
- White Pepper Powder
- Sesame Oil

### **CALCULATIONS**

- Minced Pork 300g
- Egg 2
- Cooking Wine 10ml
- Light Soy Sauce 20ml
- White Pepper Powder 5g
- Sesame Oil 10-15ml

### **OPERATION**

- Add Minced Pork, Cooking Wine, Light Soy Sauce, White Pepper Powder, one Egg and Sesame Oil into bowl, stir evenly.
- Spread seasoned Minced Pork in plate, dig a hole in middle of minced meat with spoon, crack 1 Egg into hole.
- Add water to pot to 1/4 height, after water boils, put plate into pot, cover pot lid, steam for 15 minutes.

### **ADDITIONAL CONTENT**

- When taking out Minced Meat Stewed Egg, pay attention plate is very hot, please operate carefully.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Mouth Watering Chicken (Kou Shui Ji)**

Mouth Watering Chicken (Cold Dish). In the scorching summer, hot dishes are hard to eat, but for meat lovers, apart from Mouth Watering Chicken, I really can't think of a better meat dish suitable for summer. Wrapped in red oil, the chicken is bright red, icy and bouncy, delicious and not greasy. Deserves to be called a Summer Rice Killer! (Note: There are diverse ways to make Mouth Watering Chicken, welcome to supplement)

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Half a Chicken
- Chili Powder
- Sichuan Peppercorn (Hua Jiao)
- Peanuts
- Scallion, Ginger, Garlic
- White Sugar
- Soy Sauce
- Vinegar
- MSG

**CALCULATIONS**

Per serving:

- Cooking Oil: 20ml
- Chicken: Half (500g)
- Chili Powder: 20g
- Sichuan Peppercorn: 30 grains (20g)
- Peanuts: 10 grains (30g)
- Scallion: 2 stalks (50g)
- Ginger: 1 small piece (20g)
- Garlic: 2 cloves (10g)
- White Sugar: 5g
- Soy Sauce: 5ml
- Vinegar: 5ml
- MSG: 5g
- Sichuan Peppercorn Powder: 5g
- Coriander: 5g

**OPERATION**

- Slice ginger, reserve 1 scallion and 15 Sichuan Peppercorns.
- Wash chicken clean, put into pot, clear water submerge chicken, put in ginger slices, scallion and Sichuan Peppercorns, turn on high heat to boil.
- After boiling, turn to medium-low heat for 20 minutes then turn off heat.
- Take out chicken, put into ice water, until ice cold.
- Take out chicken, cut into pieces and arrange on plate, set aside.
- Heat pot on low heat, put in peanuts, roast until skin cracks. (Pay attention to flip anytime, don't burn).
- Cut one scallion into segments, smash garlic into mince, crush 15 Sichuan Peppercorns, peel and chop peanuts.
- Pour oil into pot and heat up, put in scallion segments, Sichuan Peppercorns and half of minced garlic, stir-fry until fragrant.
- Fry until oil temperature is 80% hot, turn off heat, filter out hot oil.
- Pour hot oil into the bowl with chili powder, stir, and filter out red oil.
- Put remaining minced garlic, soy sauce, vinegar, salt, MSG, sugar, sesame oil, Sichuan Peppercorn powder into red oil. Mix well and let cool.
- Sprinkle chopped peanuts on chicken, pour red oil over cut chicken, sprinkle coriander. Serve.

**ADDITIONAL CONTENT**

- Second method for Mouth Watering Chicken to be updated.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Mushroom Smooth Chicken**



Estimated Cooking Difficulty: ★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Big Chicken Leg
- Dried Mushroom
- Ginger
- Scallion
- Garlic

#### CALCULATIONS

Per serving:

- Big Chicken Leg 2
- Dried Mushroom 5 grains
- Ginger 2 slices
- Scallion 2 stalks
- Garlic 2 cloves
- Warm Water (30-40 °C) 150ml
- Cooking Wine 15ml
- Light Soy Sauce 30ml
- Salt 1.5g
- Dark Soy Sauce 15ml
- Sugar 15ml
- Sesame Oil 5ml

#### OPERATION

- Soak Dried Mushroom in warm water
- Cut Ginger into small blocks, Scallion cut segments, Garlic cut in half small grains
- Debone Chicken Leg (Not deboning also okay, just slightly affects programmer's eating efficiency), cut into small blocks
- Cut soaked Mushroom into four pieces, keep Mushroom water set aside
- Blanch Chicken Leg meat 1 minute, remove blood foam and impurities
- Add Cooking Wine 15ml, Light Soy Sauce 15ml, Salt 1.5g, Dark Soy Sauce 15ml into Chicken Leg meat, grab evenly
- Oil temperature 30%, put in Chicken Leg meat stir-fry, wait Chicken Leg meat golden yellow dish out set aside
- Leave base oil in pot, put in Scallion, Ginger, Garlic stir-fry fragrant, Mushroom into pot, high heat flip evenly
- Wait 20 seconds Mushroom fragrance will float out from pot, at this time put in stir-fried Chicken Leg meat, put in Mushroom water (All, **Soul operation considered by this programmer**), Sugar 15ml, Light Soy Sauce 30ml
- Turn medium heat not cover lid, boil 2 minutes collect thick soup juice, pour in Sesame Oil 5ml, sprinkle Scallion Chopped then can turn off heat, plate

#### ADDITIONAL CONTENT

- Chicken Leg deboning operation relatively complex, my experience for reference:
- Place Chicken Leg upright on chopping board, **Bone facing programmer directly**, cut one knife from head to bottom, knife edge should be deep, ensure touching bone
- Use hand to pull meat to two sides
- Use knife tip to separate meat sticking on bone
- Flip Chicken Leg, knife insert closely to bone, cut off connection point between bone and meat
- Use knife tip to cut off last adhesion

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**Old Mom's Hoof Flower Soup (Lao Ma Ti Hua)**

Red Braised Pork Trotters are rich in nutrition, delicate texture, soft and rotten off the bone, simply too fragrant with sour and spicy juice!

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Pork Trotters (Try to choose fore trotters: more meat more tendon less bone)
- Scallion
- Ginger
- Cooking Wine
- Light Soy Sauce
- Angelica Dahurica (Bai Zhi)
- Angelica Sinensis (Dang Gui) (Optional)
- Chicken Essence
- Salt
- Garlic
- Millet Chili
- White Pepper Powder

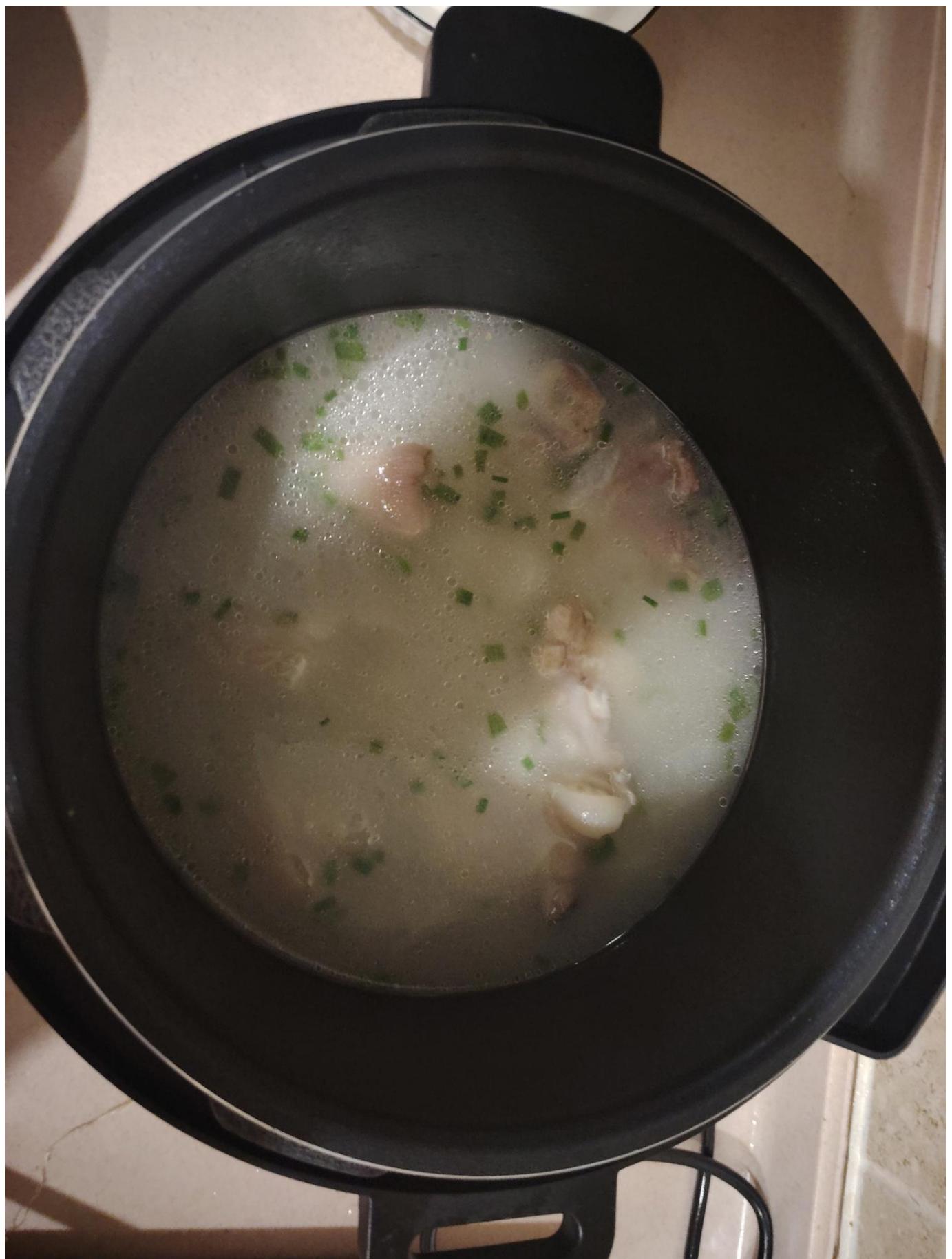
- Light Soy Sauce
- Balsamic Vinegar
- Peppercorn Oil
- Chili Oil (You Po La Zi) (Optional)
- White Kidney Beans (Can use Kelp if not available)

**CALCULATIONS**

- Pork Trotters: 3 trotters
- White Kidney Beans: 200g
- Angelica Sinensis: 2g
- White Pepper Powder: 5g
- Ginger Slices: 30g
- Garlic Mince: 8g
- Chicken Essence: 2g
- Light Soy Sauce: 25g
- Scallion Chopped: 10g

**OPERATION****Start Making**

- Soak 200g White Kidney Beans in clear water one night in advance set aside
- Prepare Pork Fore Trotters, ask master to split from middle when buying vegetables, use blowtorch to remove hair follicles, take home to clean
- Add Pork Trotters, scallion segments, ginger slices, cooking wine to cold water pot, blanch for ten minutes, skim off floating foam, fish out wash clean set aside
- Put Pork Trotters, Angelica Sinensis, Angelica Duhurica, White Pepper Powder, Ginger Slices into pressure cooker, press for thirty minutes after steam comes up, put in White Kidney Beans, press for another ten minutes, at this time if soup base is milky white, then congratulations it is correct (If need to add water midway, can only add hot water)



- Open lid and add Salt, Chicken Essence, Scallion Chopped to season

- Mix Soul Juice: Put in Scallion, Garlic, Millet Chili, White Pepper Powder, Light Soy Sauce, Balsamic Vinegar, Chili Oil, Peppercorn Oil, Pork Trotter Original Soup



- Pour Soul Juice over

#### **ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### **Old Style Guo Bao Rou (Lao Shi Guo Bao Rou)**

Guo Bao Rou is a famous dish in Northeast China, founded by Zheng Xingwen, a chef in Harbin Daotai Mansion during Guangxu period. The acidity of Old Style Guo Bao Rou comes from white vinegar juice, tasting sweet and sour and crispy.

Estimated Cooking Difficulty: ★★★★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Pork Loin (Tong Ji Rou)
- Big Scallion
- Ginger
- Garlic
- Carrot (Optional)
- Coriander
- White Vinegar (Suggest to use 9 degree vinegar, only this way will have distinctive vinegar fragrance of Old Style Guo Bao Rou)
- White Sugar
- Cooking Wine
- Salt
- MSG
- Potato Starch
- All Purpose Flour (Zhong Jin Mian Fen)
- Baking Soda
- White Roasted Sesame Seeds (Optional)
- Cooking Oil

#### **CALCULATIONS**

Per portion (About 2 person portion):

- Pork Loin 300g
- Big Scallion 50g
- Ginger 30g
- Garlic 3-4 cloves
- Carrot 10g (Optional)
- Coriander 10g
- White Roasted Sesame Seeds 5g (Optional)
- White Vinegar 40g
- White Sugar 40g
- Cooking Wine 20ml
- Salt 8g
- MSG 5g
- Rice Vinegar 5ml (Optional)
- Potato Starch 210g
- All Purpose Flour 70g
- Baking Soda 5g
- Cooking Oil 1000ml (For frying)

**OPERATION****1. Process Pork:**

2. Cut Pork Loin into uniform meat slices with thickness of 8mm, remove white fascia.
3. Rinse meat slices with clear water, remove blood water.
4. Add Baking Soda 5g, grab evenly, stand for 5 minutes.
5. Rinse with clear water 1-2 times, remove excessive Baking Soda.

**6. Marinate Meat Slices:**

7. Add Salt 4g, Cooking Wine 5ml into meat slices, mix well, marinate for 15 minutes.

**8. Prepare Batter:****9. Method 1:**

- Add 200ml clear water to 100g Potato Starch, stir well, stand for 20 minutes.
- Pour out upper 2/3 clear water, keep bottom starch paste, stir well until yogurt-like.

**10. Method 2 (Recommended):**

- Mix Potato Starch 210g and All Purpose Flour 70g.
- Add clear water in small amounts multiple times, stir until yogurt-like, can pull silk when lifted, paste can pile up in basin.
- Add Cooking Oil 10ml, Baking Soda 1g, stir evenly.

**11. Coat Batter:**

12. Put marinated meat slices into paste, mix well, make every slice coated with paste evenly.

**13. Mix Sweet and Sour Juice:**

14. Mix White Sugar 40g, White Vinegar 40g, Salt 4g, MSG 5g, Rice Vinegar 5ml (Optional), stir evenly, set aside.

**15. Prepare Side Dishes:**

16. Cut Scallion, Ginger, Carrot into shreds, cut Coriander into segments, cut Garlic into slices.

**17. Fry Meat Slices:****18. First Frying:**

- Add cooking oil to pot, heat to 150°C (50% hot).
- Put meat slices into oil one by one, fry until surface fixed shape, color light yellow, about 30 seconds, ladle out set aside.

**19. Second Frying:**

- Oil temperature rises to 170°C (60% hot).
- Put all meat slices into oil, fry until shell golden yellow and crispy, about 1 minute, ladle out set aside.

**20. Third Frying (Optional):**

- Oil temperature rises to 200°C (70% hot).
- Re-fry meat slices quickly 10-20 seconds, enhance crispiness, ladle out drain oil.

**21. Stir-fry:**

22. Leave 20ml base oil in pot, heat then put in Ginger shreds, Garlic slices, fry aromatic 10 seconds.

23. Pour in mixed Sweet and Sour Juice, high heat heat to boil, simmer until soup juice sticky, about 30-60 seconds.

24. Put in fried meat slices, Scallion shreds, Carrot shreds, Coriander segments, quickly stir-fry 3 times, make soup juice uniformly coat meat slices.

**25. Serve:**

26. Dish Guo Bao Rou into plate, sprinkle White Roasted Sesame Seeds (Optional), ready to serve.

**ADDITIONAL CONTENT****• Precautions:**

- Meat slice thickness should be 8mm, too thick or too thin will affect texture.

- Control oil temperature when frying, avoid shell too dark or not crispy.
- When simmering sweet and sour juice, pay attention to simmer until sticky but not clumping, avoid turning into caramel.

• **References:**

- [Lao Fan Gu Version](#)
- [Old Northeast Cuisine Version](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Onion Stir-Fried Pork

Salty with sweetness, simple to get started, accidentally might make people eat one more bowl of rice. Generally only needs 15 minutes to complete.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Onion
- Pork Slices
- Ketchup
- Sesame Oil

### CALCULATIONS

Per serving:

Ingredients

- Onion One (Is protagonist, if like eating onion can have half more ~ one)
- Pork (250g)
- Garlic (3 cloves)

Seasonings

- Cooking Oil (15ml)
- Black Pepper (1.25g)
- Soy Sauce (30ml)
- Sugar (15g)
- Sesame Oil (5ml)
- Ketchup (15ml)
- Cooking Wine (15ml)

Remark: Can consider buying [Teaspoon](#), [Tablespoon](#) to accurately determine amount of ingredients.

### OPERATION

- Slice Onion, smash Garlic, and mix above seasonings set aside.
- Pour 1 tablespoon Cooking Oil into wok (Wait 10 seconds let oil temperature rise), pour in Pork.
- Stir-fry until color changes then put Garlic stir-fry fragrant, dish up set aside.
- Use original wok put Onion stir-fry 3~4 minutes then add seasonings stir evenly.
- Put just dished up Pork stir-fry until Pork cooked.
- After Pork cooked stir-fry another 1, 2 minutes then can dish up.

### ADDITIONAL CONTENT

- Pork can choose Pork Shoulder Slices or cut Meat Shreds depending on personal preference.

### References

- [iCook](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Pakistan Beef Curry (Achar Gosht)**

Achar gosht (Pakistan Beef Curry) is a specialty curry dish from Pakistan. This dish combines the fragrance of curry and the soft sticky texture of beef. The flavor is unique and slightly spicy. It is rich in high-quality protein and various vitamins, with rich nutritional value. The production process takes 2.5 hours, steps are not complicated. It is a delicious dish suitable for slow cooking on weekends.

Estimated Cooking Difficulty: ★★★★☆

**ESSENTIAL INGREDIENTS AND TOOLS**

- Ordinary Wok
- Rice Cooker / Electric Stew Pot
- Masala Powder (Shan brand optional)
- Beef
- Tomato

- Screw Pepper (Luo Si Jiao - Long Green Pepper)
- Original Yogurt
- Garlic Powder
- Ginger Powder

**CALCULATIONS**

Here taking 1kg beef's required side dish amount as target, you can calculate different amounts based on it. Curry made from 1kg beef is enough for 5 people.

Required side dishes for 1kg Beef:

- Tomato 个: 4
- Screw Pepper: 2 (Large ones)
- Original Yogurt: 1 box
- Masala Powder: 1 pack 50g
- Garlic Powder: 5g
- Ginger Powder: 5g

**OPERATION**

- Cut all Screw Peppers into segments, set aside.

- Blend all Tomatoes into tomato puree, set aside.



- Cut Beef into 2cm small blocks, wash clean set aside.



- Pour a layer of oil into wok (To prevent tomato puree from evaporating while boiling).



- Pour in tomato puree, keep stirring for 2-3 minutes, wait for it to become redder.





- Add 5g Garlic Powder, 5g Ginger Powder and 1 pack 50g Masala Powder, stir evenly.
- Add Beef and Screw Pepper segments, stir evenly.
- Add 1 box Yogurt (To make the whole sauce thick), stir evenly.
- Transfer the whole pot of materials to Rice Cooker / Electric Stew Pot, add 250ml water. Turn on Meat Stew / Slow Stew mode, set time 2-3 hours.

- Wait for completion, check if beef is soft and sticky, then can eat.



#### ADDITIONAL CONTENT

- This dish is learned from a Pakistani friend, notes specially organized, absolutely authentic.
- Usually eaten with Roti, Naan or Rice.
- If want to make Chicken karahi, process is almost same, except first fry chicken with oil and various peppers until yellow.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### Pan-fried Lamb Chops (Jian Kao Yang Pai)

Pan-fried Lamb Chops is a dish combining stewing and frying techniques, crispy outside and tender inside, overflowing with fragrance. It can be a hard dish for family gatherings, and also a highlight in banquet meals. The stewed lamb chops are soft and flavorful, then fried to stimulate spices, rich taste but not greasy.

Estimated Cooking Difficulty: ★★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Lamb Chops
- Cinnamon
- Sichuan Peppercorn
- Star Anise
- Angelica Dahurica (Bai Zhi)
- Fragrant Leaf (Bay Leaf)
- Salt
- Cooking Wine
- Chili Powder
- Cumin Seeds
- BBQ Sprinkle
- Cumin Powder
- White Sesame Seeds
- Sugar
- Pressure Cooker
- Wok / Frying Pan

#### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is exactly enough for 3-4 people.

Per serving:

- Lamb Chops: 750g (Suggest choosing ones with some fat)
- Cinnamon: 2g
- Sichuan Peppercorn: 5g
- Star Anise: 1
- Angelica Dahurica: 6g
- Fragrant Leaf: 5 leaves
- Salt: 25g (Note: If planning to drink the lamb soup, omit salt here and add in final frying step)
- Cooking Wine: 10ml
- Chili Powder: 5g
- Cumin Seeds: 2g
- BBQ Sprinkle: 2g
- Cumin Powder: 2g
- White Sesame Seeds: 2g
- Sugar: 1g

#### OPERATION

- Cut Lamb Chops into blocks according to bone distribution.

- Add cold water to wok, put in all lamb chops, blanch for 2-3 minutes after boiling, fish out set aside.
- Put blanched lamb chops, cinnamon, peppercorn, star anise, angelica, fragrant leaf, cooking wine into pot (pressure cooker or normal pot).
- Add drinking water to cover all ingredients. If using pressure cooker, press for 30 minutes after steam comes up. If using normal pot, stew for 80 minutes.
- Fish out stewed lamb chops, drain moisture, put into oil-free water-free wok / frying pan.
- Fry on medium-high heat for 6-7 minutes, until grease in lamb chops is fried out, surface is golden yellow and crispy.
- Keep fried lamb oil in pot, add chili powder, cumin seeds, BBQ sprinkle, cumin powder, white sesame seeds, stir-fry evenly.
- Add sugar and salt (if not added during stewing), stir-fry evenly.
- Turn off heat after mixing evenly, plate.

**ADDITIONAL CONTENT**

- Peppercorn and Angelica are key seasonings for this dish, indispensable.
- Stewing time should not be too long, if lamb chops are too soft they will easily break during frying.
- Frying spices with lamb's own grease makes flavor better.
- Blanching, stewing, frying processes produce much lamb oil, please do not pour directly into sewer to avoid clogging.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### Pan Fried Pork Belly



Pan Fried Pork Belly is a simple and easy-to-learn dish. Pork Belly is fatty but not greasy, lettuce leaves are crisp and healthy. People with slight cooking experience can finish making it in half an hour.

Estimated Cooking Difficulty: ★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Belly Strips (Recommend length width height 20cm\*6cm\*5cm)
- Lettuce
- Soy Sauce, Salt, MSG, Cooking Wine, Ginger Garlic, Oil, Bean Paste

#### CALCULATIONS

Determine how many servings you plan to make before each production. One serving exactly enough for 1 person to eat.

Per serving:

- Pork Belly Strips (Recommend length width height 20cm\*6cm\*5cm)
- Lettuce 1 head
- Cooking Oil 5ml

#### OPERATION

- Cut Pork Belly Strips along long side into slices, each slice thickness 1mm-1.5mm, set aside
- Put cut Pork Belly into bowl, sequentially add 8g Soy Sauce, 1g Salt, 1g MSG, 10g Cooking Wine, two Ginger slices, two smashed Garlic cloves marinate 10 minutes
- Tear off Lettuce leaves directly by hand, wash clean, set aside
- Heat pot, pour 5ml Cooking Oil. After oil slightly smokes put in Pork Belly. Single side fry until scorched yellow then flip, other side same reasoning.
- After Pork Belly out of pot, plate.
- Smear Bean Paste on vegetable leaf, roll Pork Belly to eat

**ADDITIONAL CONTENT**

- Operate carefully, be careful of being scalded by splashed oil

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### Pork Skin Jelly (Zhu Pi Dong)



Pork Skin Jelly is a simple and easy-to-make dish. An "Evergreen Tree" on New Year's Eve dinner table for Northerners. Crystal clear appearance, smooth and Q-elastic texture, an out-and-out super wine companion dish.

Pork skin beautifies skin, difficulty slightly high, estimated production time 24 hours.

Estimated Cooking Difficulty: ★★★★☆

#### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Skin
- Star Anise, Sichuan Peppercorn, Angelica Dahurica, Cinnamon, Clove, Fragrant Leaf, Fennel Seeds

#### CALCULATIONS

Per serving:

- Main Ingredient: Pork Skin 1kg, Water 4kg
- Seasoning: Salt 13g, MSG 10g, Chicken Essence 15g, Light Soy Sauce 50ml, Dark Soy Sauce 20ml, Scallion 10g, Ginger Slices 20g
- Spice Bag: Star Anise 10g, Sichuan Peppercorn 5g

#### OPERATION

- Chop pork skin into small pieces not exceeding 10cm, soak in clear water for 12 hours, then put in cold water pot, add Ginger 10g, Cooking Wine 50ml, blanch for 5-10 minutes, fish out and put into cold water.
- Put blanched pork skin on cutting board, remove all white fat inside, then cut into long strips not exceeding 3mm, put into basin.
- Add White Vinegar 20g, Salt 5g, scrub forcefully for 3 minutes, then wash clean with clear water. At this time pork skin has basically no fishy smell.
- Add 4kg water to pot, put in Pork Skin, Scallion 10g, Ginger Slice 10g, Star Anise 10g, Peppercorn 5g, high heat boil, then low heat simmer for 90 minutes until pork skin is soft and rotten.
- Add Salt 8g, MSG 10g, Chicken Essence 15g, Light Soy Sauce 50ml, Dark Soy Sauce 20ml to season, pour into tray, pick out Scallion, Ginger, Star Anise, let cool until jelly-like.
- Put in refrigerator to refrigerate, cut into small blocks or thick slices when eating.

#### ADDITIONAL CONTENT

- Attention during operation: when making Pork Skin Jelly, cooking directly is "waste" and most taboo. Must scrub pork skin with white vinegar and salt continuously, ensuring cooked pork skin is crystal clear and without fishy smell.
- Reference: [Ming Ge Says Food](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Pork Stewed with Pickled Cabbage (Zhu Rou Hui Suan Cai)

Pork Stewed with Pickled Cabbage is a famous Northern dish, simple and easy to make. Rich in protein. Beginners generally need 3 hours to complete.

Estimated Cooking Difficulty: ★★★★☆

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Belly or Pork Ribs
- Northeast Pickled Cabbage (Suan Cai)
- Scallion
- Ginger
- Garlic
- Salt
- Light Soy Sauce
- Five Spice Powder
- Cooking Wine
- Star Anise

### CALCULATIONS

Amount for 3-5 people:

- Pork Ribs or Pork Belly (Total) 1500 g
- Northeast Pickled Cabbage 1000 g
- Scallion 1 stalk
- Ginger 100 g
- Garlic 4 cloves
- Salt 10 g
- Light Soy Sauce 15 g
- Five Spice Powder 10 g
- Cooking Wine 20 ml
- Star Anise 2 pieces

### OPERATION

- Cut Scallion into segments; Cut 50g Ginger into segments, 50g into mince; Mince Garlic, set aside.
- Shred all Pickled Cabbage, rinse with water 2-3 times set aside.
- Rinsing times depend on personal taste. If like sour, rinse 2 times. Fear sour, rinse 3-4 times. Cannot skip rinsing, otherwise too sour.
- Put Ribs and Pork Belly into pot, pour cold water to submerge. Put in all Scallion segments, 50g Ginger segments and 20ml Cooking Wine. Boil on high heat, wait 5 minutes. Turn off heat, fish out Ribs and Pork Belly, wash off floating foam with cold water, set aside.
- Cut boiled Pork Belly into slices or blocks, set aside.
- Wash previous pot clean, and wipe dry (Otherwise adding oil will splash).
- Add oil to pot, medium heat, put in Ginger Garlic mince to explode fragrance, put in Pork Belly and Ribs. Pan-fry Pork Belly and Ribs until golden yellow, pour in 10g Five Spice Powder and 15g Light Soy Sauce, flip with spatula for 1-2 minutes.
- Add rinsed Pickled Cabbage shreds to pot, stir-fry for 3 minutes.
- Pour in pure water until just covering ingredients, add 2 Star Anise, high heat until water boils. Turn to medium heat, cover lid to simmer.

- Wait 1.5 - 2 hours, until Pork Belly soft and rotten (Can be easily pierced by chopsticks).
- Open lid, high heat to reduce soup, flip ingredients until remaining water covers pot bottom only, turn to low heat, prepare to season.
- Seasoning: Add 10g Edible Salt, stir evenly.
- Turn off heat, serve.

**ADDITIONAL CONTENT**

- When reducing soup on high heat, pay attention not to burn pot, can flip appropriately to check water level.
- Seasoning tip: when adding salt at end, add bit by bit, taste after stirring, until acceptable taste.
- This dish has special flavor of Pickled Cabbage.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Pork with Preserved Vegetable (Mei Cai Kou Rou)

Pork with Preserved Vegetable has unique shape, elegant and decent, color sauce red oil bright, soup juice sticky delicious, Steamed Pork is fatty but not greasy, soft rotten mellow fragrant when eaten.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Belly
- Preserved Vegetable (Mei Cai)
- Five Spice Powder
- Cooking Oil
- White Sugar
- Dark Soy Sauce
- Light Soy Sauce
- Millet Chili
- Garlic Mince
- Salt
- Chicken Essence

### CALCULATIONS

Per serving:

- Pork Belly 200 g
- Preserved Vegetable 30 g
- Five Spice Powder 2 g
- Cooking Oil 300 ml
- White Sugar 5 g
- Dark Soy Sauce 30 ml
- Light Soy Sauce 20 ml
- Millet Chili 1
- Garlic Mince 10 g
- Salt 2 g
- Chicken Essence 2 g

### OPERATION

- Put Preserved Vegetable in clear water, soak 1 hour
- Pour 50 ml Cooking Oil in pot, put whole Pork Belly pig skin facing down, put into pot 1 minute, take out scrape pig skin [Optional]
- Add boiling water in pot, put in Pork Belly, high heat boil 20 minutes (Chopstick can insert into Pork Belly), take out Pork Belly
- Smear evenly Dark Soy Sauce, Five Spice Powder, White Sugar on surface of Pork Belly, place 15 minutes
- Start pot burn oil, add Pork Belly, medium heat oil fry until both sides golden yellow (3-5 minutes)
- Start pot burn oil, pour in Preserved Vegetable, adding Millet Chili, Garlic Mince, Chicken Essence, Salt then stir-fry, until Preserved Vegetable moisture fried dry
- Cut Pork Belly into slices (Rear end 0.5-1 cm), place in large bowl, scatter Preserved Vegetable
- Medium heat steam 45 minutes
- Take a plate invert on Pork Belly large bowl, pour Pork Belly into plate







**ADDITIONAL CONTENT**

- Discovered during production process, Crispy Pork Belly is really fragrant Orz~
- Can remove White Sugar if don't like eating sweet, doesn't affect main flow
- Second to last step, time can be adjusted according to personal preference
- Function of frying dry Preserved Vegetable is to absorb oil later (Blind guess)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Potato Stewed Ribs

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Ribs
- Potato
- Ginger
- Scallion (Small Green Onion)
- Cooking Wine
- White Sugar
- Dried Chili
- Star Anise
- Sichuan Peppercorn (Hua Jiao)
- Cinnamon
- Light Soy Sauce
- Dark Soy Sauce
- Oyster Sauce
- Soybean Paste (Huang Dou Jiang)

### CALCULATIONS

- Pork Ribs = 750g
- Potato = 300g
- Ginger = 30g
- Scallion = 25g
- Cooking Wine = 25g
- White Sugar = 10g
- Dried Chili = 5g
- Star Anise = 5g
- Sichuan Peppercorn = 5g
- Cinnamon = 5g
- Light Soy Sauce = 10g
- Dark Soy Sauce = 5g
- Oyster Sauce = 5g
- Soybean Paste = 5g

### OPERATION

- Cut two potatoes into rolling knife chunks (irregular chunks), cut ginger into slices.
- Put 750g ribs into cold water pot, add ginger slices, scallion segments, cooking wine, blanch for 2 minutes. Fish out after drying water and wash clean (Must use hot water to wash, cannot use cold water).
- Heat pot with cold oil, pour white sugar into pot, stir-fry until melted into caramel color.
- Add ribs and fry until both sides are golden yellow, letting ribs be coated with caramel.
- Add Dried Chili, Star Anise, Sichuan Peppercorn, Cinnamon, Ginger slices (Recommended to buy supermarket spice pack), 10ml Light Soy Sauce, 5ml Dark Soy Sauce, 5ml Cooking Wine, 5ml Oyster Sauce, 5ml Soybean Paste.
- Stir-fry evenly on high heat, then add 700ml boiling water. Boil on high heat then turn to low heat and stew for 1 hour.

- Finally add potatoes and cook for 10 minutes then serve (Those who like green/red peppers can add according to preference).



**ADDITIONAL CONTENT**

This dish has simple difficulty level, friendly to beginners, and goes very well with rice.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Radish Stewed Lamb Chops**

Radish Stewed Lamb Chops is a common home dish, suitable for young and old. Generally beginners only need at most 2 hours to complete.

Estimated Cooking Difficulty: ★★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Lamb Chops
- White Radish
- Big Scallion
- Sichuan Peppercorn
- Angelica Dahurica (Bai Zhi) (Optional)
- Ginger
- Cooking Wine or Yellow Rice Wine
- Salt
- Rock Sugar
- Water

### **CALCULATIONS**

Per serving:

- Lamb Chops 400g
- White Radish one
- Big Scallion one
- Sichuan Peppercorn 10 grains
- Ginger 10g, generally buy a head of ginger, cut about 4 slices from middle is enough
- Cooking Wine or Yellow Rice Wine 30ml-40ml
- Salt 10g
- Rock Sugar 2-4 pieces
- Water: Amount to cover ingredients, need 1000ml

### **OPERATION**

- Peel Radish, rolling knife cut into 3-5cm large blocks, set aside
- Can ask seller to cut Lamb Chops when buying, because household knife generally hard to cut, set aside
- Put Lamb Meat into cold water pot, add half Cooking Wine, half Scallion Ginger, boil 10 minutes remove blood smell, (Optional) blood foam appearing during blanching process can be ladled out with spoon
- Start another pot of cold water, put in cut White Radish, put in half Rock Sugar, after water boils boil 5 minutes remove pungent taste of White Radish
- Dish out blanched Lamb Chops, put into pressure cooker, add water to cover all ingredients then add about 300ml more water
- Put remaining Scallion Ginger Cooking Wine, Sichuan Peppercorn, Rock Sugar, Angelica Dahurica (Optional), Salt into pot, cover pot wait for steam then timing, medium heat stew about 15 minutes.
- If no pressure cooker, then put into ordinary pot, stew about 40 minutes to 1 hour.
- Turn off heat, wait for pressure cooker to release gas complete, open lid, add previously blanched Radish, season, add 3-10g Salt or Water, taste saltiness of soup,
- Turn on heat again, medium heat, pressure cooker steam then stew 10 minutes, ordinary pot cover lid then stew 20 minutes
- Turn off heat, dish plate

**ADDITIONAL CONTENT**

- When operating, need to pay attention to observe boiling water level line, if found lower than 2/3 of ingredients should add hot water to cover ingredients.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Red Braised Chicken Wings (Hong Shao Ji Chi)**

Red Braised Chicken Wings is a home-cooked rice dish, salty and fresh with sweetness, bright red color. Rich in protein, moderate production difficulty, estimated production time about 40 minutes.

Estimated Cooking Difficulty: ★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Fresh Chicken Wings (Mid-wings recommended, meat is tender)
- Ginger Slices (Old Ginger recommended, better deodorization)
- Scallion Segments (Big Green Onion White part recommended, richer fragrance)
- Garlic
- Fragrant Leaf (Bay Leaf)
- Star Anise
- Dried Chili (Optional, omit if not eating spicy)
- Rock Sugar
- Yellow Wine or Cooking Wine (Choose one, Yellow Wine has mellower flavor)
- Light Soy Sauce
- Dark Soy Sauce
- Salt
- White Sugar
- Pepper Powder (White Pepper Powder recommended, lighter spicy taste)
- White Sesame Seeds (Cooked)
- Small Scallion Chopped (For decoration)

### **CALCULATIONS**

Determine how many servings you plan to make before cooking, one serving is enough for 3-4 people.

Per serving:

- Fresh Chicken Wings 500g (About 8-10, single wing about 50-60g)
- Ginger Slices 4-5 slices (About 10g, thickness 2mm)
- Scallion Segments 2-3 segments (About 15g, length 3cm)
- Garlic 3-4 cloves (About 15g)
- Fragrant Leaf 1 leaf
- Star Anise 1 piece
- Dried Chili 2 (Optional, about 5g)
- Rock Sugar 15g (Granular Rock Sugar)
- Yellow Wine or Cooking Wine 35ml
- Light Soy Sauce 15ml
- Dark Soy Sauce 5ml
- Salt 3g
- White Sugar 2g
- Pepper Powder 1g
- White Sesame Seeds 3g
- Small Scallion Chopped 5g
- Cooking Oil 10-15ml

**OPERATION**

- Wash Chicken Wings. Cut three times on thick part, prick once on back, for easy seasoning.
- If chicken wings are not fresh, soak in ginger water for 10-20 minutes after cutting.
- Prepare 10g Ginger Slices, 15g Scallion Segments; Smash 3-4 Garlic cloves (No need to mince); Organize 1 Fragrant Leaf, 1 Star Anise, 2 Dried Chili (Optional).
- Heat pot, add clear water to submerge all chicken wings, put prepared chicken wings in cold water, add 20ml Yellow Wine or Cooking Wine, 2 Ginger Slices (About 5g), high heat boil, keep high heat for 2-3 minutes after boiling, skim floating foam.
- Fish out wings, wash with warm water 2 times, remove blood foam completely, drain moisture.
- Heat another pot, add 10-15ml Cooking Oil.
- When oil is 50% hot, add 15g Rock Sugar, high heat melt sugar, turn to small heat when sugar changes color, stir-fry until sugar becomes jujube red, immediately put in drained chicken wings, quickly stir-fry 1-2 minutes, coat every wing evenly with sugar color.
- Add prepared 1 Fragrant Leaf, 1 Star Anise, 2 Dried Chili (Optional), remaining 2 Ginger Slices, 15g Scallion Segments, smashed Garlic, continue to stir-fry 30 seconds until spice fragrance released.
- Pour 15ml Cooking Wine or Yellow Wine, 15ml Light Soy Sauce along pot edge, quickly stir-fry 10 seconds.
- Add warm water (about 50-60°C), amount slightly cover wings.
- Add 5ml Dark Soy Sauce, 3g Salt, 2g White Sugar, 1g Pepper Powder, stir gently.
- Cover lid, medium heat boil 7-8 minutes.
- Open lid, pick out Fragrant Leaf, Star Anise, Ginger, Scallion, Garlic with chopsticks.
- Great heat, keep stir-frying, reduce soup to sticky state (About 1-2 minutes).
- Turn off heat, dish wings into plate, pour remaining sticky soup.
- Sprinkle 3g White Sesame Seeds and 5g Small Scallion Chopped, finish.

**ADDITIONAL CONTENT**

- If smelling fishy, can double spice amount.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Simple Red Braised Pork (Jian Yi Hong Shao Rou)**

This Red Braised Pork tutorial is a foolproof recipe for beginners. Served with rice, it's so delicious you can't stop eating. Fragrant and sticky, unrivaled color, attractive and fatty but not greasy. Recommended to eat with rice.





Estimated Cooking Difficulty: ★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Note: If possible, please try to sharpen the knife.
- Main Ingredient: Pork Meat, Egg (Optional), Bean Curd Sheet (Optional)
- Auxiliary Ingredients: Ginger, Rock Sugar, Light Soy Sauce, Dark Soy Sauce, Cooking Wine, Fragrant Leaf, Star Anise, Salt, Water, Scallion (Remember boiling water)

#### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is exactly enough for 2-3 people.

If only 1 person eating, can consider halving ingredients.

- Pork Belly: About 1.5~2 kg (3~4 Jin)
- Ginger: 6 slices
- Rock Sugar: 15g (About 7 lumps)
- Light Soy Sauce: 10ml
- Dark Soy Sauce: 15ml
- Cooking Wine: 5ml
- Boiling Water: Amount to cover ingredients, need 600ml-900ml
- Fragrant Leaf: 3 leaves
- Star Anise: 2 pieces
- Quail Egg (Optional, if no Quail Egg, can substitute with equal weight of Chicken Egg): 0-2
- Bean Curd Sheet (Optional): 0-80g
- Salt: 2-3g

#### OPERATION

##### Raw Material Preparation

- Cut Pork Belly into large blocks (About 4.5cm, better to cut if frozen for half an hour to one hour)
- Cut Bean Curd Sheet into 2cm width
- Cut Ginger into slices (Thickness about 3mm each)
- Boil Water
- Boil Quail Egg and prick holes with Fork / Toothpick (More holes better for flavor absorption)
- Scallion white part Scallion White

##### Start Making

- Put cut Pork Belly into Cold Water pot, add Cooking Wine and Scallion Ginger, boil for 15 minutes to remove blood smell
- Put two slices of Ginger in pot to enhance flavor
- Turn on medium-low heat and directly add Pork Belly, no need to put cooking oil, fry all six sides of Pork Belly blocks, fry until oil comes out
- Pour out fried oil for later use, push Pork Belly to one side, add 15g Rock Sugar, stir-fry until Rock Sugar melts;
- After melting, fry Pork Belly with Rock Sugar until fused and colored, add
  - Light Soy Sauce 10ml
  - Dark Soy Sauce 15ml
  - Cooking Wine 5ml
- Stir-fry until colored;

- Add Boiled Water to stew for 40 minutes (Students with poor knife skills who cut too large please consciously lengthen stewing time), and put in
- Ginger 2 slices
- Fragrant Leaf 3 leaves
- Star Anise 2 pieces
- Cover pot lid and boil until boiling, add boiled and pricked Quail Egg and Bean Curd Sheet, turn on medium-low heat, wait for 40 minutes. (Can stir appropriately midway to prevent sticking to pot);
- Open pot lid, turn on high heat to reduce juice when soup juice is almost gone (Remember not to dry out);
- Add 2-3g Salt, stir-fry a bit, then can serve.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Southern Style Red Braised Pork (Nan Pai Hong Shao Rou)

This Red Braised Pork tutorial is a foolproof recipe for beginners. Served with rice, it's so delicious you can't stop eating. Fragrant and sticky, unrivaled color, attractive and fatty but not greasy.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Note: If possible, please try to sharpen the knife.
- Tool: Pot (Clay pot is best, aluminum pot next, pressure cooker also okay, best not to use iron pot, copper pot)
- Main Ingredient: Pork Belly
- Auxiliary Ingredients: Oil, Rock Sugar, Dark Soy Sauce, Cooking Wine, Fragrant Leaf, Star Anise, Ginger, Salt, Scallion, Boiling Water, Cold Water, Garlic, Sichuan Peppercorn

### CALCULATIONS

One portion is exactly enough for 1-3 people.

- Pork Belly: About 1kg (2 Jin)
- Oil: 100-150ml, Salad oil, Lard, Peanut oil are all okay
- Ginger: 6 slices
- Rock Sugar: About 15 lumps
- White Sugar: 30g
- Dark Soy Sauce: 15ml
- Cooking Wine: 20ml
- Cold Water: Amount to cover ingredients, depends on pot size
- Boiling Water: Amount to cover ingredients, depends on pot size
- Fragrant Leaf: 4 leaves
- Star Anise: 3 pieces
- Salt: 2-3g
- Sichuan Peppercorn: 10g

**OPERATION**

It is recommended to view [Sugar Color](#) tutorial before this.

- Cut Pork Belly into large blocks (About 4.5cm)
- Cut Ginger into slices (Thickness about 3mm each)
- Boil Boiling Water
- Cold Water tap water is fine
- Cut white part Scallion White of Small Scallion into small segments (Small Scallion best, Leek also acceptable)
- Cut Garlic in middle, do not smash flat, otherwise difficult to fish out and will affect taste during final Juice Reduction
- Suggest taking out half of Scallion and Ginger first, then put remaining Ginger, Scallion White, Garlic, Peppercorn, Star Anise, Fragrant Leaf into a bowl in advance for later use
- Put cut Pork Belly into Cold Water pot, add Cooking Wine and 2/5 Scallion Ginger, boil for 15 minutes to remove blood smell, wash clean after fishing out;
- Fry [Sugar Color](#), pay attention to use Operation 2 mentioned therein to make sugar color.
- Pour prepared Ginger, Scallion White, Garlic, Peppercorn, Star Anise, Fragrant Leaf and Pork Belly into pot and stir-fry on High Heat, stir-fry until smelling fragrance, pour in Boiling Water to cover all meat, stew for 50-60 minutes
- 40 minutes if using pressure cooker;
- Add 10ml Cooking Wine;
- Cover pot lid and boil until boiling, open lid every 25 minutes to skim off oil and foam floating on surface;
- When water height reduces to 3/5 of height between highest meat and pot bottom, turn to medium heat, and fish out all auxiliary ingredients except meat and water, start reducing juice;
- Open pot lid, fish out when soup juice is almost gone and sticky (Remember not to dry out);

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Red Braised Pork Trotters (Hong Shao Zhu Ti)**

Red Braised Pork Trotters are rich in nutrition, fragrant in taste, rich in soup, and very appetizing.

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Pork Trotters
- Fragrant Leaf (Bay Leaf)
- Ginger
- Scallion
- Dark Soy Sauce
- Cinnamon
- Rock Sugar
- Cooking Wine
- Light Soy Sauce
- Salt

- Star Anise
- Cooking Oil

**CALCULATIONS**

One portion is exactly enough for 3-4 people.

- Pork Trotters: 2~3 trotters
- Cooking Oil: 30ml
- Fragrant Leaf: 2 leaves
- Ginger: 5 slices
- Scallion: Half stalk
- Cinnamon: 1 piece
- Rock Sugar: 7-8 lumps
- Cooking Wine: 30 ml
- Light Soy Sauce: 20 ml
- Dark Soy Sauce: 20 ml
- Salt: 8 g
- Star Anise: 4 pieces

**OPERATION****Start Making**

- Put chopped Pork Trotters (by enthusiastic stall owner) into cold water pot, add 20 ml Cooking Wine and Scallion Ginger, boil for 15 minutes to remove blood smell.
- Hot pot cold oil, pour in 30ml Cooking Oil, put in 7-8 lumps Rock Sugar, turn to low heat, boil into sugar color, crush Rock Sugar with spatula during period, boil for about 2 minutes.
- After boiling into sugar color, put in blanched Pork Trotters, continue low heat, stir-fry Pork Trotters, until all Pork Trotters are slightly yellow on both sides.
- Add 2 Fragrant Leaves, 1 Cinnamon, 4 Star Anises, 20 ml Light Soy Sauce, 20 ml Dark Soy Sauce, 10 ml Cooking Wine, 3 Ginger slices, 8 g Salt, turn to medium heat, continue stir-frying for 1 minute.
- Add boiling water or cold water, water needs to cover Pork Trotters, cover pot lid, high heat boil, turn off heat after boiling.
- Pour all ingredients in pot into pressure cooker, need 15 minutes in pressure cooker (If classmate doesn't have pressure cooker, can put in pot and turn from high heat to low heat to simmer).
- After 15 minutes, pour ingredients in pressure cooker into wok, turn high heat to reduce juice, at this time can taste with chopsticks, if light can add 2~3g Salt.
- Duration of high heat juice reduction depends on water in pot, generally 30 seconds is enough, leaving some more is fine, Red Braised Pork Trotters soup is also very appetizing.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Roasted Chicken Wings**

Estimated Cooking Difficulty: ★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Chicken Middle Wings
- Salt
- Black Pepper Powder
- Soy Sauce
- Cooking Wine
- Oven

### **CALCULATIONS**

- Chicken Wings usage 3-4 pieces/person
- Salt usage 2 g/person
- Black Pepper Powder usage 1 g/person
- Soy Sauce usage 3 ml/person
- Cooking Wine usage 3 ml/person

Use above conditions to calculate planned raw material ratio.

### **OPERATION**

#### **Pre-treatment of Chicken Wings**

- Put Chicken Wings into bowl
- Add Salt, Black Pepper Powder, Soy Sauce, Cooking Wine to marinate 30-40 minutes

#### **Roasting Process**

- Preheat oven to 200°C
- Place marinated Chicken Wings evenly on baking tray
- Put baking tray into oven middle layer, roast 15-20 minutes
- Take out baking tray, flip Chicken Wings, roast another 15-20 minutes, until fully cooked

### **ADDITIONAL CONTENT**

- Can add Honey, Soy Sauce, Ginger Garlic Powder, Five Spice Powder etc. as seasonings when marinating Chicken Wings, improve taste and aroma
- When roasting Chicken Wings, suggest padding a layer of tin foil at bottom of baking tray, facilitate cleaning baking tray

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## Salt and Pepper Ribs (Jiao Yan Pai Tiao)

Salt and Pepper Ribs is a very classic Shanghai-style dish, salty, fragrant, and easy to make.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Chops (Da Pai)
- Egg
- Salt
- Salt and Pepper Powder (Jiao Yan Fen)
- Scallion Ginger Water
- Flour
- Starch
- Custard Powder (Ji Shi Fen, for color and fragrance, optional)
- Water
- Oil

### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is enough for 1-2 people.

- Pork Chops 4 pieces (About 360g)
- Egg 1 (50g)
- Salt 1g
- Salt and Pepper Powder 10g
- Scallion Ginger Water 100ml
- Flour 80g
- Starch 80g
- Custard Powder 2-3g (Optional)
- Water 10g
- Oil 10g

### OPERATION

- Wash pork chops, debone, smash with knife face to loosen, cut into thick slices, then cut into thick strips.
- Add Salt and Pepper Powder, mix well. Add Scallion Ginger Water **in batches** until gelatinous texture appears, put in refrigerator to marinate for 20 minutes.
- Make frying batter. Put 80g Flour, 20g Starch (Note: 20g Starch, reserve remaining 60g), 2-3g Custard Powder, 1g Salt.
- Crack in an egg, stir, then add 100g water in batches, then add 10g oil, stir repeatedly. Until batter is fully mixed and slightly sticky.
- Take out reserved 60g starch. Take out pork strips, coat with a layer of starch, then coat with batter.
- Add oil to pot, enough to cover ingredients, heat to about 150°C - 160°C. Put in pork strips and fry until light golden yellow then fish out. Strips might stick when just put in, don't move them. Wait until fixed shape then use chopsticks to separate.
- Wait for oil temperature to rise to 150°C - 160°C again, put in pork strips to re-fry until golden yellow then fish out.
- Sprinkle Salt and Pepper Powder, mix evenly and serve.

### ADDITIONAL CONTENT

- Can use breadcrumbs instead of batter, but texture difference is large.
- Batter can also be used to fry chicken legs, fish etc.

- Reference: [Salt and Pepper Ribs Recipe](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Sauce Spareribs

Sauce Spareribs has sauce red color, meat soft rotten, strong bone fragrance, thick juice fresh taste, salty with sweet.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Spareribs
- Five Spice Powder
- Cooking Wine
- Cooking Oil
- White Sugar
- Dark Soy Sauce
- Light Soy Sauce
- Oyster Sauce
- Millet Chili
- Garlic
- Ginger

### CALCULATIONS

Per serving:

- Spareribs 300 g
- Five Spice Powder 20 g
- Cooking Wine 10 ml
- Cooking Oil 30 ml
- White Sugar 15 g
- Dark Soy Sauce 10 ml
- Light Soy Sauce 10 ml
- Oyster Sauce 5 ml
- Millet Chili 1
- Garlic 2 cloves
- Ginger 2 slices

### OPERATION

- Start pot boil hot water, put in Spareribs, Ginger Slices, Cooking Wine, boil then use spoon to scoop away white oil foam, 2-3 minutes later dish out
- Wash Spareribs with cold water, wash 2-3 times
- Low heat start pot, add Cooking Oil, add White Sugar, gently stir until sugar water turns yellow
- Pour in Spareribs stir-fry 30 S, add Light Soy Sauce, Oyster Sauce, Five Spice Powder, Garlic, Millet Chili then stir-fry 30 S, add Clear Water to cover Spareribs
- High heat boil 30 minutes, add Dark Soy Sauce for coloring, boil another 10 minutes
- Dish out plate



**ADDITIONAL CONTENT**

- Can consider adding Bean Paste, Ketchup etc. to increase flavor
- High heat boiling time can be adjusted according to everyone's situation
- During boiling Spareribs, can coincidentally put 2-3 Eggs boil together, make into simplified version Braised Egg

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Screaming Bullfrog (Jian Jiao Niu Wa)**

Screaming Bullfrog is an easy-to-complete dish. Generally beginners only need 1-2 hours to complete. Besides being delicious, this dish also has appetizing effects, very suitable for when appetite is poor, suitable for all ages (Best if can eat spicy).

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Bullfrog Meat
- Pickled Ginger (Pao Jiang)
- Pickled Chili (Pao Jiao)
- Wild Pickled Pepper (Ye Shan Jiao) (Can be replaced by Dried Red Chili)
- Green and Red Pepper
- Garlic
- Doubanjiang (Bean Paste) (Pixian Douban recommended)
- Salt
- Pepper Powder
- Starch (Dry Starch acts same)
- Beer (Snow Beer recommended)
- Cooking Wine
- Rattan Pepper Oil (Teng Jiao You) (Optional)
- Lard (Optional)

- Chopped Green Onion

**CALCULATIONS**

1 Portion

Per serving:

- Bullfrog Meat Chunks: 800g (Buy 3 Jin live frogs, suggest choosing small ones, meat is tender)
- Pickled Ginger: 20-30 g (Depends on personal taste, add more if like heavy flavor)
- Pickled Chili: 5-10 g (Depends on spicy tolerance, suggest halving to 2.5 g for mild spicy if cannot eat spicy)
- Wild Pickled Pepper: 10 g
- Green and Red Pepper: 20 g
- Garlic: 30-50 g (Adjust according to taste preference, best not lower than 30 g)
- Doubanjiang: 20-30 g (30 for heavy flavor, 20 for lighter. PS: This dish cannot be too light haha)
- Salt: 15 g
- Pepper Powder: 10 g
- Beer: 400-500ml
- Cooking Wine: 10ml
- Rattan Pepper Oil: 5-10ml
- Starch: 30 g (Dry Starch works as substitute)
- Lard: 20ml (Optional, substitute with cooking oil if not available)
- Cooking Oil: 200ml
- Chopped Green Onion: 5 g

**OPERATION**

- Wash Bullfrog meat and drain moisture. Add more than 10 g Salt and more than 50ml Beer, grab with hand for 5 minutes to remove fishy smell of Bullfrog meat.
- Rinse with clear water until no blood water and impurities flow out. Drain moisture, put into suitable vessel, prepare to marinate.
- Add 5 g Salt, 30 g Starch, 10ml Cooking Wine, 5 g Pepper Powder, grab evenly with hand, marinate for 5-10 minutes.
- Cut Pickled Ginger, Pickled Chili, Wild Pickled Pepper into shreds or slices (Choose according to knife skills). Cut Green and Red Pepper into rings. Peel Garlic.
- Heat pot, add 200ml Cooking Oil (Add 100ml more if pot bottom is flat). Heat to 60% oil temperature (small bubbles appear). Pour in marinated Bullfrog, quickly pass through oil (deep fry briefly), fish out after 10 seconds (Don't exceed time too much, otherwise frog meat will be old and tough).
- After fishing out frog meat, drain oil. Pour hot oil from pot into bowl, keep 30ml, add 20ml Lard (If no Lard, keep total 50ml Cooking Oil in pot).
- Wait for oil temperature 60% hot, add Pickled Ginger, Pickled Chili, Wild Pickled Pepper, Garlic, stir-fry until fragrant. Add 20 g Doubanjiang, medium heat stir-fry until red oil comes out (Control time within 30 seconds). Pour in 400ml Beer.
- Pour in fried Bullfrog meat, push and flip with spoon, do not stir forcefully. Add 5 g Pepper Powder, add 5ml Rattan Pepper Oil, braise slowly on medium heat for 3 minutes.
- Increase heat, high heat to reduce sauce for half a minute. Add Green and Red Pepper rings, cook for another 10 seconds prepare to dish up.
- Serve into basin, sprinkle Chopped Green Onion, ready to eat!

**ADDITIONAL CONTENT**

- Can choose colander to press when draining moisture.
- Cover frog meat evenly when grabbing with Starch.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Shangzhi Pork (Shangzhi Rou)**

This dish has a rosy color, tender texture, fat but not greasy, and has a rich Shangzhi fragrance. It is a unique flavor dish of Shang County, Shaanxi Province. Because Shangzhi belongs to Shaanxi specialty, the raw materials for this dish are difficult to obtain and not easy to make.

Estimated Cooking Difficulty: ★★★★☆

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Pork Belly with Skin (Boneless)
- Shangzhi (Also known as Osmunda, a type of fern, tender leaves are edible)
- Scallion (Green Onion)
- Ginger
- Star Anise
- Honey
- Vinegar
- Cooking Wine
- MSG
- Soy Sauce
- Egg Sheet (Tan Ji Dan Pi - Thin omelet)
- Refined Salt
- Chicken Soup
- Sesame Oil
- Cooked Lard (Pork Lard)

### **CALCULATIONS**

Per serving: For 2 people

- Pork Belly with Skin: 500 g
- Shangzhi: 50 g
- Scallion: 10 g
- Ginger: 2 g
- Star Anise: 3 pieces
- Honey: 15 g
- Vinegar: 5 g
- Cooking Wine: 15 g
- MSG: 1.5 g
- Soy Sauce: 10 g
- Egg Sheet: One sheet about 15 g
- Refined Salt: 1 g
- Chicken Soup: 200 g
- Sesame Oil: 10 g
- Cooked Lard: 2000 g (Consumes about 60 g)

### **OPERATION**

- Scrape and wash the meat clean, put into boiling pot and boil until medium (60%) cooked (color turns white), fish out and coat the skin with honey and vinegar while hot.

- Put cooked lard into wok, heat over high heat until 80% hot (about 200 degrees, plenty of blue smoke on oil surface, oil state is calm), put meat block skin side down, fry until golden red, fish into cold meat boiling pot (the one used for boiling before) to soak until soft. Place on cutting board, cut into slices 3 cun (10 cm) long, 2 fen (0.6 cm) thick. Still skin side down, arrange neatly into a steaming bowl.
- Cut 5 g scallion into 2.4 cm long segments, 5 g into 2.4 cm long diagonal slices. Peel and wash ginger, cut 1.5 g into slices, 5 g into mince. Cut egg sheet into 2.4 cm long isosceles triangle slices.
- Boil Shangzhi in boiling water until soft, fish out, remove old stems and impurities, wash clean, cut into 3 cm long segments. Put into a bowl, add soy sauce (5 g), refined salt (1 g), cooked lard (10 g) and mix well. Cover on top of meat slices. Separately put chicken soup (100 g) into a small bowl, add soy sauce (5 g), refined salt (0.5 g), cooking wine (15 g) and stir well, pour into steaming bowl. Then put ginger slices, scallion segments, star anise. Steam over high heat for about half an hour, then switch to low heat and continue steaming for about 1.5 hours. After it is cooked soft and rotten, take out, pick out ginger, scallion, star anise. Pour and filter the original juice, invert meat into a soup plate.
- In the wok, put chicken soup (100 g), add original juice, boil over high heat, put in minced ginger, scallion slices, MSG and stir well. Put in egg sheet, drizzle sesame oil, pour into soup plate and serve.

**ADDITIONAL CONTENT**

- Shangzhi belongs to a specialty of a small place and is not particularly famous. At least I haven't seen it in other places. When making, it can be replaced with other fern vegetables.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Shanxi Oil-braised Pork (Shan Xi Guo You Rou)

Oil-braised Pork (Guo You Rou) is a famous traditional dish in Shanxi with many years of history, basically every family knows how to make it.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Tenderloin
- Garlic Sprout (Suan Tai)
- Salt
- Soy Sauce
- Scallion, Ginger, Garlic
- Egg
- Starch
- Cooking Oil
- Wood Ear Mushroom (Mu Er)
- Onion
- Cooking Wine
- Mature Vinegar (Chen Cu)
- Sichuan Peppercorn Powder
- Chicken Essence

### CALCULATIONS

I have a large appetite, this is for one person (me)

- Pork Tenderloin: 150 g
- Garlic Sprout: 6 stalks
- Cooking Oil: 300ml
- Scallion, Ginger, Garlic: 50g
- Light Soy Sauce: 20ml
- Salt: 10g
- Egg: 1
- Starch: 10g
- Wood Ear Mushroom: 20g
- Onion: 100g
- Other seasonings: 20g

### OPERATION

- Soak Wood Ear Mushroom in advance, use hot water if in a hurry.
- Cut Pork Tenderloin into slices and put into bowl, add 20ml Light Soy Sauce, Cooking Wine, Sichuan Peppercorn Powder, crack in an egg, stir evenly with your small hand, add starch (Sweet Potato Starch recommended) mix well, pour in 300ml Cooking Oil to seal, marinate for 15 minutes.
- Cut Garlic Sprout into segments about 3cm, cut Onion into diamond shapes, set aside.
- Heat pot and burn oil, need a bit more oil, oil temperature 50% hot, put in marinated meat slices, scatter meat slices, fish out and drain oil, set aside.
- Pour out excess oil from pot, leave 10ml oil for stir-frying, oil temperature 70% hot

- Put in Scallion, Ginger, Garlic to explode fragrance, first put Garlic Sprout to stir-fry until rawness is broken (Duan Sheng), then put in Wood Ear Mushroom and Onion, add Light Soy Sauce, Sichuan Peppercorn Powder, flip fry a few times then put in previously fried meat slices to stir-fry.
- Add 10g Salt, add 10ml Vinegar and Chicken Essence before taking out of pot, dish up.

**ADDITIONAL CONTENT**

- When frying meat slices, surface slightly burnt is enough, pay attention to control fire.
- Can also add a thin Water Starch before taking out of pot, texture is better.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Shredded Pork with Dried Tofu

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Tenderloin (Can buy supermarket cut and weighed Meat Shreds)
- Dried Tofu (Xiang Gan)
- Salt
- Light Soy Sauce
- Starch
- Garlic
- Green Pepper
- Chicken Essence

### CALCULATIONS

Determine how many servings you plan to make before each production. One serving exactly enough for 1 person to eat.

Total Amount:

- Dried Tofu = Servings \* 75g
- Green Pepper Quantity = Servings \* 5 pieces
- Meat Amount = Servings \* 100g
- Salt Amount = Servings \* 3g
- Light Soy Sauce = Servings \* 5ml
- Starch = Servings \* 5g
- Garlic = Servings \* 5g (About 3 Garlic Cloves)
- Chicken Essence = 2g

Use above conditions, calculate planned raw material ratio.

### OPERATION

#### Preparation Work

- Meat Shreds (If no Meat Shreds, cut yourself) mix evenly with Light Soy Sauce (3ml), Cornstarch set aside.
- Wash Green Pepper clean, then use Rolling Knife Method cut well set aside.
- Cross cut Garlic into slices, cut Dried Tofu into shreds.
- Mix Starch with water (10ml), stir evenly.

#### Start Pot

- Clean pot 15ml oil, no need to wait oil hot pour in Meat Shreds slowly slide scatter, Meat Shreds cooked, immediately fish out, leave oil in pot.
- Put Garlic Slices and Dried Tofu into pot, add 2ml Light Soy Sauce, stir-fry evenly.
- 2-3 minutes, depend on fire size, put Green Pepper Shreds into pot mix, stir-fry.
- 1 minute later, put into Meat Shreds mix.
- Pour in Starch and Water mixture thicken, add Salt 3g, Chicken Essence 2g, stir-fry 2-3 minutes dish out.
- Finished Product.

Note, different pots or stoves, will affect stir-fry time, suggest, not sure if cooked, can taste.

**ADDITIONAL CONTENT**

**Chili choose Green Pepper, Screw Pepper is optimal solution, like spicy can add Millet Chili cut fine, add together with Green Pepper!**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Slaughter Pig Stew (Sha Zhu Cai)

Slaughter Pig Stew Recipe (Meat Dish)

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Blood Sausage
- Pickled Cabbage (Sauerkraut / Suan Cai)
- Pork Ribs
- Cooking Wine
- Chili
- Fragrant Leaf
- Star Anise
- Scallion Knot
- Sesame Oil
- Rapeseed Oil
- Garlic

### CALCULATIONS

This dish is suitable for 2-3 people to eat together. Materials to add for each portion:

- Blood Sausage 200 g
- Pickled Cabbage 500 g
- Pork Ribs 400 g
- Cooking Wine 10 g
- Garlic Cloves 5
- Ginger Powder 5 g
- Dried Chili 5
- Fragrant Leaf 2 slices
- Star Anise 1
- Scallion Knot 1
- Sesame Oil 10 g
- Rapeseed Oil 10 g
- Salt 5 g
- Dipping Sauce: Chili Oil 5 g, Light Soy Sauce 10 g, Garlic Mince 5 g, Sesame Oil 2 g.

### OPERATION

- Poke some small holes on Blood Sausage with toothpick, then put in water small heat boil ten minutes, do not let water boil, maintain 80 degrees, otherwise Blood Sausage very easy to explode.
- Cut boiled Blood Sausage into blocks set aside.
- Blanch Pork Ribs with Cooking Wine, drain dry moisture set aside.
- Put Rapeseed Oil in pot, put Garlic Cloves, Dried Chili, Ginger Powder stir-fry aromatic.
- Put in Pork Ribs stir-fry until surface golden yellow.
- Wash Pickled Cabbage wring dry moisture, put into pot, add Sesame Oil stir-fry, Sesame Oil can better remove sour taste and make Pickled Cabbage more fragrant, high heat stir-fry two minutes.
- Add 600 ml hot water.

- Transfer to electric pressure cooker, add Fragrant Leaf, Star Anise, Scallion Knot, Salt.
- Press 40 minutes on rich fragrance mode.
- Release gas open lid after time. Add Blood Sausage and Goji Berry, cover pot lid simmer two minutes, Blood Sausage is cooked, no need to heat again.
- Pour into basin, modulate dipping sauce according to table above, then can start eating.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### Snow Peas Stir-fried Sausage (He Lan Dou Chao La Chang)



Snow Peas Stir-fried Sausage is a delicious dish rich in nutrition, refreshing in taste, beneficial for appetizing and increasing appetite. Snow peas are rich in various nutrients needed by human body, especially high-quality protein, which can improve body's disease resistance and recovery ability.

Estimated Cooking Difficulty: ★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Snow Peas (He Lan Dou)
- Chinese Sausage (La Chang)
- Light Soy Sauce
- Cooking Oil

#### CALCULATIONS

Below is for one person.

Per serving:

- Snow Peas: About 50
- Chinese Sausage: About 100 g
- Cooking Oil: 10ml
- Light Soy Sauce: 10ml

#### OPERATION

- Remove stem of Snow Peas, remove tail as well if you have time.
- Ask boss if sausage is raw or cooked before buying. If raw, need to steam in advance. If cooked, can use directly.
- Wash Snow Peas, then blanch in water for about 45s, until Snow Peas change color, fish out and pass through cold water set aside.
- Heat pot, put about 10ml Cooking Oil in pot. Wait 10 seconds for oil temperature to rise.
- Put in Sausage, keep stir-frying until Sausage curls slightly, note here must **keep low heat**, small to the smallest kind, otherwise easy to burn.

- Put in Snow Peas, turn to medium-high heat, stir-fry 30s, put in Light Soy Sauce, then stir-fry another 20-30s.



#### ADDITIONAL CONTENT

- Did not put salt in production process because Sausage itself has some taste, and Light Soy Sauce also has some saltiness.
- Although Sausage tastes good, it belongs to not very healthy food, suggest adding less.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Spiced Beef Shank (Jiang Niu Rou)**

Home Style Spiced Beef Shank rich in nutrition, fragrant taste, whether as staple food or side dish is great. Generally beginners only need 10 hours to complete.

Estimated Cooking Difficulty: ★★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Beef Shank meat

- Fragrant Leaf
- Ginger
- Scallion
- Dark Soy Sauce
- Cinnamon Bark
- Rock Sugar
- Sichuan Peppercorn
- Cooking Wine
- Light Soy Sauce
- Salt
- Star Anise
- Soybean Paste

#### **CALCULATIONS**

Per serving:

- Beef Shank meat 2000 g
- Fragrant Leaf 1 slice
- Ginger 3 slices
- Scallion half root
- Dark Soy Sauce 15ml
- Cinnamon Bark 1 piece
- Rock Sugar 7-8 grains
- Sichuan Peppercorn 15 grains
- Cooking Wine 30ml
- Light Soy Sauce 15ml
- Salt 8 g
- Star Anise 4 pieces
- Soybean Paste 15ml

#### **OPERATION**

- Wash Beef Shank meat clean, soak in clear water 1 hour, remove blood water
- Use toothpick or fork to poke holes on Beef Shank meat surface, add Cooking Wine, Sichuan Peppercorn, Ginger Slices, use plastic wrap to tightly wrap container, marinate 4-6 hours
- Cut Beef Shank meat into 8cm, not exceeding 10cm meat blocks
- Put Beef Shank meat into pot, add cold water until water surface covers beef, when water boils start timing, simultaneously scoop out floating foam. Stop fire after 3 minutes, fish out beef, wash clean with warm water
- Put washed Beef Shank meat into casserole or stew pot, add water cover Beef Shank meat, turn high heat, put in other unused ingredients except Salt
- After water boils, high heat turn to low heat, continue heating 90 minutes, add Salt
- After adding Salt, continue low heat 90 minutes (Note: Confirm water level line every 30 minutes, require at least reach 80% of beef noodle height)
- After heating 180 minutes, fish out Beef Shank meat, fish out Beef Shank meat, use plastic wrap to tightly wrap, put into refrigerator refrigerate several hours
- Take out cut slices along beef texture, table eating, other Beef Shank meat suggest not cut slices refrigerate

**ADDITIONAL CONTENT**

- When operating, need to pay attention to observe boiling water level line, if found lower than 2/3 of ingredients should add hot water to cover ingredients (Confirm about every 30 minutes).
- Use plastic wrap to tightly wrap beef, put into refrigerator refrigerate several hours, can make sliced meat quality tight not loose.
- Use toothpick or fork to poke holes on beef surface can destroy fascia, facilitate flavor entry.

**References**

- [Recipe in Xiachufang app](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Spicy Chicken Feet Pot**



Spicy Chicken Feet Pot texture Q elastic, spicy rich, endless aftertaste.

Estimated Cooking Difficulty: ★★★★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Chicken Feet
- Scallion
- Ginger
- Cooking Wine
- Fragrant Leaf
- Star Anise
- Light Soy Sauce
- Dark Soy Sauce
- Garlic
- Millet Chili
- Chili Powder (Optional)
- Oyster Sauce
- Five Spice Powder
- Salt
- Chicken Essence

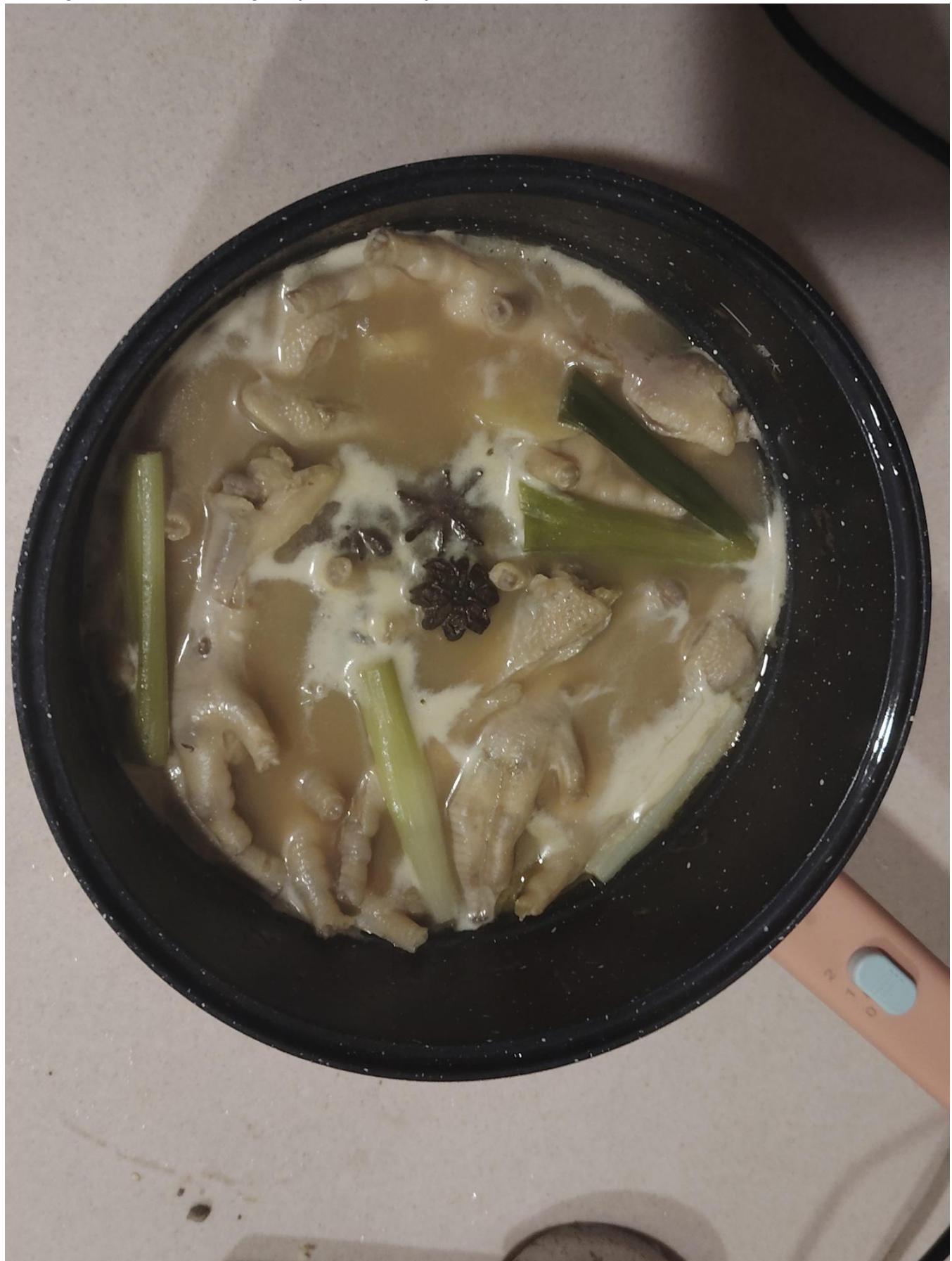
#### **CALCULATIONS**

- 500g Chicken Feet
- Fragrant Leaf 3 slices
- Star Anise 3
- Millet Chili 6
- Minced Ginger 10g
- Minced Garlic 10g
- Small Scallion 2 stalks
- Oyster Sauce 3g

#### **OPERATION**

- Cut off nails for Chicken Feet. If bought Chicken Feet only have foot palm part, cut in half. If whole Chicken Feet, need to debone. Wash clean with clear water.
- Chicken Feet cold water down pot, Scallion Ginger Cooking Wine blanch water, water boil, skim floating foam.

- Add Fragrant Leaf, Star Anise, Light Soy Sauce, Dark Soy Sauce, cover lid low heat slow boil 30 minutes.



- Fish out Chicken Feet, keep a bowl of Chicken Soup set aside.
- Heat pot boil oil, use low heat stir-fry fragrant Minced Ginger, Minced Garlic, Millet Chili, if can eat spicy put some Chili Powder. Add Light Soy Sauce, Dark Soy Sauce, Oyster Sauce, Five Spice Powder, Salt, stir-fry out sauce fragrance.
- Put in Chicken Feet, put a little salt seasoning, stir-fry one or two minutes, then pour in Chicken Soup, stir while frying.
- Put in Chicken Essence fresh, sprinkle Scallion segments stir evenly then can dish out.

Note: If need to add side dishes, please execute before putting in Chicken Feet, after base material stir-fried fragrant.

#### **ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Spicy Pot

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Green Vegetables (Rape, Indian Lettuce, Spinach)
- Boneless Meat (Pork, Beef, Chicken, Fish Ball, Ham Sausage)
- Dried Tofu
- Beijing Spicy Instant Noodles
- Dried Chili

### CALCULATIONS

This value is about amount for 3 people.

- Green Vegetables total need 455g, proportion of Rape, Indian Lettuce, Spinach distribute according to own preference
- Boneless Meat total need 430g, proportion of Pork, Beef, Chicken, Fish Ball, Ham Sausage distribute according to own preference
- Dried Tofu 152g
- Beijing Spicy Instant Noodles 1 bag
- Dried Chili 5g
- Spicy Pot Seasoning 110g

In above content, ratio of Green Vegetables, Boneless Meat, Dried Tofu, Beijing Spicy Instant Noodles is recommended ratio, if have own liked ingredients, can redistribute ratio according to preference.

### OPERATION

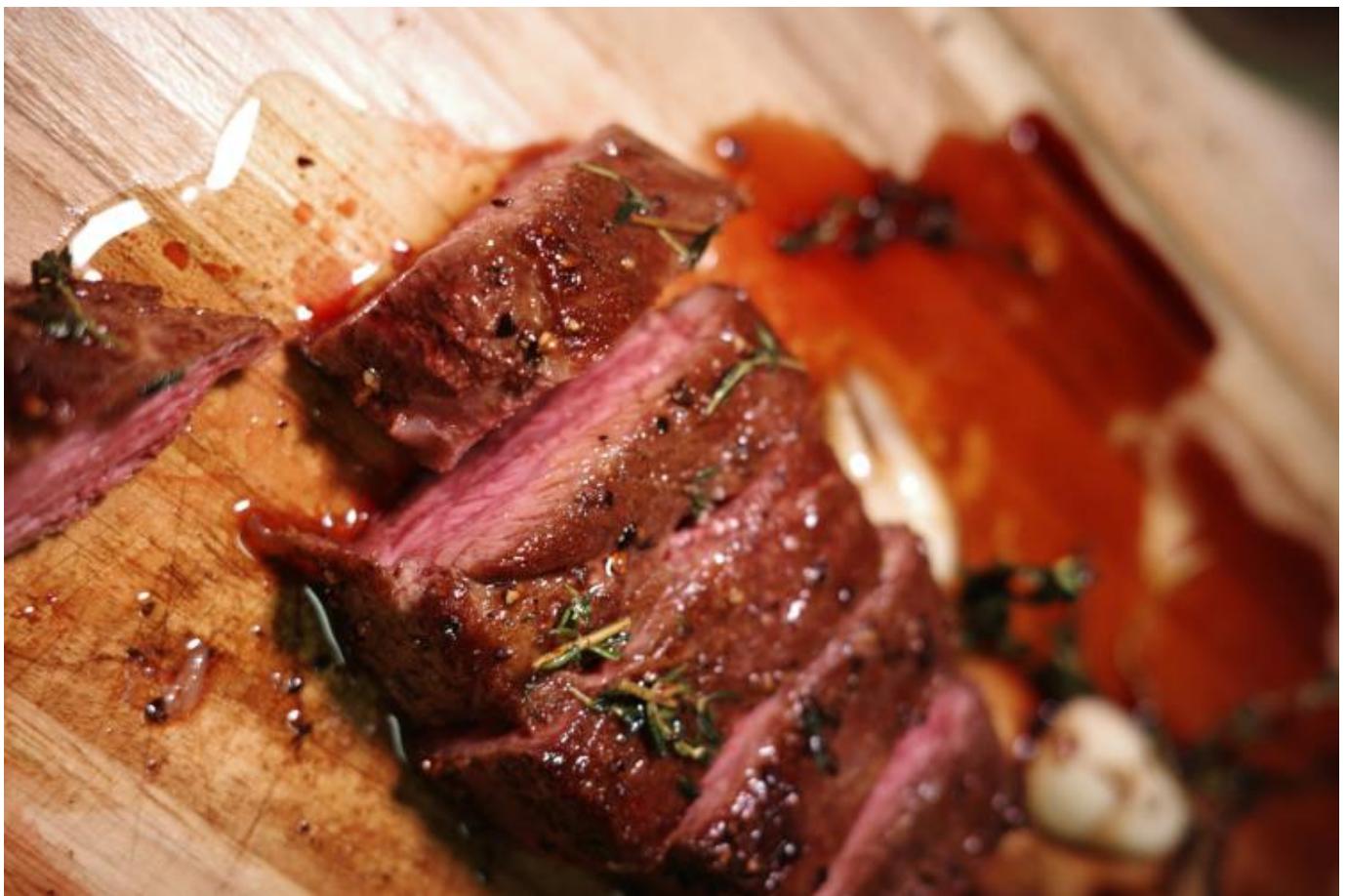
1. Boil a pot of water (Water amount covering ingredients in step 2-4 is enough).
2. Put Green Vegetables in boiling water, blanch 5 minutes then dish out set aside.
3. Put Boneless Meat in boiling water, blanch 4 minutes then dish out set aside.
4. Put Beijing Spicy Instant Noodles in boiling water, boil 2 minutes then dish out set aside.
5. Pour out boiling water, dry pot tool, put 105g Cooking Oil, high heat heat 30 seconds.
6. Put in Spicy Pot Seasoning, stir-fry 20 seconds.
7. Put in Dried Chili, stir-fry 10 seconds.
8. Put in blanched Green Vegetables, change medium heat, stir-fry 3 minutes.
9. Put in blanched Boneless Meat, stir-fry 3 minutes.
10. Put in boiled Beijing Spicy Instant Noodles, use chopsticks flip 1 minute.
11. Turn off heat, out of pot.

### ADDITIONAL CONTENT

Explanation about fire control:

- High heat usually temperature at 240 Celsius, taking induction cooker as example, input power about 2 kW.
- Medium heat usually temperature at 120 Celsius, taking induction cooker as example, input power about 1.4 kW.

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**Steak (Niu Pai)**

Steak is a widely popular Western meat dish, rich in protein, fat, iron, zinc and other minerals. Steak cooking controls doneness through flexible cooking methods (pan-frying, grilling, slow cooking, aging), from medium rare (pink center) to well done. High temperature cooking creates a charred crust, combined with salt, garlic, butter, spices to get rich flavor. Steak cooking entry is relatively simple, but mastery is difficult. This article mainly introduces simplest pan-fried steak, total cooking time 15-30 minutes. Picture shows medium rare Short Ribs.

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Pan (Cast iron skillet recommended if available)
- Aluminum Foil (Optional)
- Kitchen Paper (Optional)
- Spoon
- Steak, see [How to choose different types of steak](#)
- Olive Oil (Extra Virgin Olive Oil recommended)
- Butter
- Salt (Large grain Sea Salt recommended)
- Black Pepper Powder (Coarse grain fresh ground Black Pepper recommended)
- Garlic
- Spices (Optional, Rosemary or Thyme recommended, try to use fresh plant branches instead of powder)
- Prepared Steak Sauce (Optional)

- Side Dish (Optional, prepare according to preference, Recommend Asparagus, Button Mushroom, Cherry Tomato, Baby Potato, choose 1-2 kinds)

#### CALCULATIONS

Determine how many servings you plan to make before cooking. One serving is exactly enough for 2 people.

Per serving:

- Steak: 450-500g (Two steaks)
- Black Pepper Powder: 2g
- Salt: 5g
- Garlic: 1 head (About 25-30g, actual usage about 5-10g)
- Olive Oil: 10-15ml
- Butter: 20-25g
- Button Mushroom: 5-10
- Baby Potato: 5-10 (About 20g each)
- Cherry Tomato: 5-10 (About 15g each)
- Thyme: 2g (If using fresh thyme branches, take 3-6 branches, about 10cm each)

#### OPERATION

##### Preparation

1. Thaw steak from refrigerator.
2. If steak is frozen, need to move to refrigerator one night in advance, and place at room temperature half an hour before cooking.
3. **Do NOT place steak in water or heat to thaw.**
4. Wash Cherry Tomato, Baby Potato and Button Mushroom, cut in half set aside.
5. Peel garlic, keep 5-8 large cloves, **smash** with knife back set aside.
6. Steak Pre-processing
7. For Ribeye Steak, use kitchen scissors to vertically insert into connective tissue at center of Ribeye, cut 1-2 cuts. This is because "eye" (connective tissue) of Ribeye will shrink violently at high temperature causing steak deformation and uneven heating.
8. For Sirloin Steak, if you don't like fat on edge, carefully remove with knife.
9. Then, wrap steak with kitchen paper, absorb all water attached to steak, until steak leaves no obvious water stain when lifted from cutting board.

**Cooking**

Note: This process is suitable for making 2-3cm thick, medium to medium-well steak. If you like different doneness, consider increasing or decreasing first half frying time by 20-30%.

1. Turn stove to high heat, add olive oil to pan, heat pan for 15-30 seconds.
2. Marinate steak. Sprinkle Sea Salt and Black Pepper uniformly on all surfaces of steak and smear with hand, rub to embed salt and pepper particles into meat. Note, steak **needs to be put in pan immediately** after marinating, **advance marinating is not recommended**. This is because salt on surface will draw out moisture from beef, affecting cooking and losing flavor.
3. Heat pan to oil temperature 60-80% hot, put steak slowly into pan from near to far.
4. If using potato as side dish, put potato in bowl, heat in microwave for 10 minutes, or boil in boiling water for 3-5 minutes.
5. Fry one side for 1.5 minutes (This time applies to steak about 2-3cm thick. If thinner, shorten to 1 minute. If thicker, increase to 2-2.5 minutes.)
6. Flip, fry for another 1.5 minutes.
7. For Sirloin and Filet Mignon, use chopsticks or spatula to stand steak up to fry its side for about 30 seconds.
8. Switch stove to medium heat, then **quickly add** butter, garlic, thyme in order. Use spatula to push butter to smear quickly in pan until completely melted. Press garlic under steak to increase flavor.
9. **Tilt pan on stove**, so oil flows to one side.
10. Place spices and garlic on steak, use spoon to scoop oil in pan, continuously pour on steak. This process lasts 30 seconds, then flip steak, repeat for 30 seconds.
11. You can judge current heat by observing state of oil poured on steak surface. If oil bubbles on steak and color doesn't turn dark brown, temperature is appropriate.
12. If steak wasn't wiped dry or thawed in unrecommended way, or marinated with salt in advance, large amount of water will appear in pan, causing steak to be "boiled", losing flavor.
13. If large oil bubbles appear on steak surface and oil color turns dark brown, oil temperature is too high, remove pan from stove, wait a moment then continue pouring oil.
14. Dish out steak on cutting board, wrap with aluminum foil, wait 5-10 minutes. This process (Resting) uses steak's own temperature to continue heating and lock moisture.
15. Pour side dishes into pan, fry on medium heat for 5 minutes.
16. Take out steak, cut into 1.5cm wide strips, you can observe doneness of beef now.
17. Take out side dishes, plate, pour remaining oil in pan or steak sauce (Optional).

**ADDITIONAL CONTENT****Heat Control**

Frying steak is art of controlling heat. Briefly give some methods to quantitatively evaluate fire power and terms related to heat used in this article.

- For Induction Cooker:
- High Fire: Power 1.8Kw - 2.2kw.
- Medium Fire: Power 800w - 1.4kw.
- Low Fire: Power 200w - 600w.
- For Gas Stove:
- High Fire: Rotate gas valve to 70%-90% of max gas speed.
- Medium Fire: Rotate gas valve to 40%-60% of max gas speed.
- Low Fire: Rotate gas valve to 10%-30% of max gas speed.

**About Seasoning**

Steak seasoning doesn't necessarily need to follow this guide. Generally, Garlic, Black Pepper and Butter are essential, but if you don't like taste of Lamiaceae plants like Rosemary or Thyme, you can freely try other steak seasonings. There are also various

BBQ seasoning salts sold on market. I once found a Chinese-Western combined method, cutting Millet Chili and frying with garlic slices in olive oil, and pouring on steak at end as seasoning, also has unique flavor.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Steamed Mandarin Fish (Qing Zheng Gui Yu)**



Mandarin Fish can be called King of Freshwater Fish, taste delicious, so-called high-end ingredients only need simplest cooking method, steaming can best reflect deliciousness of Mandarin Fish.

Estimated Cooking Difficulty: ★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Mandarin Fish (Gui Yu / Siniperca chuatsi)
- Big Scallion
- Small Scallion
- Light Soy Sauce
- Red Chili
- Ginger Slice
- Cooking Oil

#### CALCULATIONS

Per serving (About 2 persons):

- Mandarin Fish 500g
- Big Scallion 1 segment
- Small Scallion 2 stalks
- Light Soy Sauce 30g
- Red Chili 1
- Ginger Slice 3 slices
- Cooking Oil 20ml

#### OPERATION

##### 1. Ingredient Processing:

2. Cut Mandarin Fish from belly, remove gills and internal organs, remove scales, use knife to scrape mucus on skin (This step can also let warm-hearted stall owner process)
3. Make flower knife cuts on Mandarin Fish body, put Ginger Slice, if condition allows can put some Lard, put a chopstick under plate, facilitate even heating during steaming
4. Cut open Big Scallion remove middle core, retain only outer two layers
5. Cut open Small Scallion set aside
6. Remove Chili seeds and inner layer Chili meat of Red Pepper set aside
7. Stack prepared Big Scallion, Small Scallion, Chili together, cut into shreds soak in water set aside

##### 8. Cooking Process:

8. Cooking Process:
9. Add water to pot, water amount larger, after water hot put in Mandarin Fish, cover pot lid, high heat steam 8 - 10 minutes, four-word trick for steaming fish: Steam Big Fire Sufficient
10. Steaming fish process, start another pot heat oil, oil needs to burn until smoking
11. After steaming ends, pour away steaming water, remove Ginger Slice, put on Scallion Shreds, pour hot oil
12. Pour in Light Soy Sauce or Seasoned Soy Sauce for Seafood then serve

#### ADDITIONAL CONTENT

##### • Precautions:

- Mandarin Fish back fins easy to hurt people, need to pay attention when processing, best to use scissors to cut off
- Steaming time needs to adjust according to fish size, key to steaming fish lies in water much steam big fire sufficient

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## **Steamed Pork Ribs with Black Bean Sauce**

Steamed Pork Ribs with Black Bean Sauce is a classic steamed dim sum in Cantonese tea houses, strong fermented bean flavor, ribs smooth tender juicy, super goes well with rice!

Estimated Cooking Difficulty: ★★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Pork Ribs
- Yangjiang Fermented Black Beans
- Minced Garlic
- Minced Ginger
- Light Soy Sauce
- Dark Soy Sauce
- Oyster Sauce
- White Sugar
- Cornstarch
- Cooking Oil
- Water
- Scallion Chopped (Optional)
- White Sesame Seeds (Optional)

### **CALCULATIONS**

Determine how many servings you plan to make before each production. One serving exactly enough for 2-4 people to eat.

Per serving:

- Pork Ribs 500 g
- Yangjiang Fermented Black Beans 15 g
- Minced Garlic 10 g
- Minced Ginger 5 g
- Light Soy Sauce 15 ml
- Dark Soy Sauce 3 ml
- Oyster Sauce 10 g
- White Sugar 5 g
- Cornstarch 8 g
- Cooking Oil 20 ml (10 ml if not planning to pour hot oil)
- Water 30 ml

### **OPERATION**

- Soak ribs in cold water for 10 minutes to remove blood water, change water and repeat 2 times, dry with kitchen paper
- Soak fermented black beans in water for 5 minutes
- Mix all ingredients (Cooking Oil put 10 ml), marinate for 8-30 minutes
- After water boils, steam on pot for 18 minutes
- Simmer for 2 minutes
- Pour 10 ml hot oil into pot, heat to 180-200 °C
- Evenly sprinkle Scallion Chopped and White Sesame Seeds, pour hot oil on sprinkles

**ADDITIONAL CONTENT**

- Fermented black beans will be more flavorful if slightly chopped after soaking
- Steaming time adjusts according to ribs size, chopsticks can easily insert into cartilage as standard
- Traditional Steamed Pork Ribs with Black Bean Sauce do not put sprinkles and pour hot oil
- Leftover soup juice can be used to mix rice or mix noodles

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Steamed Pork with Rice Powder (Fen Zheng Rou)**

Steamed Pork with Rice Powder is a classic Chinese steamed dish, with rich fragrance, soft and sticky texture, and rich nutrition. Suitable for family gatherings or festival banquets. This dish is suitable for people with certain cooking experience, estimated 90 minutes from preparation to completion.

Estimated Cooking Difficulty: ★★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Pork Belly: 500g (Fat and lean alternating)
- Steamed Meat Rice Powder: 100g (Lee Kum Kee or homemade recommended)
- Light Soy Sauce: 15ml
- Dark Soy Sauce: 10ml
- Cooking Wine: 15ml
- Pixian Doubanjiang: 10g (Optional)
- Minced Ginger: 10g
- Minced Garlic: 10g
- White Sugar: 5g
- Potato: 300g (Or Pumpkin 300g, as bottom layer)
- Clear Water (For steamer): 2000ml

### **CALCULATIONS**

Determine how many servings you plan to make before cooking. One serving is exactly enough for 3 people.

Per serving:

- Pork Belly: 250g
- Steamed Meat Rice Powder: 50g
- Light Soy Sauce: 7.5ml
- Dark Soy Sauce: 5ml
- Cooking Wine: 7.5ml
- Pixian Doubanjiang: 5g (Optional)
- Minced Ginger: 5g
- Minced Garlic: 5g
- White Sugar: 2.5g
- Potato or Pumpkin: 150g
- Steamer Water: 1000ml

### **OPERATION**

- Wash Pork Belly, cut into slices about 5cm long, 3cm wide, and 0.5cm thick.
- Mince Ginger and Garlic into fine powder with grain diameter not larger than 1mm.
- Take a large bowl, put in cut Pork Belly, 15ml Light Soy Sauce, 10ml Dark Soy Sauce, 15ml Cooking Wine, 10g Pixian Doubanjiang, 10g Minced Ginger, 10g Minced Garlic, 5g White Sugar.
- Stir evenly with chopsticks, cover with cling film, let stand at room temperature (20°C - 25°C) to marinate for 30 minutes.
- After marinating, add 100g Steamed Meat Rice Powder, continue to flip mix for 2 minutes, ensure every piece of meat is evenly coated with powder.
- Peel Potato, cut into slices with thickness controlled at 0.8cm, slice area about 5cm x 5cm, weight controlled at 300g.
- Lay Potato slices at the bottom of a deep bowl with diameter 20cm, try not to overlap.

- Spread powder-coated Pork Belly evenly on Potato slices, press solid.
- Add 2000ml Clear Water to steamer, heat until water surface bubbles continuously (100°C).
- Put the bowl with ingredients into steamer, cover pot lid.
- Keep steaming on medium heat for 60 minutes (Fire power maintained at sustainable boiling level, about 600W heat power).
- After time ends, insert chopstick into center of meat block, if it can penetrate easily without obvious resistance, it indicates it is cooked.
- If this state is not reached, continue heating for 10-15 minutes, until meat is soft and rotten, and grease oozes out.
- Take out and plate, ready to eat.

**ADDITIONAL CONTENT**

- If need to make homemade rice powder, put 150g rice into pot, stir-fry on medium-low heat until slightly yellow (about 8 minutes), then add dried chili 1g, Sichuan peppercorn 1g, star anise 0.5g, stir-fry until fragrant, crush with blender, sieve for use.
- During steaming, if water level is lower than 1cm below pot bottom, verify immediately add 500ml hot water (above 90°C) to maintain sufficient steam.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Steamed White Eel with Black Bean Sauce**

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- White Eel (Bai Shan)
- Fermented Black Beans
- Garlic
- Ginger
- Scallion
- Light Soy Sauce
- Dark Soy Sauce
- Sugar
- Sesame Oil
- Cornstarch (Optional)
- Red Pepper (Optional, for decoration)

**Tools**

- Steamer or Electric Steam Oven
- Heat-resistant Plate (Plate suitable for steaming)
- Knife and Cutting Board
- Small Bowl (For mixing sauce)

**CALCULATIONS**

One person portion

Per serving:

- White Eel 250g (About one small White Eel, internal organs removed and cut into segments)
- Fermented Black Beans 1 Tbsp
- Garlic 2 cloves (Minced)
- Ginger 3 slices (Shredded)
- Scallion 1 stalk (Cut into segments or shreds)
- Light Soy Sauce 1.5 Tbsp
- Dark Soy Sauce 0.5 Tsp
- Sugar 0.5 Tsp
- Sesame Oil 0.5 Tsp
- Cornstarch 1 Tsp (Optional, for marinating)
- Water 1 Tbsp (For mixing sauce)
- Red Pepper 10g (Shredded, for decoration)

**OPERATION****1. Check and Clean White Eel:**

2. Ask fishmonger to remove internal organs, scrape off mucus and cut into about 5 cm long segments when buying.
3. Check White Eel after returning home, rinse clean, ensure no residual mucus or impurities.
4. Optional: Rub White Eel segments lightly with 3g Salt and 1 Tsp Cornstarch, marinate for 5 minutes then rinse clean, remove fishy smell and increase tenderness.

**5. Prepare Sauce:**

6. Mix 1 Tbsp Fermented Black Beans, 2 cloves Minced Garlic, 1.5 Tbsp Light Soy Sauce, 0.5 Tsp Dark Soy Sauce, 0.5 Tsp Sugar, 0.5 Tsp Sesame Oil and 1 Tbsp Water in small bowl, stir evenly.
7. If like stronger fermented bean flavor, can add extra 0.5 Tbsp Fermented Black Beans.

**8. Plating:**

9. Spread cut White Eel segments flat in heat-resistant plate, try not to overlap.
10. Sprinkle Ginger shreds evenly on White Eel.
11. Pour mixed Black Bean Sauce evenly on White Eel.

**12. Steaming:**

13. Add water (500ml) in steamer or electric steam oven, boil.
14. Put plate with White Eel into steamer, cover pot lid.
15. Steam with medium high heat for about 8-10 minutes (Adjust time according to White Eel segment size), until White Eel fully cooked but not too old (Meat turns white, no blood water).

**16. Decoration and Finish:**

17. Take out after steaming, sprinkle Scallion shreds and Red Pepper shreds (Optional) as decoration.
18. Can pour hot Sesame Oil to enhance aroma.
19. Serve hot, enjoy with white rice.

**ADDITIONAL CONTENT****• Precautions:**

- Ensure White Eel fresh, choose live fish when buying, meat more fresh tender.
- Can specify length when fishmonger cuts segments (About 5 cm is suitable), convenient for steaming and eating.

- Steaming time should not be too long, to avoid White Eel meat becoming tough.

- **Variant Methods:**

- Can add Chili or XO Sauce, increase spicy taste and layering.
- If like softer tender texture, can add Rice Wine when marinating.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Stir-fried Beef (Xiao Chao Huang Niu Rou)**

Stir-fried Beef is a simple and easy Hunan dish. The taste is very explosive and refreshing. Generally beginners only need 1 hour to complete.

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Beef Tenderloin
- Celery
- Millet Chili (Xiao Mi Jiao)
- Wild Pickled Pepper (Ye Shan Jiao)
- Coriander (Cilantro)

**CALCULATIONS**

Per serving:

- Beef Tenderloin: 400g
- Celery: 200g
- Millet Chili: 30g
- Wild Pickled Pepper: 30g
- Coriander: 30g
- Cooking Oil: 15ml
- Soy Sauce: 6ml

**OPERATION**

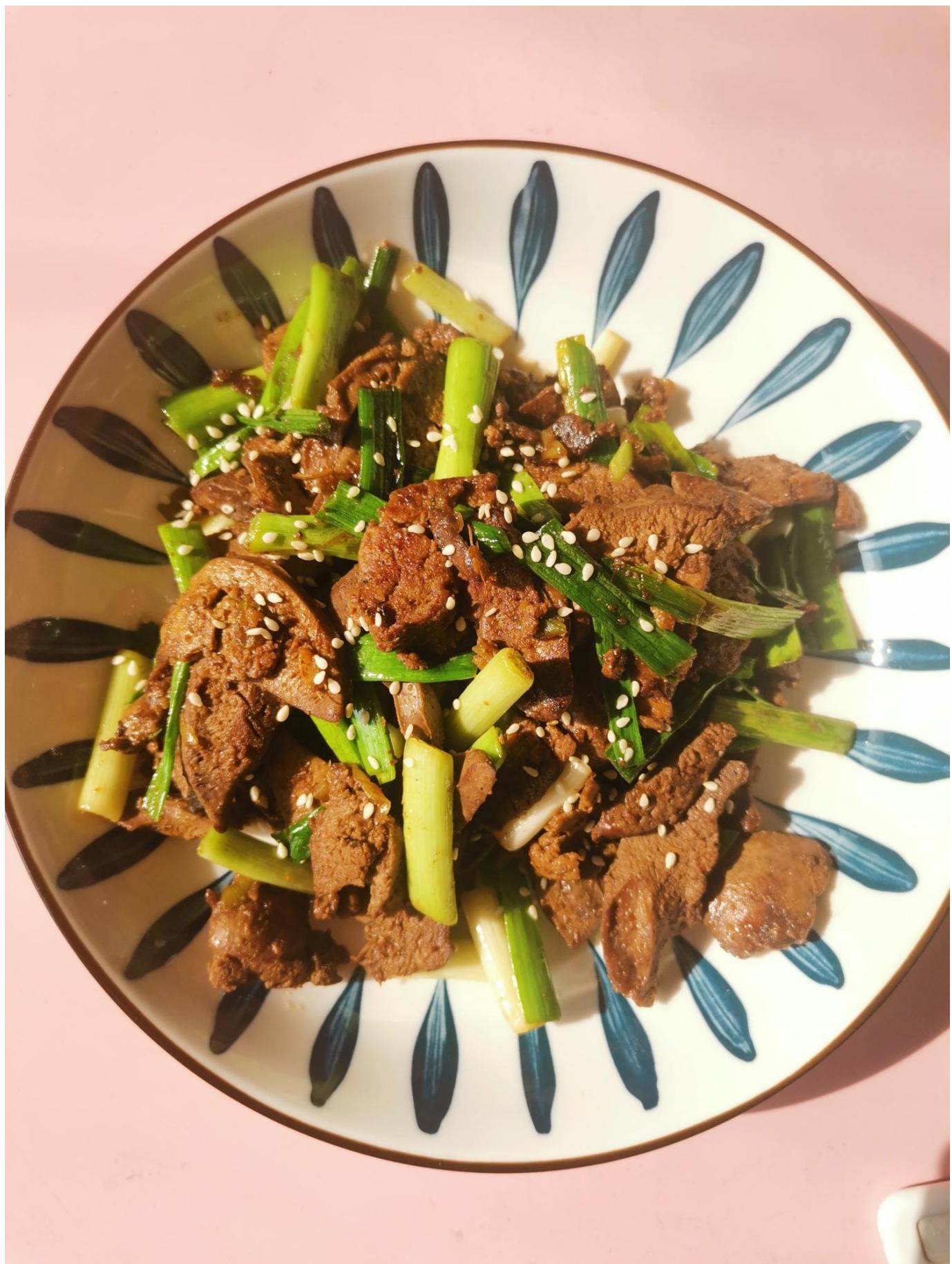
- Cut Beef Tenderloin into thin slices not exceeding 3cm wide and 3mm thick. Pour in 6ml Soy Sauce, grab evenly with hand and set aside.
- Cut Celery into small segments not exceeding 5cm, set aside.
- Cut Millet Chili into shreds, set aside.
- Cut Wild Pickled Pepper into granules, set aside.
- Cut Coriander into small segments not exceeding 3cm, set aside.
- Heat pot, put 15ml Cooking Oil into pot, high heat wait 30 seconds to let oil temperature rise.
- Put in Millet Chili and Wild Pickled Pepper to explode fragrance.
- Put in Beef Tenderloin and Celery, then **stir-fry on high heat for 1 minute.**
- Turn off heat, sprinkle Coriander, dish up.

**ADDITIONAL CONTENT**

- During operation, keep high heat throughout.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Stir-fried Chicken Liver (Xiao Chao Ji Gan)**



A slightly troublesome dish.

Suitable for people who like to eat liver. You can also use other animal livers, but chicken liver tastes better.

Requires beginners to have certain blanching skills.

Estimated Cooking Difficulty: ★★★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Raw Chicken Liver
- Garlic Sprout (Suan Miao - Green Garlic. Refers to the green seedlings of garlic developed to a certain stage. Called Qing Suan in some places, specially noted.)
- Scallion (Big Green Onion), Ginger, Cooking Wine
- Edible Salt, Chicken Essence (MSG), Five Spice Powder (Thirteen Spices), White Pepper Powder
- BBQ Seasoning or Cumin Powder (Optional)
- Sesame Seeds (Optional)
- Cooking Oil

#### **CALCULATIONS**

Determine how many servings you plan to make before cooking. One serving is exactly enough for 2 people.

Per serving:

- Raw Chicken Liver: 5 pieces (About 800g)
- Garlic Sprout: About 200g (Add more if you like)
- Scallion: 150g (Divide into two parts: 100g cut into segments, 50g cut into slices)
- Ginger: 120g (Divide into two parts: 70g cut into slices, 50g cut into cubes)
- Cooking Wine: 30ml
- Edible Salt: 5g
- Chicken Essence (or MSG): 5g
- Five Spice Powder (Thirteen Spices): 5g
- White Pepper Powder: 5g
- BBQ Seasoning or Cumin Powder: 10g (Optional)
- Sesame Seeds: 5g (Optional)
- Cooking Oil: 30ml

#### **OPERATION**

- Wash Chicken Liver, set aside.
- Wash Garlic Sprout, cut into segments, set aside.
- Wash Scallion, take 100g cut into segments, take 50g cut into slices, set aside.
- Wash Ginger, take 70g cut into slices, take 50g cut into cubes, set aside.

#### **• Step 1: Blanching**

- Put washed Chicken Liver into pot, add cold water to submerge Chicken Liver, put in 100g Scallion segments, 70g Ginger slices and 30ml Cooking Wine.
- Turn on high heat, wait for water to boil then turn to medium heat, skim off floating foam then **wait for 5-10 minutes.**
- Turn off heat, fish out and pass through cold water and wash clean.
- After washing clean, cut into slices, set aside.

#### **• Step 2: Stir-frying**

- Turn on medium heat. Add 30ml Cooking Oil into pot, wait 10 seconds for oil to heat up.

- Add 50g Scallion slices and 50g Ginger cubes, stir-fry to explode fragrance.
- After fragrance comes out, add sliced Chicken Liver, stir-fry until slightly yellow.
- Add Garlic Sprout, stir-fry for 30 seconds, turn to low heat after breaking rawness.
- Add seasonings:
  - Edible Salt: 5g
  - Chicken Essence (MSG): 5g
  - Five Spice Powder (Thirteen Spices): 5g
  - White Pepper Powder: 5g
  - BBQ Seasoning: 10g (Optional)
- Turn to high heat, quickly stir-fry for 30 seconds to prevent burning pot, turn off heat.
- Dish out onto plate, can sprinkle 5g Sesame Seeds as decoration. If you don't like or don't have, no need to add.

**ADDITIONAL CONTENT**

- When blanching, pay attention to observe boiling water level, do not let water overflow to avoid danger.
- Suggest washing blanched Chicken Liver with cold water, ice water is even better, making texture better.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Stir-fried Pork (Xiao Chao Rou)**

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Pork Belly (Five Flower Meat)
- Facing Heaven Pepper (Chao Tian Jiao)
- Millet Chili (Xiao Mi Jiao)
- Fermented Black Beans (Dou Chi)
- Doubanjiang (Bean Paste)
- Dark Soy Sauce
- Starch
- Salt
- Scallion
- Garlic

**CALCULATIONS**

Per serving:

- Pork Belly: 500g
- Facing Heaven Pepper: 4 strips
- Millet Chili: 4 pieces
- Fermented Black Beans: 10g, adjust ±5g according to personal taste
- Doubanjiang: 10g, adjust ±5g according to personal taste
- Dark Soy Sauce: 10ml
- Starch: 10g
- Salt: 1-2g
- Scallion: 0.5-1 stalk
- Garlic: 2 cloves
- Cooking Oil: 15ml

**OPERATION**

- Cut pork belly into slices.
- Put meat into a vessel, add starch, dark soy sauce, salt, stir and marinate for half an hour.
- Cut scallion into segments.
- Cut Millet Chili and Facing Heaven Pepper diagonally.
- Heat pot, pour oil.
- After oil is hot, add pork belly and stir-fry. Dish out after it changes color.
- Add garlic to the pot, stir-fry until fragrant, add fermented black beans, stir-fry evenly.
- Add Doubanjiang, stir-fry evenly.
- Add stir-fried pork belly, continue to stir-fry evenly.
- Add Millet Chili, Facing Heaven Pepper, Scallion segments, stir-fry for 40 seconds.
- Serve.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### Sweet and Sour Pork Tenderloin (Tang Cu Li Ji)

Sweet and Sour Pork Tenderloin is one of the classic traditional famous dishes in China. This dish uses pork tenderloin as main material, accompanied by flour, starch, vinegar and other condiments. It is sweet and sour, appetizing. This dish exists in Shaanxi cuisine, Henan cuisine, Zhejiang cuisine, Shandong cuisine, Sichuan cuisine, Huaiyang cuisine, Cantonese cuisine and Fujian cuisine.

Estimated Cooking Difficulty: ★★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Tenderloin
- Vinegar
- White Sugar
- Starch
- Egg
- Light Soy Sauce
- Cooking Wine
- Oyster Sauce
- Ketchup
- White Pepper Powder
- Salt

#### CALCULATIONS

Per serving:

- Pork Tenderloin 500g
- Vinegar 10g
- White Sugar 30g
- Starch 50g
- Egg 50g
- Light Soy Sauce 10ml
- Cooking Wine 20g
- Oyster Sauce 10g
- Ketchup 30ml
- White Pepper Powder 5g
- Salt 10g

#### OPERATION

- Marinate Meat: First cut pork tenderloin into thick slices, pat with knife back to loosen meat. Cut into finger-thick strips, add Cooking Wine, Light Soy Sauce, Oyster Sauce, Salt, White Pepper Powder, one Egg, grab evenly with hand, marinate for more than 20 minutes.
- Mix Sauce: Ketchup + 10g Vinegar + 30g White Sugar + 150ml Clear Water, stir until sugar melts, set aside.
- Coat Powder: Coat all powder before frying, so you won't be in a rush when frying. Prepare a large bowl, put Starch inside, coat every meat strip fully with Starch.
- Frying: Heat oil to 160 degrees Celsius, put in tenderloin. You can use a dry chopstick to test in oil, if small bubbles appear around it, then can put in pot.
- Fry until surface is slightly yellow then fish out, maintain medium heat throughout. Then wait for oil temperature to rise to 200 degrees Celsius, pour tenderloin in to re-fry once, only need 40 seconds, skin will be very crispy, fish out immediately.

- Coat Sauce: Take another pot, put bottom oil in pot, pour mixed sauce in, boil until bubbling, put fried tenderloin in, stir-fry, let every strip be coated with sauce.
- Put in fried tenderloin to stir-fry, turn off heat and serve.

**ADDITIONAL CONTENT**

- Tenderloin needs to be fried few more times, pay attention to heat, otherwise cannot achieve effect of crispy outside and tender inside!
- [Xiachufang](#)
- [Baidu Baike](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Sweet And Sour Pork (Gulaorou)

Sweet And Sour Pork is a very appetizing dish, just one dish is enough to eat with relish, loved by both adults and children. This time we are making a simplified version of Pineapple Sweet And Sour Pork, using simple ingredients to make Sweet And Sour Pork with unique flavor at home.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Shoulder Butt (Mei Tou Rou / Pork Collar)
- Green Pepper
- Canned Pineapple Slices
- Salt
- Ketchup
- White Vinegar
- Minced Garlic
- Light Soy Sauce
- Corn Starch (Raw Starch)
- White Sugar

### CALCULATIONS

Per serving:

- 1 Tablespoon = 15ml
- 1 Teaspoon = 5ml
- Pork Shoulder Butt: 100g
- Green Pepper: 25g
- Canned Pineapple Slices: 75g
- Salt: 1/4 Teaspoon
- Ketchup: 4 Tablespoons
- White Vinegar: 2 Teaspoons
- Minced Garlic: 1 Tablespoon
- Light Soy Sauce: 1/2 Teaspoon
- Corn Starch: 2 1/2 Teaspoons
- White Sugar: 2 Tablespoons
- Water: 200 ml

### OPERATION

- Wash pork shoulder butt (100g), then wipe dry with kitchen paper, cut pork into pieces one size smaller than the desired finished product.
- Marinate pork shoulder butt with salt (1/2 teaspoon) for 20 minutes.
- Chop green pepper (25g).
- Cut canned pineapple slices (75g) into pieces.
- In a bowl, add ketchup (4 tablespoons), white vinegar (2 teaspoons), minced garlic (1 tablespoon), light soy sauce (1/2 teaspoon), corn starch (2 1/2 teaspoons), white sugar (2 tablespoons), salt (1/4 teaspoon) and water (200 ml), mix well to form sauce.
- Coat pork shoulder butt pieces with corn starch (6 tablespoons).
- Add oil (500 ml) and heat over medium heat.

- Put pork shoulder butt pieces into the pot and fry over medium heat for 5 minutes, then dish up.
- Add pork shoulder butt pieces back, fry over high heat for another 1 minute.
- Add oil (1 teaspoon) and sauce, heat over medium heat for 3 minutes.
- Add green pepper and pineapple, heat over high heat for 2 minutes.
- Mix the fried pork shoulder butt pieces with sauce evenly and serve.

**ADDITIONAL CONTENT**

- To give the meat more layers, you can add eggs to the corn starch, it will be crispier after frying.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Sweet and Sour Ribs (Tang Cu Pai Gu)**

Sweet and Sour Ribs is a representative traditional famous dish, loved by public for its unique sweet and sour taste. Based on retaining original flavor, this recipe optimized ingredient binding, heat control and operation details, aiming to improve portability and executability of recipe.





Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Ribs
- White Sugar
- Cooking Oil
- Light Soy Sauce
- Oyster Sauce
- Dark Soy Sauce
- Chicken Essence
- Ginger Slices
- Sesame Seeds
- Ketchup / Tomato Paste
- Balsamic Vinegar
- Five Spice Powder

**CALCULATIONS**

Per serving:

- Ribs 300 g
- White Sugar 30 g
- Cooking Oil 300–350 ml (Oil amount needs adjustment according to pot size, if used for deep frying then enough to cover 2/3 of ribs)
- Light Soy Sauce 5 ml
- Oyster Sauce 5 ml
- Dark Soy Sauce 5 ml
- Chicken Essence 2 g
- Ginger Slices 2 slices
- Sesame Seeds 2 g
- Ketchup 10 g
- Balsamic Vinegar 5 ml
- Five Spice Powder 2 g

**OPERATION**

- Put Ribs and Ginger Slices in cold water, high heat heat until water boils and large amount of foam appears then turn to medium heat, wait until water continues to boil then turn to low heat to blanch for 2–3 minutes, fish out set aside.
- Wash Ribs repeatedly with boiled water 2–3 times, ensure thorough removal of blood foam.
- Pour sufficient amount of Cooking Oil in pot for deep frying (Oil amount depends on pot size, suggest about 300 ml for general family use), wait until oil temperature rises to about 170°C, put in Ribs to fry for 3–5 minutes, until surface slightly golden yellow, fish out drain oil.
- Take another clean pot, place on low heat heat 50 ml hot water, add White Sugar 30 g, stir gently until sugar completely dissolved, and slightly pale yellow. Key of this step is observing sugar dissolution, no need to rely too much on color change.
- Pour fried Ribs into sugar water pot, quickly stir-fry 30 seconds, then sequentially add Balsamic Vinegar 5 ml, Light Soy Sauce 5 ml, Oyster Sauce 5 ml, Chicken Essence 2 g, Ketchup 10 g, Five Spice Powder 2 g, stir-fry again 30 seconds, make seasoning coat Ribs evenly, then add boiling water to just cover Ribs.
- After boiling liquid in pot with high heat, add Dark Soy Sauce 5 ml for coloring, and quickly reduce juice; if Ribs blocks are large, can turn to low heat simmer for 5–10 minutes for better flavor absorption, do NOT use medium heat long time stewing 20 minutes, to avoid damaging texture.
- Dish up plate, sprinkle Sesame Seeds 2 g, enjoy.

**ADDITIONAL CONTENT**

- When frying ribs, can sprinkle small amount of dry starch on ribs surface according to actual situation, to improve crispy texture.
- Pay attention to hunger change during blanching: after cold water down pot first use high heat until water boils foam rich, then turn medium heat, finally turn low heat blanch; use boiled water to wash after blanching, avoid meat becoming tough caused by excessive temperature difference.
- Key of step four is ensuring white sugar completely dissolved, no need to verify judge excessively by color change.
- Should quickly flip stir when reducing juice, make ribs evenly coated with seasoning, avoid taste loss caused by long time cooking stewing.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### Sweet and Spicy Roasted Wings (Tian La Kao Quan Chi)

This Sweet and Spicy Roasted Wings uses Air Fryer for cooking and only uses common household seasonings, low grease and no need for finished BBQ sauce. One portion suitable for single person. Ingredient processing takes 15 minutes, marinating takes 120 minutes, cooking takes 50 minutes.

Estimated Cooking Difficulty: ★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Air Fryer
- Chicken Whole Wings
- Light Soy Sauce
- Dark Soy Sauce
- Garlic Powder
- Pepper Powder
- Sugar
- Paprika Powder
- Chili Powder
- Oyster Sauce
- Water
- Oil
- Tin Foil Tray
- Cling Film

#### CALCULATIONS

One portion is for one person meal, please increase proportionally for multi-person meal.

One portion:

- Chicken Whole Wings: 4
- Light Soy Sauce: 45ml
- Dark Soy Sauce: 15ml
- Garlic Powder: 10g
- Pepper Powder: 5g
- Sugar: 10g
- Paprika Powder: 10g
- Chili Powder: 5g
- Oyster Sauce: 15ml
- Water: 20ml
- Oil: 10ml

#### OPERATION

- Take out 4 fresh Chicken Whole Wings, cut skin between two bones in mid-wing with knife, one cut on each side.
- Put 4 Chicken Whole Wings into bowl, add Light Soy Sauce 45ml, Dark Soy Sauce 15ml, Garlic Powder 10g, Pepper Powder 5g, Sugar 10g, Paprika Powder 10g, Chili Powder 5g, Oyster Sauce 15ml, Water 20ml and Oil 10ml.
- Use spoon to smear sauce evenly on wings, especially on cuts of mid-wing, takes about 3 minutes.
- Cover bowl with cling film to prevent oil during marinating, put in refrigerator cold storage to stand for 120 minutes.
- Take out wings, put 4 wings into Tin Foil Tray, pour remaining sauce in bowl evenly on wings.

- Put Tin Foil Tray on fry basket of Air Fryer, roast at 200 degrees Celsius for 25 minutes.
- Open Air Fryer, carefully take out Tin Foil Tray, flip wings.
- Continue to roast at 200 degrees Celsius for 25 minutes.
- Take out ready to eat.

**ADDITIONAL CONTENT**

- Taste of wings in this example is slightly spicy, please increase Chili Powder amount if need more spicy, but not suitable to exceed 30g.
- Whole Wing refers to chicken wing containing Wing Tip, Mid-Wing and Wing Root.
- This product has slightly charred effect, if don't like burnt brown appearance, do NOT pour remaining sauce into Tin Foil Tray and roast only 20 minutes per side.
- Please judge actual roasting effect according to power of your own Air Fryer.
- Paprika Powder increases color and flavor, itself cannot act as spicy agent.
- Marinating time can be freely controlled, suggested between 60 minutes to 180 minutes.
- Tin Foil Tray just out of pot is quite hot, please use tongs or wet cloth heat insulation material to pick up.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Taiwanese Braised Pork Rice (Lu Rou Fan)

Sugar and fat are the sources of human happiness, Taiwanese Braised Pork Rice rich in both can bring soul-striking satisfaction with every bite.

This article provides a method for Taiwanese Braised Pork Rice that is simple to operate but does not reduce flavor. Estimated preparation time 1.5 hours (0.5 hour operation, 1 hour stewing).

Kitchen novices can handle it.

Estimated Cooking Difficulty: ★★★★☆

### ESSENTIAL INGREDIENTS AND TOOLS

- Red Shallots (Huo Cong / Shallots)
- Pork Belly with Skin (Can replace with Minced Pork)
- Eggs (Optional)
- Cooking Oil
- Light Soy Sauce
- Rice Wine (Can replace with Cooking Wine)
- Garlic
- Bay Leaf
- Star Anise
- Rock Sugar
- White Pepper Powder
- Five Spice Powder (Optional)
- Rice

### CALCULATIONS

Determine how many servings you plan to make before cooking. Below is for about 2~3 people.

- Red Shallots: 25 g
- Pork Belly with Skin: 500g
- Eggs: 4 (Can modify egg count arbitrarily)
- Cooking Oil: 15 ml
- Light Soy Sauce: 75 ml
- Rice Wine: 10 + 25 ml
- Garlic: 25 g
- Bay Leaf: 2 leaves
- Star Anise: 1 piece
- Rock Sugar: 20 g
- White Pepper Powder: 6 g
- Five Spice Powder: 6 g
- Rice: (Decide according to personal appetite)

### OPERATION

- Cut Pork Belly with Skin into thin strips of \$0.7cm(L) \times 0.7cm(W) \times 2.5cm(H)\$.



- Mince Red Shallots and Garlic, set aside.
- Boil eggs, peel, and make cuts on egg white (for better flavor absorption), set aside.
- Heat pot on **High Heat**, put 15 ml cooking oil in pot, let oil coat the bottom.
- Purpose of oil is to prevent pork belly from sticking when just put in. Wait 5s for oil temperature to rise slightly.
- Put in pork belly strips, stir-fry until meat color turns slightly white, pour in 10ml Rice Wine along pot edge. Continue to stir-fry until pork belly stops releasing oil.
- Add chopped Red Shallots to pot, stir-fry for 1 minute to bring out shallot oil fragrance.
- Add chopped Garlic to pot, stir-fry for 30 seconds.
- Push pork to the side, put in Rock Sugar and heat until melted and bubbling into caramel, then mix pork together, let caramel coat evenly.
- Add Light Soy Sauce to fry out fragrance.
- Splash in 25 ml Rice Wine, add water to submerge pork, add White Pepper Powder, Five Spice Powder, Star Anise, Bay Leaf, Boiled Eggs. After boiling, turn to low heat and braise for 1 hour.
- Note: Salty taste of different soy sauces varies, must taste during braising. Add soy sauce if too sweet, add sugar or water if too salty.
- During low heat stewing, stir and check every 15 minutes to prevent sticking.
- If found too dry, add 100ml clear water to continue stewing.
- After 1 hour, turn on high heat to thicken the sauce until sauce is thick and presents a glossy amber color, done.
- After stewing ends, serve a bowl of rice, pour soft and rotten braised meat on rice, add braised egg, start enjoying.

#### **ADDITIONAL CONTENT**

- For pork belly cutting step, definition: Pork belly skin facing up on table, the plane formed by length and width is the skin plane, perpendicular to this plane is height. Meat strips final effect is thin strips with alternating fat and lean. (Note: Meat strips here must be thin, i.e., small length and width. Thin meat strips are easier to stew soft and sticky).
- Tips for cutting pork belly:
- If pork belly is **unfrozen**, can put in **freezer compartment for 30 minutes** then take out to cut.
- If **frozen pork belly**, can place at **room temperature for 30 minutes** then cut.
- When cutting, use less force to rub blade quickly against meat, easier to cut and protect the structure of alternating fat and lean.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Tiger Skin Elbow (Hu Pi Zhou Zi)**

Tiger Skin Elbow is a traditional famous dish, using Pork Elbow as main ingredient, through three steps of first braising then frying then stewing make Elbow Skin present Tiger Skin shape. Elbow Skin soft rotten flavorful, fatty but not greasy, lean meat soft tasty. This dish is second to none choice to make elders shut up and eat fiercely during festivals, can be called life-saving magic weapon.

Estimated Cooking Difficulty: ★★★★☆

**ESSENTIAL INGREDIENTS AND TOOLS**

- Pork Front Elbow
- Edible Vegetable Oil
- Rock Sugar
- Salt
- Dark Soy Sauce
- Light Soy Sauce
- White Vinegar
- Fragrant Leaf
- Cinnamon Bark
- Cardamom
- Sichuan Peppercorn
- Star Anise (Da Liao)
- Starch
- Scallion
- Ginger
- Garlic
- Water
- Cooking Wine

**CALCULATIONS**

- 1 Tablespoon = 15ml

- 1 Teaspoon = 5ml

Ingredient	Quantity	Unit
Pork Front Elbow	1	Piece
Edible Vegetable Oil	1	Bucket
Rock Sugar	5	Bucket
Salt	1-2	Teaspoon
Dark Soy Sauce	1	Teaspoon
Light Soy Sauce	1	Tablespoon
White Vinegar	1	Tablespoon
Fragrant Leaf	3	Slice
Cinnamon Bark	2-3	Gram
Cardamom	3	Piece
Sichuan Peppercorn	8-12	Piece
Star Anise	2-4	Piece
Starch	1	Tablespoon
Scallion	2	Stalk
Ginger	6	Gram
Garlic	6	Grain
Cooking Wine	2	Tablespoon

## OPERATION

### Pre-treatment

- Soak Pork Elbow in water 1 hour after thawing to remove blood water.
- If have flame spray gun, use flame spray gun to burn **Pork Elbow Skin** surface to **Brown Black** to remove pig hair, destroy sweat glands. Pay attention not to roast same position for long time to avoid burning, stop burning when Pork Elbow Skin almost completely presents Brown Black.
- If no flame spray gun, heat iron pot to above 200, put Pork Elbow directly into pot, use spatula or chopsticks make Pork Elbow Skin fully contact iron pot surface, when Pork Elbow Skin and iron pot contact position presents brown color, change position continue scalding Pork Elbow Skin, until whole Pork Elbow fully scalded. Pay attention to iron pot temperature during this process, do not let iron pot red hot.
- Use cleaning ball to brush wash Pork Elbow in water, remove burnt parts on surface. After brushing washing, Pork Elbow presents state before burning again.
- Put Pork Elbow in iron pot, add as much cold water as possible, strictly depends on iron pot depth and Pork Elbow size, under condition of ensuring can hold iron pot and its contents, best to immerse Pork Elbow more than 3/4.

### Remove Smell

- Take Scallion White of 1 Scallion, divide into 3 segments, put into pot.
- Take 3 Garlices, smack flat with knife body respectively, put into pot.
- Take 3 Grams Ginger, put into pot.
- Add 2 Tablespoons Cooking Wine into pot.
- After water in pot boils, wait five minutes, then take out Pork Elbow, pick out all ingredients in pot, change container retain all meat soup set aside.

**Oil Frying**

- Add cold oil to pot, take previous water amount as reference, best to immerse Pork Elbow more than 3/5, turn medium heat heat up.
- When [Oil Temperature](#) reaches 50%, turn to low heat, put in Pork Elbow oil fry.
- Cook should pay attention to personal safety during oil frying process.
- During oil frying process, use spatula or other high temperature resistant kitchenware to evenly drizzle oil in pot to parts of Pork Elbow not immersed, if condition allows should flip Pork Elbow at interval of 3 minutes, make it oil fried evenly.
- Oil frying process lasts about 20 minutes, when observing Pork Elbow Skin already all presenting light brown color, and lean meat part already slightly scorched, then can fish out set aside.
- Oil after frying can be used to make other fried foods, but pay attention not to use too many times.

**Fry Sugar Color**

- [Fry Sugar Color](#) 200ml set aside.

**Stewing**

- Add Pork Elbow into pressure cooker, add all meat soup, sugar color, Fragrant Leaf, Cinnamon Bark, Cardamom, Sichuan Peppercorn, Star Anise, Dark Soy Sauce, Light Soy Sauce, White Vinegar. If like sweet taste, can extra add 2-3 Grams Rock Sugar.
- Take Scallion White of 1 Scallion, divide into 3 segments, put into pot.
- Take 3 Garlices, smack flat with knife body respectively, put into pot.
- Take 3 Grams Ginger, put into pot.
- Cover pot lid, add pressure stew 40 minutes.

**Juice Reduction**

- Modulate Water Starch during stewing. Take 1 bowl, add 1 Tablespoon Starch, 100ml Water, stir make it into white suspension
- After stewing time ends, open pressure cooker lid, pick out all ingredients in pot, only retain Pork Elbow.
- Transfer remaining meat soup in pressure cooker to iron pot, Pork Elbow transfer to plate or basin
- Put iron pot on stove, turn high heat. Can use chopstick tip dip pot soup juice to judge saltiness during juice reduction, and add Salt according to taste. Pay attention, flavor when soup juice is much will be lighter than when soup juice is less, need to consider this when adding salt.
- When meat soup boils, pay attention to observe remaining meat soup amount
- When remaining meat soup less than 1/2 of original meat soup volume, stir again previously modulated Water Starch, and add half
- Wait meat soup boil, add remaining half
- Wait meat soup boil, wait 1-2 minutes after boiling turn off heat, meat soup in pot presents red brown viscous state at this time
- Use soup spoon scoop meat soup evenly drizzle on Pork Elbow, try to make every place of Pork Elbow drizzled with soup juice. If soup juice already used up before Pork Elbow completely drizzled then can directly serve, otherwise remaining soup juice no need to drizzle again, can directly serve.

**ADDITIONAL CONTENT**

- Reference Material: [Bilibili Lao Fan Gu Video Tutorial](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Tomato Beef Brisket**

Tomato Beef Brisket soup juice is thick, sweet and sour, tasty, Beef soft mellow fragrant, matching rice is perfect match. Generally beginners need 90 minutes to complete.

Estimated Cooking Difficulty: ★★★★☆

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Tomato
- Beef Brisket
- Gas Stove (For peeling Tomato)
- Pressure Cooker/Casserole/Ordinary Aluminum Pot (Iron Pot)
- 2cm two Scallion segments, two Ginger slices, Scallion Chopped, Ginger each 10g
- Light Soy Sauce, White Pepper Powder, White Sugar, Cooking Wine/Yellow Wine, three small pieces of Star Anise
- Beef Brisket (Choosing fatty and lean interlaced texture is relatively better)

### **CALCULATIONS**

Per serving:

- Tomato 3-4 (Each about 200g)
- Beef Brisket 500g
- Cooking Oil 20-30ml

### **OPERATION**

- Cut Beef Brisket into strips, pieces with length, width and height all 2cm, put into cold water pot, boil 2 minutes to remove blood water, fish out rinse clean.
- Start another pot boil 2L water, add 2cm two Scallion segments, two Ginger slices, Star Anise, Cooking Wine/Yellow Wine 5-10ml, put in blanched Beef, cover lid stew (Casserole 1 hour, Pressure Cooker Meat Stew Mode 45 minutes), chopsticks can easily insert through proves stewed well.
- Tomato Peel: Cut cross on Tomato head to waist line, chopsticks/fork poke in from fruit pedicel, gas stove low heat, rotate while roasting, take down timely to check, tear off after skin rises, cut into blocks. The smaller the better.
- Be careful of burning when tearing skin, peeled Tomato is especially slippery, cut slowly pay attention to safety.
- Heat pot boil oil, oil temperature 70% hot, Scallion, Ginger each 10g, Tomato down pot, fry thoroughly fry out Tomato red color, add cooked Beef Brisket and original soup, original soup just covering Beef is enough.
- Add Salt, Sugar, Light Soy Sauce according to personal taste, cover lid.
- After boiling, high heat continue stir-fry 3-5 minutes.
- Wait until Tomato juice presents medium viscosity, turn off heat, scatter Scallion Chopped, dish up.

### **ADDITIONAL CONTENT**

- Pay attention to safety when using fire, pay attention to safe fire use.
- When stewing meat with Casserole/Aluminum Pot, turn medium low heat/low heat after water boils, using Pressure Cooker see [Learn to use pressure cooker](#).
- Tomato peeling method in tutorial is fastest method practiced by myself so far.
- Absolutely do not use Ketchup and add less seasonings, restore original taste of ingredients as much as possible.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Tomato Potato Stewed Beef**



Characteristic of Tomato Potato Stewed Beef (Brisket) is actually quite delicious, Beef is high quality protein, changing to Beef Brisket tastes better.

Difficulty basically none, 90 year old grandmother with crutch can do.

Estimated making total duration 1~1.5h. Stewing time: Making time ≈ 3:1

Estimated Cooking Difficulty: ★★★★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Beef
- Small Ingredients
- Scallion
- Ginger
- Cooking Wine
- Sichuan Peppercorn
- Star Anise
- Fragrant Leaf
- White Sugar or Rock Sugar
- Soy Sauce (Optional)
- Dark Soy Sauce
- Black Pepper Powder (Or White Pepper Powder)
- Potato
- Tomato
- Onion

#### **CALCULATIONS**

- Beef 500-700g
- Small Ingredients
- Scallion one stalk, Ginger four slices, Cooking Wine
- Sichuan Peppercorn 3g
- Star Anise one (half)
- Fragrant Leaf two slices
- Oil 15ml (If using Beef Brisket can reduce to 10ml according to preference)
- Seasonings
- White Sugar or Rock Sugar
- Soy Sauce (Qian He Brewing Light Soy Sauce No Additive), Dark Soy Sauce
- Black Pepper Powder (White also fine) 2g
- Potato two three (Depend on preference, pot holding as standard)
- Tomato fist size medium size two three
- Onion one a bit bigger than fist

#### **OPERATION**

- Preparation:
- Peel Potato, cut 5cm big blocks, set aside
- Cut Tomato cross flower knife, blanch with boiling water then peel, remove middle core, cut 3cm small blocks set aside
- Cut 4g Scallion Chopped out from Scallion, break remaining into 5-8cm big segments

- Soak Beef in cold water half hour to remove blood water, or cold water down pot boil until surface turns white fish out, skim floating foam during period
- Cut Onion 0.5-1cm small grains
- Making
  - Whole process medium heat
- Cold water cover Beef, put into pressure cooker, put Scallion Segments, Ginger Slices, put 20g Cooking Wine, steam up press 20 minutes
- After taking out Beef, cut 5cm big blocks, pick out Ginger, ladle soup to a big bowl for stewing later
- Pour oil, after oil 40-50% hot put Sichuan Peppercorn Star Anise Fragrant Leaf, after fragrance comes out pick out before burning
- Put in Beef, Scallion Ginger, stir-fry fragrant, doesn't matter how long stir-fry, seeing a bit burning can scoop 10ml soup, same logic below
- After stir-fry fragrant add Light Soy Sauce 15ml, Cooking Wine 15ml, Pepper Powder, 5-10g Tomato Paste Ketchup or one Tomato Canned, add Onion stir-fry until transparent
- (Optional) Can add a little bit salt to make Onion water out not easy to burn, do not add too much, season later
- Add Tomato stir-fry until Tomato melts soft rotten, pour in remaining soup
- Stewing
  - After medium heat boils pot, whole process low heat
  - Add Potato and season 30-40 minutes before dishing out
  - Taste and add Sugar Salt side by side according to personal taste, until suitable
  - Chopstick poke Beef soft rotten then dish out!

**ADDITIONAL CONTENT**

- Ensure soup added is warm when stewing
- Do not cover lid when stewing otherwise Potato will rot
- Flip from time to time when stewing to avoid burning bottom
- Casserole stewing will be more delicious, can stir-fry in wok then pour into boiling pot to stew, if using casserole do not use high heat before boiling to avoid cracking
- Do not add too much Soy Sauce total amount, soup juice will become salty when concentrated, slightly light when thin is fine, can add Soy Sauce again if feel not enough when stewing
- Do not use Chicken Essence MSG, will snatch fresh taste of Beef

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Tomato Red Sauce**

Tomato Red Sauce is fragrant and delicious, rich in nutrition, which I like very much. It can be used as a versatile sauce for staple foods such as pancakes, pasta ~~Hot Dry Noodles~~ etc. It is somewhat cumbersome and suitable for people with cooking experience to try. It doesn't matter if you can't finish it at once, you can freeze it and heat it up at any time. (But remember to eat it)

Estimated Cooking Difficulty: ★★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Minced Beef
- Garlic Cloves
- Carrot
- Celery
- Onion
- Olive Oil
- Sugar
- Salt
- Pepper Powder
- Tomato Paste / Ketchup
- Milk
- Dried Basil or Thyme (Optional)

### **CALCULATIONS**

Per serving:

- Minced Beef: 500g
- Garlic Cloves: 2
- Carrot: Half
- Celery: One stalk
- Onion: Half
- Olive Oil
- Sugar: 2g
- Salt: 10g
- Black Pepper Powder: 5g
- Tomato Paste: 300g
- Milk: 300ml

### **OPERATION**

- Chop Carrot, Celery, Onion, slice Garlic Cloves.
- Add 10ml Olive Oil, heat oil and put in vegetables, stir-fry on high heat until slightly discolored then dish out.
- Add 10ml oil to pot, add garlic stir-fry for 10 seconds, add Minced Beef, Sugar, Salt, Pepper Powder and spices to stir-fry beef until crispy (grainy texture).
- Add stir-fried vegetables and Tomato Paste, continue to stir-fry, mix evenly.
- Pour in milk slowly in multiple times, simmer on medium-low heat for 30 minutes, finish.

**ADDITIONAL CONTENT**

- Considering different brands of Tomato Paste have different salt content, suggest adding less salt when frying beef, taste and season again when simmering.
- Please stir during simmering to avoid sticking to pot. If sauce becomes thick, it can be taken out!
- According to personal taste, simple beef can be replaced by half minced pork and half minced beef, milk can be replaced by chicken stock or drinking water.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Twice Cooked Pork (Hui Guo Rou)

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Belly (Five Flower Meat)
- Scallion (Small Green Onion)
- Ginger
- Green and Red Peppers
- Garlic Sprout
- Cooking Wine
- Doubanjiang (Bean Paste)
- Light Soy Sauce
- MSG

### CALCULATIONS

- Pork Belly usage: 0.5 Jin (250g)/Man, 0.3 Jin (150g)/Woman (Authentic Twice Cooked Pork uses "Er Dao Rou" [Rump], firm texture, appropriate fat and lean ratio)
- Scallion: 2 stalks
- Ginger: 10-40g
- Green and Red Peppers (Choose according to spicy tolerance, 0-30g) \*Note: Not recommended to use thick-fleshed bell peppers
- Garlic Sprout: 1 bunch
- Cooking Wine: 5ml
- Doubanjiang: 10ml
- MSG: 5g
- Light Soy Sauce: 5ml

### OPERATION

#### Pork Belly Cooking - Stage 1

- Heat pot, press pork belly skin tightly against the pot to sear the skin.
- This step is to deal with sweat glands on pig skin (Or ask the butcher to burn the skin when buying, if you like sweat glands you can ignore this).
- Brush skin clean with steel wool until black carbonized part is completely removed. If not brushed clean, it will taste bitter.
- Put pork belly into pot, put in cold water enough to submerge pork belly, put in ginger slices, cooking wine and scallion (take 2 scallions and tie knots).
- Boil on high heat. After boiling, skim off floating foam, continue boiling for 15 minutes, until lean meat part can be easily pierced with chopsticks.

#### Side Dish Preparation

- Cut Green and Red Peppers into rings/circles.
- Cut Garlic Sprout into segments.
- Cut Ginger into small thin slices.
- Mix 5ml Doubanjiang and 5ml Light Soy Sauce in advance.

#### Pork Belly Cooking - Stage 2

- Fish out cooked pork belly and put into cold water to cool.

- Dry the water on pork belly, cut into 2mm thin slices with fat on top and lean on bottom (If cut too thick, texture is bad and very oily).

#### **Start Stir-frying Meat**

Note, this step **operation should be fast, be careful of burning the pot.**

1. Heat pot, put a layer of base oil to lubricate pot.
2. Put in pork belly and stir-fry until fat is transparent, meat slices slightly curled (commonly known as "Deng Zhan Wo" / Lamp Saucer Nest). "Er Dao Rou" gives best effect.
3. Pour in Doubanjiang and Soy Sauce mixture, 5g MSG, stir-fry for 15 seconds.
4. Put in Green and Red Pepper rings and small Ginger slices, put in another 5ml Doubanjiang, stir-fry for 30 seconds.
5. Put in Garlic Sprout, stir-fry for 60 seconds.
6. Serve.

#### **Simplified Version**

- Use frozen pork belly placed at room temperature for 0.5 hour OR fresh pork belly refrigerated for 1 hour, cut into 2-5 mm thin slices.
- Turn on medium heat, dry-fry peppers in pot for 30-45 seconds then take out.
- Heat pot, put a layer of base oil to lubricate pot, put in ginger slices and stir-fry for 15 seconds.
- Pour in pork belly, stir-fry once every 10 seconds, wait until pork belly shows burnt yellow color (The longer you stir-fry, the harder the texture).
- Pour in previously dry-fried peppers, 10ml Doubanjiang, season with Light Soy Sauce, continue stir-frying for 60 seconds.
- Pour in Garlic Sprout segments stir-fry for 10 seconds.
- Serve.



**ADDITIONAL CONTENT**

- If you don't like garlic sprouts, you can change to onion or other vegetables, but pay attention to the cooking time of vegetables, stir-fry vegetables in advance, otherwise vegetables might be half-raw.
- If pork belly block is large, cut into 5cm square blocks. Boil pork belly until chopsticks can be inserted into pig skin with slight force.
- Pork belly texture will be tighter after passing through cold water and cooling.
- Drying water on pork belly is to avoid oil splashing during stir-frying.
- Remember not to cut pork belly too thick, otherwise it will be very greasy.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Village Beer Duck

Village Beer Duck

Stewing duck meat with beer makes the nourishing duck meat taste richer. The duck meat is not only fresh and savory but also carries a fragrance of beer. Generally, beginners only need 1 hour to complete.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Duck Meat
- Beer
- A wok larger than 32cm (Too small is hard to stir-fry)
- Green Pepper
- Red Pepper
- Garlic
- Ginger
- Millet Chili
- Garlic Sprout
- Scallion (Big Green Onion / Leek)
- Tsaoko (Grass Fruit)
- Cinnamon
- Star Anise
- Bay Leaf
- Dried Chili

### CALCULATIONS

- Duck Meat: Half a duck, 1 kg, ask the market vendor to chop into small pieces.
- Beer: 1000 ml (Can buy two 500 ml cans).
- Green Pepper: 2 strips, Red Pepper: 1 strip (Length between 10cm to 15cm is fine) (Cut into segments or slices, 2cm per segment).

### Auxiliary Ingredients

- Garlic: 4 cloves, smashed for later use.
- Ginger: 3 cm long, smashed for later use.
- Millet Chili: 3, cut into two segments (Optional if not eating spicy).
- Garlic Sprout: 2 stalks, cut into segments for later use.
- Scallion: 2 stalks, 1 cut into segments, 1 reserve.

### Spices

- Tsaoko: 2, smashed and seeds removed for later use.
- Cinnamon: one small piece of 4 cm.
- Star Anise: 3.
- Bay Leaf: 3.
- Dried Chili: 6 strips (Optional if not eating spicy).

### Ingredients

**OPERATION****Blanch Duck Meat to Remove Fishy Smell and Blood**

- Wash duck meat once and put into the pot.
- Add clear water to submerge duck meat.
- Add 20 ml Cooking Wine.
- Add the reserved 1 Scallion stalk.
- Add Ginger, crushed 2 cm.
- Turn on fire to boil.
- Skim off floating foam.
- Fish out duck meat, wash clean with clear water and set aside.

**Start Cooking**

- Wash the pot clean and heat it up, add 60ml Peanut Oil.
- When oil temperature reaches 60 degrees, add a handful of Sichuan Peppercorns (30 grains).
- Add duck meat and stir-fry for 4 minutes.
- After 2 minutes, add all Spices.
- At 3 minutes, add all Aromatics (Ginger, Garlic, Millet Chili).
- Add 1000 ml Beer.
- Braise duck meat for 30 minutes.
- At 10 minutes, add Salt (3g), Light Soy Sauce (10ml), Dark Soy Sauce (5ml).
- At 20 minutes, add all Auxiliary Ingredients (Green Pepper and Red Pepper segments).
- At 29 minutes, add Garlic Sprout segments and Scallion segments.
- Stir-fry for 1 minute.
- Serve.

**ADDITIONAL CONTENT**

- During operation, pay attention to the boiling water level. If it is found to be lower than 2/3 of the ingredients, add hot water or beer.
- Chef Wang: "Village Beer Duck" cooked on earthen stove, the taste is indescribably comfortable

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Wasabi Rosenberg Prawns (Jie Mo Luo Shi Xia)**



This dish can be replaced with any shrimp species, including but not limited to Sand Shrimp, Flower Shrimp, Black Tiger Shrimp, etc. Fresh and fragrant, full of Wasabi flavor, licking fingers after eating, and operation is very simple.

Estimated Cooking Difficulty: ★★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Rosenberg Prawns (Giant River Prawn)
- Garlic
- Green Wasabi
- Light Soy Sauce
- Starch
- Pepper Powder
- White Sugar
- Oyster Sauce
- Salt
- Millet Chili (Optional if not eating spicy or replace with Red Bell Pepper)
- Butter
- Cooking Oil

#### CALCULATIONS

Per portion (About 2 person portion):

- Rosenberg Prawns 250g
- Garlic 1-2 bulbs
- Green Wasabi 20g, for bowl sauce
- Starch 10g, for bowl sauce
- Light Soy Sauce 30g, for bowl sauce
- Pepper Powder 5g, for bowl sauce
- White Sugar 3g, for bowl sauce
- Oyster Sauce 15g, for bowl sauce
- Salt 3g, for bowl sauce
- Millet Chili 1-2
- Butter 20g
- Cooking Oil 80ml

#### OPERATION

##### **1. Process Shrimp:**

2. Cut shrimp from back, remove shrimp thread and sand bag, can also cut from abdomen, will expand when fried, finished dish is relatively beautiful
3. Wash clean with clear water, dry moisture then can pat on starch, or not pat

##### **4. Garlic Mince and Bowl Sauce Processing:**

5. Cut 2 bulbs of garlic into garlic mince
6. Prepare bowl sauce, put in Light Soy Sauce, Oyster Sauce, White Sugar, Pepper Powder, Salt, squeeze in Wasabi according to personal taste, add clear water to dilute then add Starch to dissolve

##### **7. Stir-fry Process:**

8. Heat pan pour in cooking oil, roughly cover pan bottom
9. Put in dried Rosenberg Prawns, slowly pan-fry

10. After shrimp oil produces (Manifested as large amount of bubbles in pot), add prepared Garlic Mince and Millet Chili
11. After smelling fragrance of Garlic Mince, add Butter
12. After Butter melts flip uniformly, add prepared bowl sauce
13. Cover pot lid simmer 2 minutes until soup juice thick then serve

**ADDITIONAL CONTENT****• Precautions:**

- Butter should not be fried too long after entering pot, melt and flip uniformly then cook in bowl juice

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Water Bamboo Stir-fried Meat (Jiao Bai Chao Rou)

Water Bamboo (Jiao Bai) tastes delicious, has certain nutritional value.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Water Bamboo
- Lean Meat
- Starch
- Cooking Oil
- Chicken Essence
- Ginger
- Garlic
- Cooking Wine
- Salt

### CALCULATIONS

Per serving:

- Water Bamboo 2 sticks
- Lean Meat 100 g
- Starch 15 g
- Cooking Oil 30 ml
- Chicken Essence 5 g
- Ginger 1 slice
- Garlic 1 clove
- Cooking Wine 5 ml
- Salt 2 g

### OPERATION

#### Preparation

- Cut Water Bamboo into slices, thickness 0.5 cm each
- Cut Lean Meat into strips, thickness 0.3-0.5 cm, add Cooking Wine, Starch, Salt, Water to stir
- Cut Ginger into slices, chop Garlic head

#### Production

- Start pot boil water, put in Water Bamboo, boil for 60-90 S then take out drain dry
- Start pot, pour in 15 ml Oil, pour in Lean Meat, repeatedly flip fry 60 S take out
- Start pot, pour in 15 ml Oil, pour in Ginger, Garlic flip fry 30S, add Water Bamboo continue flip fry 30 S
- Continue adding Lean Meat flip fry 60 S, add 20 ml Water, add Salt, Chicken Essence then flip fry 60S out of pot





**ADDITIONAL CONTENT**

- Last step, can consider adding Oyster Sauce, Light Soy Sauce instead of Salt for coloring

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Winter Melon Stuffed Meat**



Combination of meat and vegetable, fresh, tender and smooth, easy to make. Generally 30 minutes.

Estimated Cooking Difficulty: ★★★★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Winter Melon (Wax Gourd)
- Minced Pork
- Egg
- Scallion (Green Onion)
- Minced Scallion and Ginger
- Pepper Powder (White Pepper)
- Light Soy Sauce
- Starch

#### **CALCULATIONS**

Determine how many servings you plan to make before cooking. One serving is exactly enough for 2 people.

Per serving:

- Minced Pork: 300g
- Egg: 1 (Optional, people not used to it might find it fishy)
- Winter Melon: 200g
- Scallion (1 stalk, about 20g)
- Pepper Powder: 5g
- Light Soy Sauce: 10ml
- Starch: 5g
- Water Starch: 25g (Starch 25g, Water 50ml)
- Minced Scallion and Ginger: (Ginger 3-4 slices about 30g, take the white part of the scallion from above)
- Salt: 20g

#### **OPERATION**

- Peel Winter Melon, cut into slices 25cm long and 3cm thick.



- Put cut Winter Melon into a bowl, put in 15g salt, coat Winter Melon evenly, leave for 10 minutes.
- While waiting for Winter Melon, switch to another bowl and put in minced pork, minced scallion and ginger, 5g salt, 5g starch, pepper powder, light soy sauce.
- Use chopsticks to stir clockwise in the minced pork, stir until ingredients color has no obvious contrast (about 2 minutes).
- Wash the marinated Winter Melon (which will become soft) with clear water three times.



- Take out 1 Winter Melon slice, roll it up, and stuff meat inside.



- Put into a plate and arrange on the edge of the plate.



- Crack 1 egg into the center circle.



- Put into ordinary iron pot, after water boils, steam for 15 minutes, cover the pot lid.
- Open lid, take out steamed Winter Melon Stuffed Meat.
- Pour the water from the Winter Melon Stuffed Meat plate into the pot, put in water starch, add 50ml clear water into the pot and boil.
- Pour over Winter Melon Stuffed Meat.

**ADDITIONAL CONTENT**

- During operation, be careful when taking out the Winter Melon Stuffed Meat as the plate is very hot.
- Reference: [Bilibili Video](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Xiangqi Mifu Duck (Xiang Qi Mi Fu Ya)**

A characteristic dish of Liangqi region in Hunan, served on every family table during festivals. Duck meat is wrapped in rice powder, salty and fragrant, with a long aftertaste that can relieve homesickness.

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Duck (Must be fresh killed)
- Glutinous Rice Flour
- Sticky Rice Flour (Zhan Mi Fen / Rice Flour)
- Steamed Meat Powder
- Fine Chili Powder (Add if eating spicy)
- White Pepper Powder
- Pork Belly (Optional)
- Ginger and Garlic
- Salt
- Cooking Oil
- Boiling Water

**CALCULATIONS**

Normally for 3-4 people.

- Duck: 1000g
- Glutinous Rice Flour: 100g
- Sticky Rice Flour: 300g
- Steamed Meat Powder: 50g
- Fine Chili Powder: 50g
- White Pepper Powder: 5g
- Pork Belly: 50g
- Ginger and Garlic: 20g
- Salt: 10g
- Cooking Oil: 10g
- Boiling Water: 100g

**OPERATION**

- Mix Glutinous Rice Flour, Sticky Rice Flour, Steamed Meat Powder, Fine Chili Powder, 5g Salt, White Pepper Powder together.
- Ask enthusiastic stall owner to chop duck into pieces for steaming/boiling, cut ginger into slices, peel garlic, cut pork belly into slices.
- Heat pot with cold oil, stir-fry pork belly until oil comes out, add cooking oil and heat up, put in duck to stir-fry.
- Stir-fry duck until skin is scorched and discolored, put in ginger, garlic and salt to continue stir-frying until fragrant.
- Turn to low heat, pour in rice powder mixture and stir-fry, coat duck meat evenly with powder, add boiling water, add in small amounts multiple times, stir-fry while adding.
- Stir-fry until duck meat and rice powder feel wet, shovel out into a bowl, steam in pressure cooker with water for 20-25 minutes.
- Sprinkle some chopped green onion before serving.

**ADDITIONAL CONTENT**

This is a hometown dish. Duck breed is not limited, Water Duck was bought here, price 24. Steam for 20 minutes, if it is an old duck, steam for more than an hour. Sticky Rice Flour in first step is the main powder, Glutinous Rice Flour adds soft and sticky texture, Steamed Meat Powder adds five-spice flavor, Chili Powder and Pepper Powder add compound fragrance.

Important steps for reference:









If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Xinjiang Big Plate Chicken (Xin Jiang Da Pan Ji)**

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Sichuan Peppercorn, Fragrant Leaf, Tsaoko (Xiang Guo), Dried Chili Threads, Garlic, Big Scallion
- Oil, Salt, Light Soy Sauce, Oyster Sauce, Cooking Wine (Can use Beer), White Sugar
- Chicken Meat (Chicken Leg Meat best), Potato, Green Bell Pepper and Sweet Pepper (Can omit, add for nice color matching)

**CALCULATIONS**

2 Persons Eating

- Chicken Meat of two fire gun legs (This is about 1kg)
- Potato 2 medium size: 750g
- Big Scallion 100g
- Green Bell Pepper Sweet Pepper one each, 50g each
- White Sugar 20g
- Dried Chili Threads 5
- Garlic 4 cloves
- Oil 50g

**OPERATION**

- Chop meat first, block shape, soak with clear water + salt for 5 minutes, remove blood water, remove smell, then drain dry water
- Wash clean Scallion Garlic Chili Potato etc., peel Potato
- Cut Scallion White into long segments, 4cm length per segment, cut Green Bell Pepper and Chili Threads into blocks
- Cut Potato into rolling knife potato (Gun Dao), i.e. cut one knife roll once, a piece of potato about 4cm\*4cm size is enough
- Fry Sugar Color: First add oil to pot, then put in White Sugar, stir back and forth with spatula, melt sugar, then fry out burnt yellow color, at this time pour drained chicken meat into pot stir-fry, perform coloring
- Put in Sichuan Peppercorn, Fragrant Leaf, Tsaoko, Dried Chili Threads etc. to stir-fry
- Put in 5g Salt, Light Soy Sauce 7ml, Oyster Sauce 10g, Cooking Wine 100g, pour in 1 liter clear water, Cooking Wine can be replaced by Beer
- Adjust to medium heat, boil water, adjust medium-low heat slow stew to absorb flavor
- When water reduced to chicken meat almost exposed, put Potato on pot surface: Pay attention not to flip Potato, just cover on surface, otherwise flipping to bottom easy to stick pot, continue cover pot lid stew, stew for a while then put in Big Scallion, Green Bell Pepper and Sweet Pepper, continue stew.
- Can flip when juice reduced to almost done, absorb Potato and soup juice, finally turn off heat serve out.

**Note: This recipe can eat noodles, buy thick noodle agents, press flat thick noodle agents, then pull into wide noodles with hands, must be wide noodles, after cooking can put into Big Plate Chicken, taste excellent when stirred with soup juice!**



**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### 3.1.3 Aquatic Dish

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#### **Boiled Shrimp**

Boiled Shrimp is very suitable for programmers in coastal areas to do, similar to steamed fish: simple fault tolerant, nutritious, satisfying, even very good looking.

Estimated Cooking Difficulty: ★★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Live Shrimp
- Onion
- Ginger
- Garlic
- Scallion
- Cooking Oil
- Soy Sauce
- Cooking Wine
- Sesame
- Oyster Sauce
- Aromatic Vinegar

#### **CALCULATIONS**

Determine how many servings you plan to make before each production. One serving exactly enough for 1 person to eat.

Total Amount:

- Shrimp 250g \* Servings (Suggest 1-2 person portion)
- Scallion one root
- Ginger one piece
- Onion one head
- Garlic 5-8 cloves
- Cooking Oil 10-15ml
- Cooking Wine 20 ml
- Soy Sauce 10-15ml
- Sesame one handful
- Aromatic Vinegar 10 ml
- Oyster Sauce 10 ml

#### **OPERATION**

- Cut Onion into small blocks, Ginger slice, spread flat in flat pan.
- Rinse Live Shrimp (Removing shrimp line, using scissors to cut off shrimp legs shrimp whiskers are all optional operations), drain water, spread on top of Onion, Ginger slices in flat pan.
- Pour Cooking Wine into pot, cover pot lid, medium heat 1 minute, low heat 5 minutes, turn off heat 5 minutes.
- Parallel operation with previous step, make dipping sauce:
- Cut Scallion into scallion chopped, chop Garlic, pour in Soy Sauce, Sesame, Aromatic Vinegar, stir it.
- Heat oil, drizzle into dipping sauce.
- Shrimp out of pot, load with clean plate.

**ADDITIONAL CONTENT**

- Technical Details:
- Start cannot high heat, prevent burning bottom.
- If pot lid has vent, time needs to adjust accordingly (Consider adding 30 seconds medium heat).
- Dipping sauce actually also optional, can also be pure vinegar, fresh shrimp gifted by nature has very great texture taste under condition of no water taking away diluting fresh sweetness.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Braised Carp**

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Large Scallion, Ginger, Garlic, Dried Chili
- Oil, Salt, Light Soy Sauce, Dark Soy Sauce, Mature Vinegar, Oyster Sauce, Cooking Wine, White Sugar
- Carp, Pork Belly

**CALCULATIONS**

Version for 2 people eating.

- Carp (About 1 kg)
- Pork Belly 100g
- Large Scallion 200g
- Ginger 80g
- Garlic Cloves 3-4
- Dried Chili two
- White Sugar 50g

**OPERATION**

Note: Fish mentioned below is simply processed by seller when buying, scaled and gutted.

- Clean Scallion, Ginger, Garlic, Dried Chili respectively.
- Cut Scallion White into segments, each segment length about 4cm, then split each segment into four petals.
- Slice Ginger, each slice thickness about 3mm.
- Smash one Garlic chop into mince, cut rest of Garlic into two halves.
- Cut Dried Chili into four segments.
- Slice Pork Belly, about 4cm\*4cm.
- Wash Fish.
- Make a few diagonal cuts on thick meat of fish back, convenient to absorb flavor.
- Pour more oil in pot, heat to 70% hot (Just starting to smoke), put in fish fry 1 minute until fish skin slightly hard take out set aside (Note do not poke fish as soon as putting in pot, wait fry a while then poke, flip), pour out oil for frying fish, leave a little base oil in pot.
- Heat base oil in pot, put in Pork Belly, stir-fry fragrance.
- Put in Dried Chili, Scallion, Ginger, Garlic Cloves, stir-fry 1 minute.
- Pour fried fish into pot.
- Pour along pot edge
- 50ml Cooking Wine
- 50ml Mature Vinegar
- 50ml Maggi Seasoning (Wei Ji Xian)
- 20ml Dark Soy Sauce for color
- 5ml Oyster Sauce for freshness
- 5g Spoon Salt
- 50g White Sugar
- Clear water submerge fish surface.
- Adjust to medium heat, boil water.
- Adjust to low heat, slow simmer to absorb flavor.
- After 15 minutes, open pot lid, pick out Scallion, Ginger, Garlic, Dried Chili in pot.
- Adjust to high heat to collect juice, when 1/4 juice remaining, sprinkle some garlic mince, turn off heat serve out.
- Braised Carp out of pot!

**ADDITIONAL CONTENT**

Based on following reasons, need to add Pork Belly in Braised Carp:

- Pork Belly produces lard when stir-fried, compared to vegetable oil, animal fat is more fragrant.
- Fried golden Pork Belly also tastes very fragrant after stewing, equivalent to side dish.
- Fish itself has less fat content, so lacks fragrance, focuses on texture of meat. So generally doing fish dishes suggest using lard, want a pot of milky white fragrant rich fish soup. Lard is best choice~

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Braised Fish Head

- **WARNING** If you have never used a kitchen knife to chop meat, this menu is not recommended!!!
- During operation, sharp kitchen knife may cut fingers, please be careful.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Note: If possible, try to prepare another kitchen knife, cheap and thicker blade kitchen knives are available in supermarkets or markets, blade thickness 5-7mm is best.
- Large Scallion, Ginger, Garlic, Coriander, Beauty Pepper (美人椒)
- Oil, Salt, Chicken Essence, Light Soy Sauce, Dark Soy Sauce, Mature Vinegar, Black Pepper Powder, Cooking Wine
- Star Anise, Dried Chili
- One Fish Head
- Note: Fish heads sold directly in market generally divided into two types: Silver Carp, Bighead Carp. Former price cheaper, latter price slightly more expensive, but taste also better!

### CALCULATIONS

Note, this dish only has version enough for 2 people to eat.

- One Fish Head
- Large Scallion 200g
- Ginger 80g
- Garlic Cloves 3-4
- Beauty Pepper 1/4
- Coriander 4 stalks
- Star Anise two, Dried Chili five

### OPERATION

#### Ingredients Preparation

- Clean Scallion, Ginger, Garlic, Coriander, Beauty Pepper respectively.
- Slightly rinse Dried Chili and Star Anise.
- Cut Large Scallion in half. Cut rear part Large Scallion (Scallion White) into segments, each segment length about 4cm. First cut front part (Scallion Leaf) into segments, then split each segment into four petals.
- Slice Ginger, each slice thickness about 3mm.
- Smash Garlic.
- Take two Coriander remove root, cut into 1.5cm Coriander pieces.
- Cut Beauty Pepper into chili circles with thickness of 3mm.
- Cut Dried Chili into four segments.

#### Marinate Fish Head

- Note: Fish body mentioned below is fish meat attached when buying fish head.
- Remove scales of Fish Head, clean internal organs not cleaned thoroughly at fish head.
- Chop off fish fins, clean fish gills.
- Chop open place where fish head chin connects with fish body, chop fish body into blocks, chop fish head into four/six petals.
- Note: Fish processing hard to fully express in words, can search related videos on fish head processing.
- Wash chopped fish head, best to wash away blood water remaining on fish blocks.

- Put washed fish blocks into basin, add 5g Salt, 10g Light Soy Sauce, 10g Cooking Wine. Put in Scallion (The chopped one from front part), 1/3 Ginger Slices. Mix evenly, let stand 1-2 hours.

#### Final Steps

- Add 30ml Oil, wait for pot to heat...
- Oil hot, turn pot to low heat.
- If don't understand why do this, please view Stir-fry Accessories in [Learning Stir-fry and Pan-fry](#).
- Put in Ginger Slices, slowly stir-fry, standard is when most juice in Ginger Slices fried out and golden yellow.
- Put in Scallion Segments, stir-fry until Scallion Segments slightly whitish.
- Put in Garlic, Star Anise, Dried Chili, stir-fry 5 seconds.
- Pour marinated Fish Head into pot, stir-fry 2-3 minutes.
- Pour in 500ml clear water, add 2g Salt, 3g Chicken Essence, 5g Light Soy Sauce, 3g Dark Soy Sauce, 5g Cooking Wine, 2g Black Pepper Powder, 3g Mature Vinegar.
- Put two Coriander stalks into pot, cover pot lid.
- Adjust to high heat, boil water.
- Adjust to medium heat, slow simmer to absorb flavor.
- When soup juice reduces by half, open pot lid.
- Adjust to high heat to collect juice, when 1/3 soup juice remaining, turn off heat and serve into small basin.
- Note: Pour soup juice in pot evenly on fish head, when plating can put Coriander cooked in pot at bottom of small basin, this makes finished dish look good and tasty.
- Put Coriander on served fish head, put cut Beauty Pepper circles on top of Coriander.
- Braised Fish Head with complete color, fragrance and taste is out of oven!

#### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Braised Fish

- **WARNING** If you have never used a kitchen knife to chop meat, this menu is not recommended!!!
- During operation, sharp kitchen knife may cut fingers, please be careful.
- This method represents general braised fish method, ingredients divided into essential and optional~

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Ginger, Garlic Cloves, Dried Chili
- Oil, Salt, Cooking Wine, Vinegar, Soy Sauce, White Sugar
- Fish

### Optional Ingredients

Note these ingredients are calculated by experience, adding more except coriander is not a good thing.

- Oyster Sauce
- Scallion
- Coriander
- Millet Chili
- MSG (Chicken Essence)

### CALCULATIONS

- Fish: Suggest beginners start with a medium sized Crucian Carp, cut flower knife in advance, convenient to cook (otherwise fish back easily raw inside)
- Ginger Shreds: Cut 2-3 slices of normal old ginger, then slice into shreds
- Garlic Cloves: 3-4 cloves, smashed or chopped or sliced
- Dried Chili: (According to personal taste) 2-3, chopped
- Coriander: According to personal taste
- Salt: 10g, if chili is very spicy, suggest a bit more
- Vinegar: 5ml
- Soy Sauce: 5ml
- White Sugar: 10g
- Scallion: 1-2 stalks, normally sprinkle chopped scallion
- Millet Chili: 1-2, can distinct, experienced advice, at most 2, otherwise too spicy hurts anus.
- MSG: Depending on personal taste, do not put too much, 5g is enough.
- Oyster Sauce: 5g is enough, same logic as MSG.

### OPERATION

#### Ingredients Preparation

- Prepare Ginger Garlic, chop.
- Chop Dried Chili, together with Ginger Garlic.

#### Final Steps

- Add 30-50ml Oil, wait for pot to heat...
- Put in **dried fish** (If don't want to be splashed by hot oil), then shake pot, use hot oil to pan-fry fish, note this process must be low heat.
- Flip fish, repeat above pan-frying process.

- Put in Ginger Garlic Chili, stir-fry fragrance.
- Pour in Cooking Wine, slightly more, pay attention to safety this process, will produce large amount of oil smoke.
- Pour in Vinegar (Can put more if like vinegar).
- Then put in White Sugar, Soy Sauce (Dark Soy Sauce).
- Add cold water, just enough to submerge fish body, then adjust to medium heat, cover pot lid, after about 1 minute flip fish, continue to cover pot lid.
- After 3-4 minutes, add Salt, Millet Chili, Oyster Sauce (MSG, Chicken Essence etc.), then continue cover pot lid, subsequently continue to flip.
- When soup juice in pot collects to slightly below dorsal fin on fish back (or when soup juice not much), turn to low heat, add Coriander, Scallion Chopped, then cover pot lid 20 seconds, turn off heat.
- Out of pot.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Braised Prawns**

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Black Tiger Shrimp or Prawn
- Scallion, Ginger
- Cooking Wine, Salt, Rock Sugar, Vegetable Oil

**CALCULATIONS**

Version for 1 person eating.

- Shrimp 10
- Sichuan Peppercorn 5g
- Scallion 50g
- Ginger 20g
- Yellow Wine 30g
- Salt 3g
- Rock Sugar 10g
- Vegetable Oil

**OPERATION**

- Cut shrimp gun to root, cut off shrimp whisker shrimp claw, pick out sand bag, open back pick out shrimp line, wash clean set aside.
- Fry Material Oil
- Oil temperature 30% hot put Sichuan Peppercorn, oil hot remove from fire, put Scallion Ginger (Best not let oil change color) Scallion slightly yellow drain oil (Scallion Oil if made too much can keep for mixing noodles).
- Put oil, arrange shrimp neatly, after two sides change color gently press shrimp head.
- Put Ginger Rice (Ginger cut into fine particles)
- Yellow Wine 30g
- Two small bowls of water
- Salt 3g
- Rock Sugar 10 g
- High heat boil turn low heat cover lid simmer (Cannot add soup water in middle, do not open lid).
- Skin bright shrimp curved then can start pot, arrange shrimp.
- Collect juice (Filter then pour back into pot to collect thick, put Scallion Oil) When 1/4 soup juice remaining.
- Pour juice.
- Finish.



- Start eating

#### ADDITIONAL CONTENT

- Method Reference: Bilibili Lao Fan Gu Video [Is Braised Prawns eaten since childhood actually fake? Master level master restores true taste](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Braised Sea Cucumber with Scallion

Finished Product

Method of this dish is not difficult, just soaking sea cucumber takes time. During epidemic isolation at home, dried sea cucumber is New Year goods stored before New Year, just take out to try.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Soaked Sea Cucumber Sea Cucumber
- Large Scallion White

### CALCULATIONS

Per serving:

- Soaked Sea Cucumber (Arctic Sea Cucumber) 4
- Large Scallion White: White part of 1 large scallion is enough
- Cooking Oil 20-25ml
- Oyster Sauce 20g
- Light Soy Sauce 5g
- White Sugar 2g
- Starch 2g

### OPERATION

- Cut Scallion White into 1cm segments, set aside.
- Cut Sea Cucumber into 1cm segments, set aside.
- Prepare an empty bowl, pour in 20g Oyster Sauce, 10g Light Soy Sauce, 2g White Sugar, stir evenly. Sauce
- Another empty bowl pour in Starch, Water, prepare Water Starch, for thickening.
- Heat pot, put 20ml - 25ml Cooking Oil in pot. Wait 10 seconds let oil temperature rise.
- Put in Scallion White, adjust to Low Heat, pay attention not to let Scallion White char. Fry about 3-5 minutes is enough. Scallion White
- Use chopsticks pick out Scallion White, put in plate set aside.
- Pour in mixed sauce, stir-fry fragrant, **Wait 1 - 2 Minutes.**
- Put in cut Sea Cucumber, stir-fry 1 minute.
- Add 100 ml Water, Medium Low Heat, **Wait 5 Minutes.**
- Wait when soup juice in pot almost dry, add Water Starch, add Scallion White taken out before.
- After appearance presents viscous state, turn off heat, plate it. Finished Product

### ADDITIONAL CONTENT

- During operation, need to pay attention to observe water amount in pot, if almost hit bottom then directly add Water Starch is okay.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Bream Stewed with Tofu**

Bream Stewed with Tofu

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Bream (Can ask stall owner help process well)
- Old Tofu
- Ginger
- Scallion
- Garlic
- Dark Soy Sauce
- Cinnamon (Optional)
- Rock Sugar
- Dried Chili (Can not put if don't eat spicy)
- Cooking Wine
- Light Soy Sauce
- Salt
- Star Anise (Optional)
- Bay Leaf (Optional)
- Hot Water

**CALCULATIONS**

Note: This amount is roughly for 2-3 people.

Per serving:

- Bream: 550 g
- Old Tofu: 400 g
- Ginger: 5 slices
- Scallion: Half root (50 g)
- Garlic: 4 cloves
- Dark Soy Sauce: 2ml (Who don't like heavy taste can not put)
- Cinnamon: 1 piece
- Rock Sugar: 5 pieces
- Dried Chili: 4-6 (Choose according to personal taste)
- Cooking Wine: 5ml
- Light Soy Sauce: 4ml
- Salt: 5-8 g (Choose according to personal taste)
- Star Anise: 1
- Bay Leaf: 1-3
- Cooking Oil: 10ml
- Hot Water: 400 g

**OPERATION**

- Cut knife Bream, put Ginger Slices and Cooking Wine marinate 5-10 minutes.

- Cut Old Tofu into blocks then put in water set aside.
- Add oil in pot, can put some salt in pot, prevent sticking pot when frying fish, wipe dry water of marinated fish use kitchen paper, put fish into pot, fry both sides.
- When both sides fried well, push fish to pot edge a bit, leave some space put Scallion Ginger Garlic, Dried Chili, Bay Leaf, Star Anise stir-fry flavor.
- After frying out condiment fragrance, join Cooking Wine, Light Soy Sauce, Dark Soy Sauce, Rock Sugar, Cinnamon, pour in Hot Water, water amount level with fish or a bit less.
- After high heat boil, put in Old Tofu, Tofu stick to pot edge, join Edible Salt, turn low heat.
- Low heat burn 10-15 minutes, then high heat collect some juice, can out of pot.

**ADDITIONAL CONTENT**

- Two sides of fish, each fry 2-4 minutes is enough.
- When frying fish whole process medium low heat.
- Finally when out of pot, join some chopped Garlic, taste will be better.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Butter Pan-fried Shrimp

Example Dish Finished

Butter Pan-fried Shrimp is a dish relatively simple to make, flavor excellent, main time consumption lies in processing live shrimp, total time consumption within one hour, suitable for beginners to cook.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Fresh Shrimp (Strongly recommend solid meat Kuruma Prawn, ordinary Prawn also okay)
- Butter (Recommend Anchor, small box 7g for one time)
- Black Pepper Granules (Bottle grind kind)
- Light Soy Sauce
- Salt
- White Sugar
- Rice Wine

### CALCULATIONS

Per serving:

- Fresh Shrimp 300g
- Butter 7g
- Black Pepper Granules About 15ml
- Cooking Oil 45ml
- Light Soy Sauce 10ml
- Rice Wine 5ml
- White Sugar 10ml
- Salt 2.5ml

### OPERATION

- Remove head of Fresh Shrimp, incidentally pull out shrimp line (If this step not handled well can take out shrimp line when opening back in next step), use scissors cut open or kitchen knife slice open shrimp back, drain water set aside.
- Concoct sauce: Put all Light Soy Sauce, Rice Wine, White Sugar, Salt of above amount into small bowl stir even set aside.
- Medium high heat heat pot, put Cooking Oil in hot pot, wait 10 seconds let oil temperature rise.
- Put all shrimp into pot, start bottle grind Black Pepper, evenly sprinkle on shrimp stir-fry.
- After shrimp color change add Butter, after Butter completely melt pour in concocted sauce, continue stir-fry.
- High heat stir-fry 15 seconds collect juice then can plate.

### ADDITIONAL CONTENT

- Shrimp open back only better absorb flavor, but remember remember be careful use knife when processing, beginner easy to hurt hand.
- [Feng Xiaochu's Recipe](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Carp Stewed with Cabbage

Carp Stewed with Cabbage

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Cooking Oil
- Ginger
- Garlic
- Carp
- Cabbage Heart / Baby Cabbage
- Salt
- Dark Soy Sauce
- Light Soy Sauce
- Cinnamon
- Star Anise
- Pixian Doubanjiang
- Dried Chili (Can not put if don't eat spicy)

### CALCULATIONS

Note: Seasoning convert according to size of fish.

Per serving:

- Cooking Oil: 10ml
- Ginger: 3 slices
- Garlic: 3 cloves (Cut into blocks)
- Carp: 0.6 kg (Cleaned)
- Baby Cabbage: 13 leaves (Can put more, shrink after one meal)
- Salt: 5-8 g
- Dark Soy Sauce: 3ml
- Light Soy Sauce: 6ml
- Cinnamon: 1 piece
- Star Anise: 3
- Pixian Doubanjiang: 20 g
- Dried Chili: 4-6 (Choose according to personal taste)

### OPERATION

- Clean Carp, cut knife (Scratch a few wounds on fish body, convenient to absorb flavor).
- Clean Baby Cabbage put in plate set aside.
- Add oil in pot, wait oil hot put "Less Salt" "Ginger" "Garlic" "Pixian Doubanjiang" "Cinnamon" "Star Anise" stir-fry fragrance.
- Put fish in pot fry (3 minutes) Every (30 seconds) need flip.
- Add "Water" (Water amount try level with fish, can be a little bit less) Put "Light Soy Sauce" "Dark Soy Sauce" "Baby Cabbage".
- High heat stew 15-20 minutes, when soup juice almost dry add "Salt" then can out of pot.

### ADDITIONAL CONTENT

- Can also put some Vermicelli, Vermicelli first cold water/hot water, need soak soft, can put together with Baby Cabbage.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Curry Stir-fried Crab

First time I ate Curry Stir-fried Crab was at Somboon Seafood Chinese Restaurant in Thailand. The meaty crab covered with curry that tastes like crab roe, the taste is really amazing, programmers who like seafood definitely cannot miss it. Operation is simple, very friendly to coastal programmers.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Mud Crab (Alias: Meat Crab)
- Curry Block (Recommend Lehui Crab Roe Curry)
- Onion
- Coconut Milk
- Egg
- Cornstarch (Alias: Starch)
- Garlic

### CALCULATIONS

Determine how many servings you plan to make before each production. One serving exactly enough for 1 person to eat.

Total Amount:

- Meat Crab 1 (About 300g) \* Servings
- Curry Block 15g (One small piece) \* Servings
- Coconut Milk 100ml \* Servings
- Egg 1 \* Servings
- Onion 200g \* Servings
- Garlic 5 cloves \* Servings

### OPERATION

- After lifting crab cover, chop crab in half. Use knife back to gently pat crack crab pincers. Dip cut surface and crab pincers in a little cornstarch, not too much. Sprinkle 5g cornstarch into crab cover, cover crab roe, set aside.
- Cut Onion into onion mince, set aside.
- Chop Garlic into mince, set aside.
- Boil a pot of water, set aside.
- Heat pot boil oil, pour in about 20ml Cooking Oil, wait 10 seconds let oil temperature rise.
- Put crab cut surface downwards, gently put into pot, pan-fry 20 seconds, this step mainly to seal crab roe, crab meat. Then flip, pan-fry each side 10 seconds. Take out crab set aside after frying.
- Put crab cover into pot, use spoon to scoop hot oil in pot splash into crab cover, fry seal crab roe in crab cover, take out set aside after frying 20 seconds.
- No need to wash pot, pour in another 10ml Cooking Oil, high heat let oil temperature rise to slightly smoking, pour in Garlic mince, Onion mince, stir-fry 10 seconds.
- Put Curry Block into pot stir-fry melt (10 seconds), put in fried crab, stir-fry evenly.
- Pour in boiling water 300ml, simmer boil 3 minutes.
- After simmer boil, pour in Coconut Milk and Egg White, turn off heat. After turning off heat constantly stir-fry, until sauce becomes thick.
- Out of pot.

### ADDITIONAL CONTENT

- Method Reference: [How to make Curry Crab with hanging sauce taught by Macau kitchen guy for more than ten years](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### **Eel Shreds in Sizzling Oil (Xiang You Shan Si)**

Eel Shreds in Sizzling Oil is a classic Jiangzhehu flavor dish. Eel shreds are fresh, tender and smooth, seasoned with garlic fragrance, ginger mince and sauce juice. After pouring hot lard, the fragrance strikes the nose, taste is rich and slightly sweet, super appetizing~

Estimated Cooking Difficulty: ★★★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Eel Shreds
- Garlic
- Ginger Mince
- Cooking Wine
- Light Soy Sauce
- Oyster Sauce
- Dark Soy Sauce
- Edible Salt
- White Sugar
- Pepper Powder
- Starch
- Garlic Mince
- Scallion Chopped
- Lard

#### **CALCULATIONS**

Determine how many servings you plan to make before each production. One serving enough for 2 people to eat.

Per serving:

- Eel Shreds 400 g
- Garlic 40 g
- Ginger Mince 20 g
- Cooking Wine 13 g
- Light Soy Sauce 3 g
- Oyster Sauce 2 g
- Dark Soy Sauce 2 g
- Edible Salt 2 g
- White Sugar 6-15 g
- Pepper Powder 3.5-8 g
- Starch 10 g
- Water 50 g
- Garlic Mince 40 g
- Scallion Chopped 15 g
- Lard 20 g

#### **OPERATION**

- Cut Eel into three sections then cut into thin shreds.
- Add 0.5 g Pepper Powder, 3 g Cooking Wine stir evenly, then add 5 g Sesame Oil marinate.

- Heat oil slide pot.
- Add Vegetable Oil, heat to 60% hot.
- Add half Garlic Mince and all Ginger Mince, stir-fry a few times.
- Add Eel Shreds, medium heat stir-fry 30 seconds.
- Drizzle 10 g Cooking Wine from edge, stir-fry a few times.
- Add Light Soy Sauce, stir evenly.
- Add Oyster Sauce, Dark Soy Sauce, stir-fry a few times.
- Add Edible Salt, White Sugar, 3 g Pepper Powder, stir evenly.
- Mix Starch and Water into Water Starch, pour into pot, collect juice until thick.
- Plate, sprinkle Garlic Mince, Scallion Chopped.
- Heat another pot, add Lard, heat to 70% hot, pour on Eel Shreds.

**ADDITIONAL CONTENT**

- Cannot wash Eel blood too clean, otherwise Eel easily turns black and smelly.
- Can ask vendor to help slaughter Eel.
- Can add more Pepper Powder and White Sugar, beneficial to remove fishy smell and increase fragrance.
- Reference: "[Xiang You Shan Si](#)" Home Cooking Method, taste very good, collected first - YouTube

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Garlic Butter Shrimp**

Garlic Butter Shrimp is a classic Western seafood cuisine, using fresh shrimp as main ingredient, cooked with garlic mince and butter. Texture fresh tender, garlic fragrance rich. Simple to make, suitable for daily family cooking.



Estimated Cooking Difficulty: ★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Prawns (Recommend Black Tiger Shrimp or Fenneropenaeus penicillatus)
- Unsalted Butter (Recommend Anchor)
- Garlic
- White Wine (Optional)
- Lemon
- Flat-bottom frying pan
- Kitchen Tongs

**CALCULATIONS**

Determine how many servings you plan to make before each production. One serving exactly enough for 1-2 people to eat.

Per serving:

- Prawns 8-10 (About 200g)
- Unsalted Butter 30g
- Garlic 4 cloves (About 20g)
- White Wine 15ml (Optional)
- Lemon 1/4
- Olive Oil 10ml

**OPERATION**

- Remove head and shell of prawns keep tail, use toothpick pick out shrimp line, wash clean then use kitchen paper absorb dry water.
- Chop Garlic into garlic mince, set aside.
- Medium heat heat flat-bottom pan, put in 10ml Olive Oil.
- After oil hot put in prawns, pan-fry each side 1-1.5 minutes until color change, take out set aside.
- In same pot join Butter, after melting put in Garlic Mince, low heat stir-fry fragrant (About 30 seconds).
- If use White Wine, join now and boil until alcohol volatilize (About 1 minute).
- Put shrimp back into pot, stir-fry evenly with Garlic Butter Sauce (About 1 minute).
- Squeeze into Lemon Juice, stir-fry evenly then immediately turn off heat.
- Plate, drizzle remaining sauce in pot.

**ADDITIONAL CONTENT**

- Shrimp not suitable for over-cooking, otherwise will become hard.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Garlic Shrimp

Garlic Shrimp is a local traditional famous dish in Guangdong Province, complete with color, fragrance and taste.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Sea Shrimp
- Garlic Sauce
- Cooking Oil
- Light Soy Sauce

### CALCULATIONS

Per serving:

- Sea Shrimp 8
- Garlic Sauce 50 g
- Cooking Oil 20 ml
- Light Soy Sauce 5 ml

### OPERATION

- Use knife to cut open from middle of shrimp head, cut to 1 cm away from shrimp tail.
- Spread Garlic Sauce in middle of shrimp body, put in plate.
- Pour hot water into pot, put plate into pot, high heat steam 3 minutes.
- Heat oil, pour into shrimp plate, pour in Light Soy Sauce.





**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Meat Crab Pot

Meat Crab Pot is a pot dish with rich sauce fragrance, using fresh live Meat Crab as protagonist, paired with stewed soft sticky Potato and chewy Rice Cake. Secret sauce slow fire stewing, let crab meat fully absorb sauce essence, taste fresh sweet slightly spicy, soup mixing rice is absolutely amazing~ Rich in high quality protein and trace elements, suitable for friend gathering sharing!

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Meat Crab (Recommended priority from high to low: Burmese Black Crab, Mud Crab, Swimming Crab, Hairy Crab)
- Shrimp (Optional)
- Potato
- Rice Cake (Recommend hard rice cake, fresh rice cake also okay)
- Onion
- Garlic
- Ginger
- Dried Chili
- Green Pepper
- Red Pepper
- Oyster Sauce
- Hoisin Sauce (Optional)
- Soybean Paste (Optional)
- Sweet Bean Sauce (Or BBQ Sauce, Optional)
- Ketchup (If none squeeze half tomato crush)
- Starch (Corn starch or Potato starch)
- Rock Sugar
- Chicken Essence
- White Pepper Powder
- Cooking Wine (Can use Yellow Wine substitute)
- Light Soy Sauce
- Dark Soy Sauce
- Beer
- Clear Water

### CALCULATIONS

Determine how many servings you plan to make before each production. One serving enough for 3-4 people to eat.

Per serving:

- Meat Crab 500 g
- Shrimp 200 g
- Potato 450 g
- Rice Cake 200 g
- Onion 100 g
- Garlic 20 g (If added shrimp, append 10 g)
- Ginger 15 g
- Dried Chili 5 g
- Green Pepper 30 g
- Red Pepper 30 g
- Oyster Sauce 20 g
- Cooking Oil 30-50 ml (If added shrimp, append 10 ml; Deep frying needs separate 500 mL)
- Hoisin Sauce 15 g (Substitute: Oyster Sauce 12 g + White Sugar 3 g)
- Soybean Paste 15 g (Substitute: Light Soy Sauce 12 ml + Dark Soy Sauce 2 ml + White Sugar 1 g)
- Sweet Bean Sauce 10 g (Substitute: White Sugar 5.5 g + Light Soy Sauce 4 ml + Dark Soy Sauce 0.5 ml)
- Ketchup 10 g
- Starch 40 g
- Rock Sugar 10 g
- Chicken Essence 3 g
- White Pepper Powder 2 g (If added shrimp, append 1 g)
- Cooking Wine 15 ml
- Light Soy Sauce 20 ml
- Dark Soy Sauce 5 ml
- Beer 200 ml (If added shrimp, append 50-100 ml)
- Clear Water 800 ml (If added shrimp, append 200 ml)

#### **OPERATION**

- Cut Potato into cubes with each side 3 cm, Green/Red Pepper cut into diamond slices with side length 4 cm, Onion cut into 3 cm wide crescent petals, Rice Cake cut into 1 cm thick slices.
- Cut Crab into 50-80 g blocks, coat thin starch, 180 °C oil temperature fry 1 minute fish out.
- Put oil in pot, Garlic Ginger Dried Chili explode fragrance, put all sauces + Rock Sugar low heat fry out red oil, note don't burn bottom.
- Add Crab, Potato, Beer and Clear Water, boil turn low heat stew 12 minutes.
- Put Rice Cake and Green Red Pepper, turn high heat collect juice until soup juice can attach to item surface, finally sprinkle White Pepper Powder.

#### **ADDITIONAL CONTENT**

- Suggest freeze 20 minutes to let crab coma (Don't freeze hard!), or use chopstick insert from mouth part destroy nerve.
- If using frozen crab, complete thawing causing crab legs easily fall off, and easy to cause meat loss. Suggest semi-thaw then coat powder deep fry, and extend deep fry time to 2 minutes.
- If stove power small, ingredients entering oil pot easy to rapidly drop temperature, suggest oil temperature preheat to 200 °C, and deep fry in multiple batches.
- Must remove crab stomach (Triangular bag), crab gills, crab heart (Hexagonal white piece).
- Starch coated crab before entering pot must wipe dry, hot oil meeting water easy to splash.

- Dead crab absolutely cannot use (Except bought frozen ones, but thawed not used in time also no).
- Do not eat with persimmon, strong tea.
- Gout patients eat with caution.
- Rice Cake after slicing soak cold water, rinse before entering pot not easy to stick pot, after entering pot put on surface, sinking to pot bottom easy to burn pot.
- If pinched by crab or scalded, first flush with cold water 15 minutes, if serious see doctor in time, if wound relatively deep must see doctor.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Microwave Scallion Ginger Black Cod

This dish is adapted from the recipe of Margaret Lu, mother of Johnny Zhu, head chef of Veil restaurant in Seattle. Ms. Lu's original recipe uses Tilapia to make this dish. Johnny changed it to Black Cod, but can also use Halibut steak, or Sea Bass, Trout etc. Density of each fish is different, cooking time needs fine tuning.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

Ingredients:

- Black Cod, with skin

Seasonings:

- Green Scallion
- Ginger
- Cooking Wine
- Soy Sauce
- Sesame Oil
- Peanut Oil

Tools:

- Sealed Bag

### CALCULATIONS

Per 2 servings:

- Black Cod, with skin, 2 slices, 450g (Protagonist of this recipe, all seasonings can be adjusted proportionally according to actual weight of Cod)
- Green Scallion, Scallion White, 25g.
- Green Scallion, Scallion Green, 10g.
- Ginger, 13g.
- Cooking Wine, 5mL.
- Soy Sauce, 25mL.
- Sesame Oil, 2mL.
- Peanut Oil, 50mL.

### OPERATION

- Put fish slices separately into sealed bags, fish skin downwards on plate.
- Take Scallion White cut shreds 25g, Ginger peel then cut shreds 10g, mix together then divide into two halves, place on fish slices inside bag respectively.
- Pour 2.5mL Cooking Wine into each bag.
- Seal bag well, put into microwave, medium heat (800 Watt) microwave until opaque and easy to scatter (About 3.5-5 minutes), take fish slices out from bag.
- Remove Green Scallion and Ginger.
- Take Soy Sauce 25mL, Sesame Oil 2mL, mix evenly then drizzle equally on two fish slices.
- Take Scallion Green cut fine shreds 10g, Ginger peel then cut shreds 3g, mix then divide into two portions sprinkle on fish slices.
- Take Peanut Oil 50mL, heat in small pot to 190°C.
- Pour hot oil onto fish slices with Scallion Green, serve immediately.

**ADDITIONAL CONTENT****Use Sea Bass, Tilapia, Halibut or Sole Fish**

<b>Fish Type</b>	<b>Sliced or Not</b>	<b>Weight</b>	<b>Microwave Time</b>
Sea Bass	Whole	450g	6.5 Minutes
Tilapia	Whole	800g	6 Minutes
Halibut	Sliced	170g	2.25 Minutes
Sole Fish	Sliced	170g	1.5 Minutes

**Other Variations**

- If want aroma to be richer, can spread Scallion Ginger and Cooking Wine evenly on both sides of fish slices before microwave, then conduct microwave heating.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Mixed Roasted Fish**

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Grass Carp (From farmers market or supermarket let shop kill, remove unwanted organs)
- Large Scallion
- Cooking Wine
- White Pepper Powder
- Edible Salt
- Garlic
- Cinnamon
- Star Anise
- Fragrant Leaf
- Green Sichuan Peppercorn
- Dried Chili Segments
- Lantern Pepper
- Hot Pot Base (Arbitrary)
- Dried Tofu Skin (Qianzhang)
- Mung Bean Sprouts
- Onion
- Bean Paste
- Celery Segments
- Cooked Peanuts
- White Sesame
- Coriander (Put better taste, can put or not put according to personal taste)

**CALCULATIONS**

Per serving:

- Grass Carp about 1.5 kg
- Large Scallion half root
- Cooking Oil 20ml
- Cooking Wine 10-15ml
- Edible Salt 5-10g
- White Pepper Powder 5g-10g
- Cinnamon one small piece
- Star Anise two
- Garlic grains eight
- Fragrant Leaf two sheets
- Green Sichuan Peppercorn one small handful
- Dried Chili Segments 10
- Lantern Pepper 4
- Celery Segments two roots
- Onion half
- Dried Tofu Skin one sheet

**OPERATION**

- Grass Carp (Generally 1.5 kg) cut open from back, scratch a few cuts downwards along fish back on both sides, do not scratch to fish belly skin, otherwise not easy to shape.
- Can use hot water pour on fish body to wash away mucus or use brush under running tap constantly brush wash, until touching no slimy feeling.
- Put fish into container, add Cooking Wine, 10g White Pepper Powder, 5g Salt smear evenly marinate twenty minutes to absorb flavor.
- Cut half Large Scallion into pieces, Garlic grains cut from middle, put in a container with Star Anise Fragrant Leaf Cinnamon.
- Cut Dried Chili Segments into two from middle and put in a container with Lantern Pepper.
- Cut Celery into small segments.
- Blanch Bean Sprouts.
- Blanch Dried Tofu Skin cut into shreds.
- Cut Onion into shreds.
- Roast Fish
- If have oven at home can brush base oil on baking tray, fish skin downwards, until roast two sides golden yellow, then sprinkle Cumin Powder.
- If no oven, can heat pot heat oil, sprinkle 2g Salt on two sides of pot, put in Grass Carp start pan-fry, just put in do not rush to flip, wait one side shape then flip, pan-fry two sides golden yellow, sprinkle Cumin Powder, out of pot load in plate prepare.
- Sprinkle 20ml Cooking Oil in pot, wait oil hot, pour Large Scallion Garlic Star Anise Fragrant Leaf stir-fry fragrant.
- Add half pack of Hot Pot Base and 15-20g Bean Paste, fry out red oil.
- Add 5g White Sugar, 10g Salt, 5ml Light Soy Sauce season, pour in clear water level with ingredients boil.
- Sequentially put in Celery Segments, Bean Sprouts, Dried Tofu Skin shreds, no need to boil cooked, slightly scald then pave Onion shreds, put on Roasted Fish.
- Add Dried Chili, Lantern Pepper, Green Sichuan Peppercorn.
- Another pot boil oil, after oil hot pour on Chili just added to stimulate fragrance.

- Finally sprinkle Cooked Peanuts, Scallion Chopped, White Sesame, Coriander.
- Boil 5-6 minutes, deliciousness achieved.

Example Dish Finished

**ADDITIONAL CONTENT**

- Technical Summary: Above
- Usage amount of Salt, Pepper Powder, Cumin Powder, Cooking Oil, Light Soy Sauce, White Sugar etc. for this dish, decide according to personal taste and ingredient ratio, do not need to strictly follow above amount to do.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Pan Fried Argentine Red Shrimp

Example Dish Finished

Usually seen shrimps, only turn red after going through "soup" and "fire"! Argentine shrimp is very willful, once red stays red for whole life! Like its relative living in North Pole, Northern Prawn, born red.

Argentine Red Shrimp, reason why so red, is because it lives in deep sea, making its body contain rich trace elements like Iodine, Phosphorus and precious Astaxanthin etc., can enhance human body immunity, also has important regulation effect on heart activity, can reduce cholesterol content in blood.

Argentine Red Shrimp, not only big and fatty, shrimp meat white like congealed fat, delicate and creamy smooth, texture fresh and tender, taste sweet fragrant rich, is favorite of shrimp cuisine world, watching really makes people drool, come enjoy this joy of eating heartily!

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Argentine Red Shrimp (Selected frozen shrimp)
- Sea Salt (Grinder pack)
- Black Pepper (Grinder pack)
- White Wine
- Light Soy Sauce
- Coriander
- Lemon
- Onion
- Ginger
- Garlic

### CALCULATIONS

- Argentine Red Shrimp 2-3
- Sea Salt 5g
- Black Pepper (Grinder pack)
- White Wine 20ml
- Light Soy Sauce 1ml
- Coriander 3 pieces
- Lemon 1 piece
- Onion 10g
- Ginger 10g
- Garlic 10g

### OPERATION

- Thaw Argentine Red Shrimp, best to take out from freezer 1 day in advance put into fridge to naturally thaw, can better maintain flavor and texture. Can buy already back-opened de-veined ones, save a lot of time.
- Wash thawed red shrimp clean dry set aside, note here must drain water, can use kitchen paper to suck dry water if rushing time.
- Cut Ginger into slices, Onion into small square blocks, wash Coriander clean, separate leaf and stem, chop Coriander leaf, crush Garlic cut into small block mince.
- High heat heat pot, after heat pot pour two spoons Olive Oil, wait oil temperature rise, put in Ginger slices, Onion blocks and Coriander stems stir-fry.

- After about 1 minute take out Ginger, Onion and Coriander stems, discard.
- Adjust medium high heat, put in Red Shrimp start pan-frying, note all shrimps need single side complete contact with flat pan, pan-fry about 2 minutes, meanwhile brush a layer of oil on every shrimp.
- Wait bottom shrimp shell slightly scorched yellow flip, and sprinkle Garlic mince, slightly shake flat pan to heat evenly.
- Add 20ml White Wine after about 1 minute.
- Pan-fry another 1 minute adjust medium low heat, evenly sprinkle a layer of Salt and Black Pepper.
- Drip a drop of Light Soy Sauce on every shrimp.
- Sprinkle Coriander leaves, plate.
- Cut Lemon slices, place on plate edge.

**ADDITIONAL CONTENT**

- Lemon can improve shrimp texture, but acidic, can add according to preference, can also not use.
- Eat while hot.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Pan-fried Topmouth Culter

Pan-fried Topmouth Culter

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Topmouth Culter (Carnivorous fish, meat delicate, texture good)
- Ginger
- Scallion
- Garlic
- Green Pepper
- Coriander
- Dark Soy Sauce
- White Sugar
- Bean Paste (Doubanjiang)
- Cooking Wine
- Light Soy Sauce
- Salt

### CALCULATIONS

Note: This amount is roughly for 2-3 people.

Per serving:

- Topmouth Culter: 1 kg best
- Ginger Mince: 20g
- Scallion: Half root (50 g)
- Garlic: 4 cloves
- Coriander: Personal taste
- Dark Soy Sauce: 2ml (Who don't like heavy taste can not put)
- White Sugar: 10g
- Dried Chili: 4-6 (Choose according to personal taste)
- Cooking Wine: 100ml
- Light Soy Sauce: 4ml
- Salt: About 50g used for marinating fish
- Cooking Oil: 100ml

### OPERATION

- Open back kill fish (Let fish seller kill well, never cut belly kill fish, remember is open back), clean wash.
- Smear Salt evenly on fish surface, pour in Cooking Wine about 80ml, Ginger Mince 20g, put in refrigerator fresh-keeping layer to marinate 1-2 days.
- Take out marinated fish, use rope hang up air dry to semi-dry (About 1-2 days, specific time need combine temperature and sunshine).
- Before eating please clean fish with clear water, drain water (Prevent water meeting oil splash).
- High heat heat pot, quickly change low heat, put oil in pot, try to keep whole pot surface has oil, slide fish along pot edge into pot (First fry fish back).

- After fish enters pot (And after flipping), do not hurry move fish position (Easy break skin at this time), fry about 30 seconds, try shake pot.
- Fry back about 1 minute, flip fry about 1-2 minutes, fry until both sides golden yellow.
- When both sides fried well, push fish to pot edge a bit, leave some space put in Bean Paste stir-fry fragrance, put in Ginger Garlic.
- After frying out condiment fragrance, add Cooking Wine, Light Soy Sauce, Dark Soy Sauce, pour in hot water, water amount level with fish or a bit less.
- At this time change medium high heat, boil 5-10 minutes, then put in Green Pepper segments, White Sugar, Chicken Essence, Thirteen Spices, Mature Vinegar.
- Change low heat 2-5 minutes, put in Scallion, Coriander, can out of pot.

**ADDITIONAL CONTENT**

- Remember fish is open back kill, when marinating, smear Edible Salt evenly on fish surface is enough, marinating time, air drying time 1-2 days is enough.
- Fry fish whole process low heat, when just entering pot do not move fish, will break skin.
- After putting in Green Pepper segments pay attention observe cooked degree, Green Pepper inside very delicious, in addition Coriander put last.
- Pay attention to switch of heat, Bean Paste, White Sugar freshness adjusting effect, and Mature Vinegar fragrance increasing effect.

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## Razor Clam Omelet

Razor Clam Omelet is a traditional home-cooked dish popular in Fuzhou area of Fujian Province.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Razor Clam
- Egg
- Cooking Oil
- Onion
- Starch
- Light Soy Sauce
- Chicken Essence
- Cooking Wine

### CALCULATIONS

Per serving:

- Razor Clam 200 g
- Egg 2
- Cooking Oil 100 ml
- Onion 0.25
- Starch 20 g
- Light Soy Sauce 5 ml
- Chicken Essence 5 ml
- Cooking Wine 5 ml

### OPERATION

- Boil water, put Razor Clam into water, boil 2 minutes, fish out remove shell, put into big bowl.
- Add Onion, Light Soy Sauce, Cooking Wine, Chicken Essence, Starch into big bowl, stir fully.
- Break 2 Eggs into big bowl, continue to stir.
- Heat pot burn oil, pour bowl of Razor Clam, pan-fry until single side golden yellow, flip continue pan-fry.







**ADDITIONAL CONTENT**

- In more situations, Fuzhou locals will choose Water Chestnut (Relieve greasiness) and Potato (Absorb oil), because cannot buy during epidemic, so chose Pineapple.
- Fujian cuisine focuses on sweetness, if not used to eating can give up White Sugar.
- Can judge whether lean meat is fried through by knocking lean meat block with spoon, hearing sound.

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## Sauce Braised Crab

Sauce Braised Crab, autumn limited edition salty fresh flavor! Crab roe soft smooth wrapped in sauce fragrance, crab meat fresh sweet flavorful, soup juice rich mixing rice amazing.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Crab (First choice River Crab, second choice Swimming Crab)
- Bean Paste (Doubanjiang)
- Rock Sugar (Optional)
- Dark Soy Sauce
- Vegetable Oil (Undecolorized Rapeseed Oil, commonly known as "Mao Cai You" or "Tu Cai You", alternative Peanut Oil)
- Ketchup
- Cooking Wine
- Old Ginger
- Small Scallion
- Egg (Optional)
- Pork Mince (Optional)

### CALCULATIONS

Determine how many servings you plan to make before each production. One serving exactly enough for 2 people to eat.

Per serving:

- Crab 500 g (About 3-4 medium River Crabs)
- Bean Paste 30-50 g
- Rock Sugar 0-15 g
- Dark Soy Sauce 15 ml
- Vegetable Oil 20 ml
- Ketchup 15 ml
- Cooking Wine 5 ml
- Old Ginger 10 g
- Scallion 10 g
- Egg 1 (About 50 g)
- Pork Mince 50 g
- Water 500 mL

### OPERATION

- Brush wash Crab clean, then split in half on chopping board.
- Put Vegetable Oil in pot, put in Ginger Mince and Bean Paste explode fragrance, add Rock Sugar stir-fry melt, until bubble up then serve out.
- Spread a layer of sauce in plate, then put cut Crab cut side face down, neatly arrange on sauce.
- Put some Scallion segments and Ginger slices, suggest knock an Egg or spread Pork Mince at plate bottom.
- Steam on pot 10-12 minutes.

### ADDITIONAL CONTENT

- Salty taste put 50 g Bean Paste, sweet taste reduce Bean Paste usage and add Rock Sugar and Ketchup.

- Sprinkle a little Scallion Chopped after out of pot will be more fragrant and better looking.
- Reference: [Autumn wind rises, Pinghu this delicious dish very appetizing\\_Tide News Official Website](#)

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## Scallion Oil Mandarin Fish

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Mandarin Fish (Siniperca chuatsi)
- Small Scallion
- Millet Chili
- Ginger
- Cooking Wine
- Vegetable Oil
- Salt
- Steamed Fish Soy Sauce
- Steamer (Including steaming pot)
- Clear Water
- Chopping Board
- Iron Pot
- Plastic Plate or Plastic Basin (For marinating fish)
- Disposable Gloves
- Kitchen Paper
- Steaming Fish Plate (Can flat put down one fish is enough)
- Kitchen Knife
- Peeler
- Anti-scald Plate Clip (Or anti-scald gloves)

### CALCULATIONS

Here taking 2 servings as example to arrange. During actual operation, considering texture and fresh taste of fish meat itself will change with volume of single fish, suggest everyone choose quantity of 2 servings to operate for best freshness when cooking.

- Mandarin Fish = 1 Jin (500g)
- Small Scallion = 1 root (Length is 30cm)
- Millet Chili = 2
- Ginger = 50g
- Cooking Wine = 25g
- Vegetable Oil = 15g
- Salt = 8g
- Steamed Fish Soy Sauce = 10g
- Clear Water = 5L

### OPERATION

- Go to vegetable market buy processed fish (If process yourself best not internal organs), scrape clean all scales on fish body surface.
- Use kitchen paper wipe clean bone blood and black membrane in fish belly (Bone blood affects texture, black membrane is source of fishy smell).
- Use kitchen knife scrape back and forth on fish body surface a few times, scrape away mucus on fish body, further remove fishy smell, then use clear water rinse clean fish inside and outside.

- Lay fish flat on chopping board, use kitchen paper wipe dry water inside and outside fish, then fish head face left, tail face right, start from fish gill side, vertical cut one knife every 3cm, depth reach fish spine bone is enough, other side use same processing method.
- Lay fish flat in basin, ensure no excess water in plate.
- Take a piece of 50g Ginger (Egg size), use peeler remove skin on surface and wash clean, then cut into Ginger slices with thickness of 3mm.
- Wash Millet Chili clean, remove stem, cut into small round slices with thickness of 2mm (Or cut into 1mm width strips).
- Wash Small Scallion clean, remove root whiskers, cut into 3cm small segments, slightly thicker Small Scallion, can split along middle along growth direction of Small Scallion.
- Add 8g Salt, 25g Cooking Wine to basin, wear disposable gloves, then conduct full body massage on fish 1 minute, ensure every part of fish body evenly smeared Salt and Cooking Wine.
- After massaging fish, stuff one Ginger slice into every knife cut on fish body, put 3 Ginger slices in fish belly, marinate 10 minutes (Suggest not marinate too long, otherwise fish freshness decrease).
- During fish marinating period, add 5L Clear Water in steaming pot, after boiling, put steamer on steaming pot.
- After fish marinated, will precipitate water, pour away excess water and marinating Cooking Wine, Ginger Slices, use clear water rinse clean fish body and fish belly, use kitchen paper wipe dry fish body and fish belly.
- Lay fish flat in steaming fish plate, re-stuff Ginger Slices in fish body, fish belly knife cuts.
- Then put steaming fish plate into steamer, cover lid, medium heat steam 20 minutes.
- During period water vapor will attach to whole fish and plate, condense to form fish soup, after pot do not pour away this soup, this soup juice is fresh flavor essence.
- Use anti-scald clip clip out steaming fish plate, drizzle 10g Steamed Fish Soy Sauce on fish body and around fish.
- Then evenly sprinkle Small Scallion segments and Millet Chili on fish body and around.
- Pour 15g Vegetable Oil in iron pot, use medium low heat slow simmer 5 minutes, do not use high heat, otherwise oil will volatilize very fast.
- Drizzle hot oil after checking pot evenly slowly on fish body, Scallion Oil Mandarin Fish fresh until eyebrows fall off is out of oven!

#### **ADDITIONAL CONTENT**

After several tests, success rate 100%, this dish fault tolerance very high, no matter what province, what taste people can compatible. In addition, although this tutorial called Scallion Oil Mandarin Fish method, but ingredient itself not limited to Mandarin Fish, can be replaced by Sea Bass, Turbot etc. sea fish (Freshwater fish itself parasites will be a bit more than sea fish, not suggest use freshwater fish, freshwater fish method please refer to "Braised Fish" etc. tutorials), coupling low, extensibility strong.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Sichuan Boiled Fish

Sichuan Boiled Fish is a "hard dish" with medium difficulty. Basa fish is rich in high quality protein and low fat content, combined with various seasonal vegetables, very nutritious and healthy. Beginners generally need 2 hours to complete.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Basa Fish
- Vegetables (Like Potato Slices/Bean Sprouts/Cauliflower/Lettuce/...)
- Red Oil Bean Paste
- Rattan Pepper Oil
- Rapeseed Oil
- White Pepper Powder
- Garlic Cloves
- Salt
- Sugar
- Measuring Cup
- Kitchen Scale (Optional)
- Big Stainless Steel Bowl

### CALCULATIONS

Following amounts suitable for 3 to 5 people to eat.

- Basa Fish 500g
- Vegetables (Like Potato Slices/Bean Sprouts/Cauliflower/Lettuce/...) Can have different combinations, recommend total weight 300g to 500g
- Red Oil Bean Paste 40g (If not afraid of spicy and want more red oil, add 10 to 20g more)
- Fermented Black Beans 10g (Optional)
- Rattan Pepper Oil 10ml
- Rapeseed Oil 25ml
- White Pepper Powder 3g
- Garlic 2 cloves
- Salt 5g
- Sugar 2g

### OPERATION

- Preparation: If Basa Fish is taken out from freezer, need to leave at room temperature to naturally thaw for 5 hours before slicing.
- Slicing: Slice Basa Fish into thin slices, about 5cm long, 3cm wide.
- **Marinate:** Put sliced Basa Fish into big stainless steel bowl.
- Add 30g Bean Paste, 3g Salt, 10ml Rattan Pepper Oil, 3g White Pepper Powder.
- Grab evenly with hand then add 5ml Rapeseed Oil to finish and seal flavor.
- Let stand at room temperature for at least 30 minutes to absorb flavor.
- Prepare Vegetables: Cut Garlic into garlic mince. Taking 300g Cauliflower, 200g Lettuce as example, wash Cauliflower and Lettuce clean.
- Blanch and Stir-fry: Cauliflower [Boiling Water Blanch](#) set aside; wash Lettuce clean and dry, fry cooked set aside (No need oil).

- Fry Bean Paste: Heat pot cold oil (Rapeseed Oil 20ml), add 10g Bean Paste, 10g Fermented Black Beans (Optional), add Garlic Mince, **Medium Heat** slow fry.
- Boil Fish Slices: Add 150ml hot water, after water boils quickly add marinated fish slices, gently flip to let fish slices scatter in water, add 2g Salt and 2g Sugar to season (At this time can adjust salt amount according to personal taste). Can plate after water boils again.
- Plate: First serve cooked vegetables into big bowl, then serve hot fish slices on top of vegetables, pour remaining hot soup in pot on top!

#### ADDITIONAL CONTENT

- Vegetable combination and amount at bottom can be freely improvised, but need to pay attention to characteristics of various vegetables, for example when changing to potato, need to boil potato slices/potato blocks cooked (Can use chopsticks to poke to confirm).
- Amount of Red Oil Bean Paste (Spiciness) and Salt can be adjusted according to personal taste.
- When slicing fish, can chop into 5cm fish blocks perpendicular to long strip direction of fish fillet first, then rotate 90 degrees and slice diagonally into thin slices.
- Pay attention not to grab too hard when [Marinating](#).
- [How to Fillet a Fish](#)

#### References

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Spicy Crayfish**

Crayfish made at home, meat quality fine and tender, fresh tender and juicy, clean and hygienic.

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Crayfish
- Oil
- Fragrant Leaf
- Star Anise
- Cinnamon
- Green Sichuan Peppercorn
- Sichuan Peppercorn
- Bullet Chili
- Scallion Ginger Garlic
- Pixian Bean Paste

- Soybean Paste
- Beer
- Light Soy Sauce
- Salt

**CALCULATIONS**

Below is amount for 1 kg Crayfish, adjust proportionally.

- Crayfish = 1 kg
- Oil = 70 ml (This is 3 times amount of usual cooking)
- Fragrant Leaf = Two leaves
- Star Anise = One
- Cinnamon = 3 g
- Green Sichuan Peppercorn = 10 g
- Sichuan Peppercorn = 10 g
- Bullet Chili = 5 g
- Scallion = One big scallion
- Ginger = 30 g
- Garlic = 7 cloves big garlic
- Pixian Bean Paste = 30 g
- Soybean Paste = 30 g
- Beer = 500 ml
- Light Soy Sauce = 30 ml
- Salt = 10 g

**OPERATION**

- Brush Crayfish clean and remove shrimp line, cut Scallion into 2cm segments, chop Ginger Garlic into mince.
- Heat oil, oil slightly hot, put in Fragrant Leaf, Star Anise, Cinnamon, Green Sichuan Peppercorn, Sichuan Peppercorn, Bullet Chili.
- After spices release fragrance put in Scallion Ginger Garlic.
- After Scallion Ginger Garlic explode fragrance, add Pixian Bean Paste, Soybean Paste, fry out red oil.
- Put in Crayfish, stir-fry until color change.
- Add Beer, after Beer boils add Light Soy Sauce, Salt.
- Cook Crayfish until completely cooked then out of pot.

**ADDITIONAL CONTENT**

Restaurants probably all deep fry once, deep frying at home is too wasteful, so in this recipe use more oil than stir-fry to pan-fry a bit, measured result equally delicious.

Shrimp meat after removing shrimp line tastes worse than shrimp meat without removing shrimp line, and removing shrimp line for Crayfish is a challenge for beginners, can also not remove shrimp line if can accept shrimp line.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Steamed Oysters

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Oysters
- Scallion
- Garlic
- Ginger
- Soy Sauce
- Brush

### CALCULATIONS

- Drinking Water 1 Liter
- Oysters 6
- Scallion 3 stalks
- Garlic 6 cloves
- Ginger 1 small piece
- Soy Sauce 1 ml per oyster

### OPERATION

- Brush Oysters clean with brush (Use toothbrush if no brush).
- Put water in steamer, after putting steamer rack on, spread 6 Oysters flat on steamer rack, use 50% power, steam 3 minutes.
- Use right hand holding wet cloth to lift hot pot lid, open half of each oyster shell and remove, convex side of oyster downwards, flat side upwards, put 1 ginger shred and 10g garlic mince on each oyster.
- Close hot pot lid, 100% power steam 3.5 minutes.
- Stop fire, use right hand holding cloth to lift hot pot lid, put 5ml sauce on each.
- Plate.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Steamed Sea Bass

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Sea Bass (Students afraid of killing fish can ask shop to help kill)
- Shallot
- Ginger
- Cooking Oil
- Steamed Fish Soy Sauce
- Cooking Wine
- Edible Salt

### CALCULATIONS

Per serving:

- Sea Bass one
- Shallot three roots
- Ginger one piece
- Cooking Oil 10-15ml
- Steamed Fish Soy Sauce 10-15ml
- Cooking Wine 10-15ml
- Edible Salt 5-10g

### OPERATION

- Slice Ginger into slices and shreds, Scallion White of Shallot cut into segments, Scallion Green cut into shreds, soak in cold water after shredding set aside.
- After processing Sea Bass wash clean, wipe dry with kitchen paper, scratch a few cuts on both sides respectively, use Salt to wash away mucus on fish body, and use 10g Salt smear all over inside and outside of fish body, marinate more than 10 minutes.
- Supplement a Sea Bass knife work and plating method, after knife work can let Sea Bass stand up to steam, heat evenly, meanwhile easier to eat, no need to flip.
- Knife Work
- Plating
- Stuff Ginger and Scallion White inside fish belly, sprinkle Ginger and Scallion White on fish body too, amount is half of reserve. Dish for steaming fish use chopsticks to separate fish and dish to steam.
- Heat water, put in fish after feeling water temperature.
- High heat steam 10 minutes.
- Steamed fish, load with clean plate and remove Ginger Garlic on body.
- Pour 15ml Steamed Fish Soy Sauce on fish body.
- Re-sprinkle Ginger and Scallion shreds on fish body, add 10ml Cooking Oil in pot and heat, drizzle Cooking Oil onto fish body then can serve.

Example Dish Finished

### ADDITIONAL CONTENT

- Technical Summary:
- This dish belongs to "have hand can do", key point lies in heat, size of fish is related to heat, too long will cause fish meat too old extremely affecting texture, too short will cause part of fish meat not cooked. So high heat steaming fish generally within 10 minutes is better.

- Remember steaming fish need to use chopsticks to separate dish holding fish, benefits of doing this have two points:
  - a. Fish during steaming process will drip water to plate, if fish directly contacts will cause fish fishy when eating.
  - a. Can let fish heat evenly.
- Difficulty coefficient of this dish simple, and taste very great oh.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Sweet and Sour Carp

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Carp
- Ketchup
- White Sugar
- White Vinegar
- Starch
- Salt
- Scallion
- Ginger
- Cooking Wine
- Coriander one
- Basin (Two)
- Kitchen Knife one
- Strainer one, Spatula one

### CALCULATIONS

Note, this dish only has 3 people and above version (Too big or too small fish are not suitable), so no need formula calculation, especially suitable for family gathering eating, like New Year's Eve dinner.

- Carp = About 1.5 kg
- Clear Water = 50g
- Ketchup = 40g
- White Sugar = 20g
- White Vinegar = 10g
- Starch = 10g
- Salt = 30g
- Large Scallion = 30g (About half head)
- Ginger = 30g
- Cooking Wine = 25g

### OPERATION

- Clean fish, ensure no scales etc. foreign matter.
- Fish head face left, fish belly face down, right hand hold knife. Knife cut down vertically 1cm, press tight fish body slice left 3-4cm, then gently scratch a cut in middle of fish slice.
- Put fish into basin, then slice big Ginger, cut Large Scallion into segments (Just chop randomly, mainly need to remove fishy smell).
- Use strength of sucking milk to squeeze juice in Large Scallion Big Ginger into basin.
- Add 20g Salt, 25g Cooking Wine, then give Carp a bath, smear evenly.
- Marinate  
(Marinating fish longer time, fishy smell smaller, recommend marinate more than 30 minutes)
- Find a clean basin, add 100g Flour, 200g Starch, 180g Water, 5g Salt, use hand stir evenly, batter now viscous presenting drawable state, then break in an Egg, stir evenly again.
- Wait 30 minutes.

- Put fish on chopping board, use dry towel wipe dry water on fish body (This way can better hang batter).
  - Rinse basin clean, use dry towel wipe dry.
  - Heat pot boil oil, add about 1L Oil, heat oil temperature to 70% hot, about 200-240 degrees.
  - Pinch fish tail, sink fish head into pot bottom, use spoon drizzle hot oil onto fish body, wait batter shape, slowly put fish into pot, take spatula gently shovel up fish head, then pad strainer. Prevent bottom burning.
  - Prepare a plate holding fish, put beside pot.
  - Use spatula gently shovel in from fish body, two tools cooperate flip fish. Fry another two minutes, still same way (Strainer holding fish head, spatula holding fish body, serve fish into plate).
  - Pour oil in pot into wiped dry basin, place aside, then brush pot clean.
  - Put 50g Clear Water, 40g Ketchup, 20g White Sugar, 10g White Vinegar into small bowl, stir evenly.
  - Prepare another small bowl add 10g Starch, 10g Water, stir into Water Starch.
  - High heat heat pot, then pour prepared sauce juice, high heat boil, turn low heat.
  - Add mixed Water Starch, stir while pouring, then turn off heat after 20 seconds.
  - Pour boiled Sweet Sour Juice evenly on fish body, can add some Coriander or Scallion Chopped embellish, Sweet and Sour Carp is done.
  - Finished Product
- Sweet Sour Juice here boiled a bit thick.....

**ADDITIONAL CONTENT**

Difficulty coefficient of this dish counts as medium, not too friendly to beginners.....

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Wasabi Butter Rosenberg Prawns**



This is a seafood dish with simple method, delicious taste, and creativity.

Estimated Cooking Difficulty: ★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Rosenberg Prawns (Giant River Prawn)
- Butter
- Wasabi
- White Sugar
- Light Soy Sauce
- Oyster Sauce
- Salt
- Cooking Wine, Rum or Beer
- Coriander
- Garlic

#### CALCULATIONS

According to portion of 1 plate:

- Rosenberg Prawns more than 1 Jin (500g)
- Butter about 20g
- Wasabi 15g
- White Sugar 3g
- Light Soy Sauce 30g
- Oyster Sauce 30g
- Salt 3g
- Cooking Wine, Rum or Beer 15g to 30g
- Coriander 5 strips cut segments
- Garlic 5 cloves chop into garlic mince

#### OPERATION

- Cut off head tail sharp thorns, tentacles and legs of Rosenberg Prawns, cut open back with scissors, remove shrimp line.
- Stir well Wasabi Sauce in advance: Soy Sauce, Oyster Sauce, Wasabi, Salt, Sugar, stir evenly!
- Wash Coriander, cut segments set aside.
- Drain water of Rosenberg Prawns, add oil in pot, directly put in Rosenberg Prawns, medium heat, pan-fry appearance to golden yellow, fish out.
- Put in Garlic Mince, high heat, use remaining oil from frying shrimp continue pan-fry Garlic Mince, wait white mist come out from pot, Garlic Mince already fried out fragrance, put shrimp and Butter, let shrimp fully absorb Butter fragrance.
- Put in mixed sauce, continue high heat boil, stir-fry shrimp, until sauce collects, add Wine (Cooking Wine, Beer can put 30g, Rum taste rich put 15g is enough.)
- Wait sauce slightly collect, add Coriander stir-fry two times, then can out of pot.

#### ADDITIONAL CONTENT

- Prepare sauce in advance, prepare Butter in advance, prevent time consuming in middle preparation.
- Remember Garlic Mince need to wait shrimp fried well fish out then put, prevent frying too long turn black, bitter.
- If cannot accept Wasabi put less, can accept put more, if put too much, boil slightly longer, Wasabi taste will also disperse.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### 3.1.4 Breakfast

#### Air Fryer Toast

Healthy stomach filling, suitable for programmers currently in fat loss period to eat.

Estimated Cooking Difficulty: ★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Toast Slices
- Air Fryer

#### CALCULATIONS

Per serving:

- Toast Slices (Two slices)

#### OPERATION

- Take out two Toast Slices (Suggest use Coarse Grain Toast Slices)
- Put Toast Slices **Vertically** into Air Fryer
- 200°C Bake 5 Minutes
- Take out then can use

#### ADDITIONAL CONTENT

Nutritional Information Table (Data based on Whole Wheat Toast Slices)

- Calories 254 Kcal
- Protein 12.3 g
- Fat 3.5 g
- Carbohydrate 43.1 g
- Dietary Fiber 6.0 g

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## American Scrambled Eggs

American Scrambled Eggs has soft tender texture, different from usual scrambled eggs, American Scrambled Eggs added small amount of milk, making egg flower more fine dense uniform, and rich in nutrition~

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Egg
- Whole Milk/Cream
- Butter
- Salt

### CALCULATIONS

Per serving:

- Egg 3
- Whole Milk/Cream 10g
- Butter 5 g
- Salt 1 g

### OPERATION

- Break egg into big bowl, add salt stir beat until foaming, stand 15 minutes
- Cut Butter into small blocks into pot, pour in egg liquid, turn low heat constantly stir
- Once Butter melts, quickly flip egg liquid, beat it into fine dense state, turn off heat before egg liquid generally solidifies
- Add Milk stir 15 seconds, until scrambled eggs moist dense, plate

### ADDITIONAL CONTENT

- Want to eat more rich can add fried Tomato Dices, Onion Dices, Bacon Dices, cut Cheese Small Dices, etc. at last step. (Anyway things that won't release water anymore)
- Use Flat-bottom Pan (Non-stick Pan).
- Considering many people are eating alone just fry one or two eggs, small caliber pot might be more convenient to stir evenly in pot.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Boiled Corn

About 15 minutes can complete production.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Fresh Corn
- Pot that can fit Corn
- Water
- Salt
- Sugar (Optional)

### CALCULATIONS

- One Corn with husk
- Water submerging Corn about half knuckle
- When boiling Corn, start mixing light salt water, about 2g Salt add 50ml Water
- Choose to add or not add Sugar according to taste (Optional)

### OPERATION

- Peel off outer husk of Fresh Corn, leave part of Corn husk into pot
- Add water submerging Corn about half knuckle, add Salt and Sugar
- After water boils turn to low heat, cover lid continue boil 15-20 minutes, boiling Corn longer is okay.
- After cooked drain water, eat after cooling.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Egg Fried Glutinous Rice Cake

Egg Fried Glutinous Rice Cake method very simple, don't need too much cooking foundation~

Egg Fried Glutinous Rice Cake calories high, delicious + satisfying hunger + cheap, only need ten minutes can complete~

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Egg
- Glutinous Rice Cake (Ciba)
- White Sugar or Brown Sugar

### CALCULATIONS

Per serving:

- Glutinous Rice Cake Two pieces
- Brown Sugar 10g (Suggest between 8g - 15g)
- Egg 1
- Cooking Oil 10-15ml
- Edible Salt 2g

### OPERATION

- Cut Glutinous Rice Cake into rectangular small pieces, convenient for later frying
- Break one egg into bowl and beat egg scatter, add 2g Edible Salt
- Put cut small Glutinous Rice Cake sequentially into beaten egg, until coat Glutinous Rice Cake both sides
- Pour Vegetable Oil 10ml into pot, put coated Glutinous Rice Cake small pieces in low heat slowly fry soft.
- Pour remaining egg liquid slowly on Glutinous Rice Cake surface
- Use chopsticks or spoon flip Glutinous Rice Cake, back and forth fry until golden yellow then start eating

### ADDITIONAL CONTENT

- When putting Glutinous Rice Cake in pay attention to separate Glutinous Rice Cake, prevent sticking together
- Amount of Egg depends on amount of Glutinous Rice Cake
- Amount of Sugar according to personal preference
- [Egg Fried Glutinous Rice Cake Tutorial](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Egg Sandwich

10 Minutes Simple Egg Sandwich ☐

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Egg
- Toast
- Bacon
- Butter
- Mayonnaise
- Salt
- Black Pepper

### CALCULATIONS

- Egg 1
- Toast 2 Slices
- Bacon 2 Slices
- Butter 10 g
- Mayonnaise 20g
- Salt 1g
- Black Pepper 2g

### OPERATION

- Cut off four sides of Toast, set aside
- Boil Egg cooked, mash
- Mix Egg, Mayonnaise, Salt, Black Pepper
- Add Butter into pot, fry Bacon cooked
- Assemble Toast, add made Egg Sauce and Bacon between two slices of Toast
- Cut quadrilateral Toast into triangle plate

### ADDITIONAL CONTENT

- Can also add Cheese, Pickled Cucumber etc. ingredients

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Hand Grasped Pancake

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- All-purpose Flour
- Boiling Water
- Cold Water
- Cooking Oil
- Salt
- Egg
- Lettuce
- Ham
- Cheese Slice

### CALCULATIONS

Determine how many servings you plan to make before each production. One serving exactly enough for 1~2 people to eat.

Total Amount (Per serving):

- Flour 200 g
- Boiling Water 100 ml
- Cold Water 50 ml
- Cooking Oil 15 ml
- Salt 3 g
- Egg 1
- Lettuce 30 g
- Ham 30 g
- Cheese Slice 1

### OPERATION

1. Put flour into bowl, add boiling water stir into flocculent, then add cold water knead into smooth dough, cover wet cloth let stand 20 minutes.
2. Divide dough into each portion about 100 g, roll round, roll into thin sheet.
3. Smear Cooking Oil evenly on surface, sprinkle Salt, roll into snail shape, relax 10 minutes.
4. Roll dough into thin pancake again, thickness uniform.
5. Pour oil in hot pot, low heat pan-fry until both sides golden yellow blister.
6. Fried pancake sequentially lay in fried egg, lettuce, ham, cheese slice etc. ingredients, roll up then can.

### ADDITIONAL CONTENT

- Use mixture of boiling water and cold water to knead dough, helps improve pancake skin flexibility.
- Dough resting time should not be less than 20 minutes, otherwise not easy to roll thin.
- Can increase decrease ingredients according to personal taste, suggest ingredients total weight control within 100 g.

- Remaining raw pancake skin can be refrigerated and preserved for 24 hours, return to room temperature roll flat when using.
- 

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Longan Red Date Porridge

Longan Red Date Porridge, sweet taste. Nourish blood calm nerves, strengthen brain improve intelligence, nourish heart and spleen. Production time needs 70 minutes.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Glutinous Rice (Or Rice)
- Red Date
- Longan

### CALCULATIONS

Per serving:

- Glutinous Rice 100g
- Red Date 15
- Longan 15

### OPERATION

- Peel out Longan meat, wash twice with clear water, put into bowl soak 10 minutes
- Wash Red Date twice with clear water, put into bowl soak 10 minutes
- Put Glutinous Rice into rice cooker, after washing rice twice with clear water, add 2000ml water
- Add Longan and Red Date into rice cooker
- Turn on rice cooker cooking mode, porridge done after 1 hour

### ADDITIONAL CONTENT

Friends who have different preferences for thickness of porridge can increase or decrease water amount as appropriate, cooked porridge is sweet, can control sweetness by controlling quantity of added Longan

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Microwave Cake

Microwave "Ding" Cake, about need 2 minutes can get done! Beginner required time estimated extend to 20 minutes.

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Microwave
- Container that can be put into microwave
- Butter
- Flour
- Baking Powder (Eat like biscuit if not added)
- Egg

### CALCULATIONS

- Egg 1
- Flour 15g
- Baking Powder 2.5g
- White (Brown) Sugar 10g
- Salt 1g

(Taste Optional)

- Coffee Powder
- Chocolate
- Oatmeal
- Milk
- Nuts
- Biscuit Crumbs
- Banana
- Non-Dark Cuisine

### OPERATION

- Add following ingredients, pay attention do not exceed 3/4 of container
- Dig half egg size Butter put into container, heat **15 seconds** in microwave until melted
- Melt/Crush **Chocolate/Banana** into **Granule/Paste**
- Break in an egg and beat scatter stir
- 15g White (Brown) Sugar (Sweet tooth can add more) (See Appendix 4)
- Add 1g Salt (**If subsequent taste ingredients contain salt need discretionary**)
- Add 2.5g Baking Powder
- Add 15g Flour (Gluten degree no big influence)
- **Add any liked taste ingredients!** (Nuts and Biscuits etc. dry ingredients not put now)
- Stir until cannot see dry powder thick yogurt state
- Add optional dry ingredients (Not including brewing powder) on top
- Praise yourself
- Microwave (High Heat) heat **1 Minute** (Until fluffy cake form)
- Take out cup (Hot ah ah ah ah ↑) and take photo Moments then can eat

**ADDITIONAL CONTENT**

- Operation before praising yourself can repeat multiple times make bigger cake
- Baking Powder used to make cake more fluffy mostly not contain aluminum a few yuan a bag can buy keep at home
- In **Add any liked taste ingredients!** this step if add **Liquid** (Like Milk) please ensure next step can stir into **thick yogurt state** suggest add small amount multiple times to prevent excessive water causing finished product wet collapsed
- **Ingredients do not exceed 3/4 of container!!**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Microwave Poached Egg

Microwave Poached Egg is a simple easy to do and protein rich dish. Only need microwave within 120 seconds can complete, suitable for commuting corporate slave breakfast.

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Egg
- Sesame Oil
- Salt

### CALCULATIONS

Determine how many servings you plan to make before each production. One serving exactly enough for 1 person breakfast side dish.

Per serving:

- Egg 2
- Drinking Water 35ml
- Sesame Oil 3ml
- Salt 0.8g

### OPERATION

- Break egg into small bowl, use chopsticks poke 2 holes on all egg yolks, avoid heating dirtying microwave.
- Then pour room temperature drinking water into bowl.
- Then pour edible salt into bowl.
- Finally add sesame oil.
- Put bowl with materials into microwave, high heat heat 80 seconds.
- After reaching set time, use rag pad hand take out finished product.

### ADDITIONAL CONTENT

- Before microwave heating, if want to further avoid egg yolk and egg white splashing, can cover a lid on bowl avoid dirtying microwave.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Microwave Steamed Egg

Tender smooth delicate, quick on table high protein breakfast, can complete with microwave, about 10 minutes complete, suitable for 1-2 people eating.

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Egg
- Warm Water or Stock
- Salt
- Light Soy Sauce (Optional)
- Sesame Oil
- Heat Resistant Bowl
- Plastic Wrap or Microwave Special Lid

### CALCULATIONS

- Egg 2 (About 100g Egg Liquid)
- Warm Water or Stock 100-120ml (1.0-1.2 times of Egg Liquid Volume)
- Salt 1g
- Light Soy Sauce 2ml (Optional)
- Sesame Oil a few drops (For serving)

Using above conditions, calculate planned raw material ratio.

### OPERATION

- Beat egg, add Warm Water/Stock, Salt, Light Soy Sauce, gently stir evenly, try not to produce bubbles.
- Strain egg liquid pour into heat resistant bowl, if there are bubbles on surface can use toothpick gently poke.
- Cover Plastic Wrap and poke 8-10 small holes, or use Microwave Special Lid (Leave gap).
- Put into microwave heat:
- 700W: 1 minute 30 seconds → View situation then heat 20-30 seconds until surface just solidified.
- 600W: About 1 minute 40 seconds – 2 minutes 10 seconds.
- 800W: About 1 minute 10 seconds – 1 minute 40 seconds.
- After heating complete take out let stand 1 minute, let residual heat make center completely cooked.
- Drizzle Sesame Oil, sprinkle Scallion Chopped then can eat.

Different power and container will affect time, suggest first attempt small amount multiple times heating, find best duration suitable for own device.

### ADDITIONAL CONTENT

- Water temperature should be in 40–50°C, not too hot.
- Egg liquid and water ratio control between 1:1 to 1:1.2 texture best.
- Cover Plastic Wrap and poke holes can prevent surface bursting or appearing honeycomb.
- Straining can significantly improve fineness.
- If surface bubbles or leaks water, means heated too much, shorten time next time.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Milk Oatmeal

High protein, coarse grain fiber, satiating lazy person quick nutritional breakfast, 3 minutes done.

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Milk (Pasteurized Milk taste better)
- Oat
- Egg

### CALCULATIONS

- Ⓛ Milk 280ml/per
- Ⓛ Egg 1/per
- Ⓛ Oat 40g/per

Using above conditions, calculate planned raw material ratio.

### OPERATION

#### Oat Cooking Conventional Method

- Pour Milk into breakfast cup (Cold is okay)
- Prepare 200ml Water, if is direct drinking water directly add Oat, otherwise please boil then add Oat
- 2 Minutes after water boils, Oat cooked
- Fish out cooked Oat pour into Milk (Try not to pour Oat boiling water into Milk too, affect taste)

#### Oat Cooking Quick Method

- Replace Oat with Quick Cooking Oat
- Pour Milk into container with Quick Cooking Oat and stir
- Put mixture into microwave
- Medium Fire microwave 4 Minutes

#### Fried Egg Cooking Method

- Heat pot, put a layer of base oil in pot, after oil hot fry egg, fry each side 20s, consider adjusting base flavor (3g Salt and Pepper, Optional)
- Turn off heat, plate

Cooking basically 3 minutes done, finished dishes are all room temperature, extremely easy to enter mouth, generally finish eating in 2 minutes each time.

⌚ Fruits Vegetables, Soda Biscuits pair easier better

### ADDITIONAL CONTENT

- Because different microwave power different, so microwave power cannot be precisely indicated
- Not recommend mixture exceed 50% of container capacity, otherwise content extremely likely overflow during heating process
- Not recommend use glass cup to cook, reason same as above

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Oat Egg Pancake

Oat Egg Pancake is a breakfast extremely nutritious, convenient to make, suitable for quick production. Especially suitable for office workers who love fitness.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Egg
- Oat
- Milk 50-100g, able to stir oat viscous is enough
- Can choose to increase 50g vegetables according to taste, such as spinach.

### CALCULATIONS

- Two Eggs, can also choose two Egg Whites, one Egg Yolk.
- Pure Dry Oatmeal 50g (About equal to amount of one egg)
- Milk one box about 250ml
- Chopped Vegetable Leaves a handful

### OPERATION

- Mix Milk and Dry Oat stir evenly to viscous state.
- Stir Egg evenly to single color degree.
- Pour Egg Liquid into Oat Milk continue stir to viscous, uniform.
- Add a layer of Butter in flat-bottom pan and cover evenly.
- Put in stirred ingredients, and spread to pancake shape.
- Low Heat heat two to three minutes. If want to add vegetables, can add chopped vegetable leaves during heating process.
- Flip continue heat two minutes.
- Out of pot, pair with remaining Milk as breakfast.

### ADDITIONAL CONTENT

- If taste prefers salty, can add Salt, Pepper etc. seasoning when stirring Egg Liquid.
- Use Low Heat when frying pancake, avoid Oat part burnt.

### Nutritional Content

Estimated nutritional value (Three major nutrients) of a portion of above breakfast is as follows, for fitness enthusiast reference\*.

- Carbohydrate: 39g
- Protein: 30g
- Fat: 19g
- Total Calories: 450kcal

\*: Milk calculated according to common 250ml

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## Onsen Tamago

A traditional Japanese snack, can be used for various side dishes. Note strictly distinguish from Soft Boiled Egg. Soft Boiled Egg is yolk not cooked egg white cooked, Onsen Tamago is egg white not cooked yolk cooked.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

#### Main Ingredients

- Egg

#### Essential Tools

- Kitchen Thermometer (Try to choose thermometer with clip)
- Cup (No specific requirement, as long as it is a cup)

#### Side Ingredients

Extra ingredients used for garnish, optional

- Kombu Soy Sauce (A kind of Japanese low salt soy sauce, used for seasoning Onsen Tamago)
- Scallion

### CALCULATIONS

- Egg usage is 1, calculate according to your food intake and pot size.

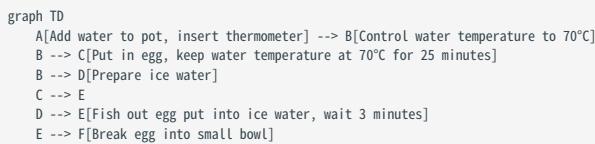
### OPERATION

#### Boiling Egg

- Fill pot with certain amount of tap water, ensure water surface submerge egg about 3cm, insert thermometer into water
- Turn on fire or turn on induction cooker, gradually adjust induction cooker power or flame size, make water temperature maintain at **70 Degrees Celsius**
- Put egg into pot. Eggs cannot stack on each other, should all be at bottom, and leave space to shake
- Maintain current temperature **25 Minutes**
- Prepare a cup of Ice Water
- Fish out egg, and immediately put into Ice Water, **Wait 3 Minutes**
- Break egg into small bowl, complete production

### ADDITIONAL CONTENT

#### Process Diagram



#### Remarks

- If use mechanical thermometer (no need power supply) then thermometer probe needs to submerge into water at least 6cm, if use electronic thermometer then no special requirement
- Pot can use slightly thick pot, convenient to control temperature
- Although 70 Degrees Celsius 25 Minutes can already completely kill Salmonella, but still try to eat less, or buy formal edible raw eggs to make

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Pan Fried Dumplings

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Dumplings (Frozen Dumplings)
- Sesame, Scallion (Cut into segments) or other ingredients

### CALCULATIONS

Per serving:

- Dumplings one bag (Choose according to personal food intake, about 10 - 15)

### OPERATION

- Take out flat-bottom pan (Non-stick flat-bottom pan best)
- Add 10ml - 15 ml Cooking Oil
- Turn on fire, put in dumplings (Try to spread evenly, not suitable to stack)
- Immediately add clear water, water line submerge 1/2 of dumpling average height
- Cover pot lid (At this time stove should be at High Heat)
- Wait 8 - 10 Minutes
- When water in pot only remains 2mm, turn Medium Heat start frying
- When water completely evaporates, shake flat-bottom pan make dumplings heated evenly
- Put in Black Sesame and Scallion then braise 10s
- 1 - 2 Minutes clip out a dumpling observe bottom, if appears golden yellow crispy skin immediately take out

### ADDITIONAL CONTENT

- During operation, need to observe situation in pot at all times, remember cannot be distracted playing mobile phone.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Perfect Boiled Egg

Perfect Boiled Egg

Scientist developed circulating boiling method, can simultaneously achieve dense egg yolk, evenly solidified egg white and retain most nutrients effect. Need precise control temperature and time, difficulty relatively high.

Estimated Cooking Difficulty: ★★★★☆

### ESSENTIAL INGREDIENTS AND TOOLS

- Fresh Egg (Recommend Grade AA)
- 100°C Boiling Water Pot (Diameter ≥ 15cm)
- 30°C Warm Water Pot (Diameter ≥ 15cm)
- Timer
- Strainer

### CALCULATIONS

Per serving:

- Egg 1 (About 60g)
- 100°C Boiling Water 1500ml
- 30°C Warm Water 1500ml

### OPERATION

- Prepare two pots of water: Pot A Maintain 100°C Boiling Water, Pot B Maintain 30°C Warm Water
- Use strainer put egg into Pot A, start timer
- Precisely **every 2 minutes** transfer egg to another pot of water
- Repeat transfer operation total 16 times (Total duration 32 minutes)
- After last transfer, let stand in Pot B 30 seconds
- Immediately put into Ice Water (0 degree Celsius) terminate heating (Maintain 30 seconds)
- When peeling shell start from blunt end air chamber, peel egg membrane along vertical axis

### ADDITIONAL CONTENT

- Key Parameters:
- Egg Yolk Center Temperature:  $67 \pm 1^\circ\text{C}$
- Egg White Layering Temperature:
  - Outer Layer:  $100^\circ\text{C} \rightarrow 87^\circ\text{C}$
  - Middle Layer:  $87^\circ\text{C} \rightarrow 55^\circ\text{C}$
  - Inner Layer:  $55^\circ\text{C} \rightarrow 30^\circ\text{C}$
- Nutritional Advantage: Polyphenol content 23% higher than traditional boiling method

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**Scotch Egg**

Scotch Egg is made by wrapping fresh meat mince around egg, putting into oil frying until golden yellow, this version is relatively troublesome, so here bring everyone simple version, complex version Scotch Egg everyone please find by yourself.

Simple Version Scotch Egg utilizes hand grasped pancake skin to wrap cheese bacon soft boiled egg put into oil frying until golden yellow, about consumes 20-30 minutes.

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Egg
- Hand Grasped Pancake Skin
- Cheese
- Bacon
- Air Fryer or Oil Pot

**CALCULATIONS**

One Portion

- Egg 50g (About 1)
- Hand Grasped Pancake 1 portion-2 portions (Look at egg size)
- Cheese Slice 1-2 slices
- Bacon Slice 1-2 slices

**OPERATION**

- Put into cold water pot boil 3 minutes after water boils fish out
- Fish out egg, put into ice water peel shell faster also more complete
- Use Cheese Slice wrap egg

- Use Bacon Slice wrap egg
- Hand Grasped Pancake cut off two ends wrap egg in rectangle
- Oil temperature 60% put into pot (Oil surface fluctuation, has green smoke, chopsticks insert into oil surroundings rise bubbles is 60% temperature) Fry until golden yellow is enough
- Air Fryer 160 degrees 15 minutes
- Cut open then can eat

**ADDITIONAL CONTENT**

- Cheese Slice, Bacon Slice, Hand Grasped Pancake directly buy on Taobao is enough





If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Soft Boiled Egg

Fitness friends can get 6 grams protein in each egg. About 15 minutes can complete production.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Egg
- Electric Pot
- Water
- Stopwatch (Optional)

### CALCULATIONS

- Egg 1 or more (As long as your electric pot can fit, no matter how many eggs all okay)
- Cold Water submerging egg about 2 cm

### OPERATION

- Put egg into electric pot. Eggs cannot stack on each other, should all be at bottom, and leave space to shake
- Pour in Cold Water submerging egg about 2 cm
- Open lid, use maximum power heat until water rolls (About 85 - 95 degrees, slightly rolling, no need completely boiling)
- Turn off heat, cover lid, let egg stand.
- Want center flowing egg yolk, need stand 6 minutes
- If want completely cooked fragile egg yolk, need stand 10 minutes
- Drain water, use Cold Water rinse egg about 1 minute, then can shell and eat.

### ADDITIONAL CONTENT

If feel egg not cooked enough friends can add more water according to own preference.

**Warning** Soft Boiled Egg has risk of Salmonella infection. Not recommend stand within 5 minutes.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Steamed Egg Custard

Steamed Egg Custard (Some northern areas call Chicken Egg Cake) are delicious in restaurants, how to make water slide tender fragrant Steamed Egg Custard yourself, this tutorial guarantee teach guarantee meet!

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Fresh Egg
- Hot Water
- Tinfoil or Plastic Wrap

### CALCULATIONS

- Two Eggs
- Salt 2g
- Hot Water 260ml

### OPERATION

- Break egg into bowl, beat scatter
- Take other container, pour in Warm Water (Temperature 20~30) 1.5 times (Half egg shell is 0.5 times water) of egg liquid, dissolve salt into water
- Pour salt water into egg liquid, clockwise or counter-clockwise single direction stir evenly, bubbles and alike can scoop out discard, straining then texture better.
- Use Tinfoil wrap bowl holding egg liquid (Or use plate cover), place into pot advanced with lid and added about 3cm depth water
- Medium heat burn until water boils, turn minimum heat continue steam 4 minutes

### ADDITIONAL CONTENT

- Generally slight cool after out of pot then can eat, retain egg original fragrance ultimate texture
- Can also add Steamed Fish Soy Sauce, Scallion Chopped Sesame Oil as condiment.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Steamed Flower Bun**

Steamed Flower Bun is a simple easy to do dish. Can supplement carbohydrate, dietary fiber. Generally beginner only needs half an hour to complete. As quick breakfast, after learning to do, never hungry stomach in morning again.

Estimated Cooking Difficulty: ★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Frozen Flower Bun
- Round Plate
- Steaming Rack
- Water 400ml

### **CALCULATIONS**

- Frozen Flower Bun 5 (Girl portion 3 is enough) (Can buy in supermarket, various grocery shopping platforms)
- Round Plate, Diameter 28cm
- Steaming Rack, Diameter 20cm
- Water 400ml

### **OPERATION**

- Take out 5 Flower Buns from Flower Bun packaging bag
- Spread Flower Buns on plate, try not to overlap
- Pour 400ml water into pot, put Steaming Rack inside, put plate holding Flower Buns on Steaming Rack, cover pot lid.
- Turn high heat heat, until water boils.
- Turn medium heat heat 15 minutes
- Open lid use hand feel Flower Bun surface temperature, if not hot enough, then continue cover lid heat, otherwise can turn off heat out of pot.
- Take out plate let cool to 50 degrees then can eat

### **ADDITIONAL CONTENT**

- During operation, need to pay attention observe water in pot cannot be less than 50ml.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Sunny Side Up Egg

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Egg
- Salt
- Oil
- Controllable Heat Microwave or Uncontrollable Heat Microwave (Definition and distinction method please see Additional Content)
- Chopsticks or Toothpick

### CALCULATIONS

- Egg usage is 1.
- Salt usage is 1 g per egg.
- Oil usage is 5 mL per egg.

Using above conditions, calculate planned raw material ratio.

### OPERATION

#### Controllable Heat Microwave

- Prepare a small bowl, pour in oil calculated in previous step, sprinkle salt, stir evenly. Tilt bowl to let oil coat bowl surface.
- Take an egg, break into small bowl.
- Poke holes on egg yolk surface. Toothpick poke 5 or chopsticks poke 1.
- Put into microwave, medium heat 3 minutes.

#### Uncontrollable Heat Microwave

- Prepare a small bowl, pour in oil calculated in previous step, sprinkle salt, stir evenly. Tilt bowl to let oil coat bowl surface.
- Take an egg, break into small bowl.
- Poke holes on egg yolk surface. Toothpick poke 5 or chopsticks poke 1.
- Put into microwave, 1 minute.
- while (Sunny Side Up Egg is not largely solid state) use microwave hit (30s);

### ADDITIONAL CONTENT

while (Sunny Side Up Egg doneness does not match personal taste) use microwave hit (1 minute);

- Uncontrollable Heat Microwave:
- Definition: Microwave that cannot control heat only can control duration.
- Distinction Method: If cannot find words like Low Heat, Medium Heat, High Heat etc. on microwave operation panel then it is Uncontrollable Heat Microwave.
- Controllable Heat Microwave:
- Definition: Microwave that can control heat and can control duration.
- Distinction Method: If can find words like Low Heat, Medium Heat, High Heat etc. on microwave operation panel then it is Controllable Heat Microwave.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Tea Egg

Tea fragrance rich, fresh delicious high protein quick nutritional breakfast, about time consumption 30 minutes. Cooking slightly time consuming, can try on weekend, make once about enough for 2-3 people to eat.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Egg
- Star Anise
- Bay Leaf
- Cinnamon
- Fennel
- Rock Sugar
- Black Tea
- Light Soy Sauce
- Dark Soy Sauce
- Salt

### CALCULATIONS

- Egg 400g (About 8)
- Star Anise 4g (About 2)
- Bay Leaf 0.5-1g (About 2 slices)
- Cinnamon 3g (1 small piece)
- Fennel 5g
- Rock Sugar 15g
- Black Tea 20g
- Light Soy Sauce 15g
- Dark Soy Sauce 25g
- Salt 3g

Using above conditions, calculate planned raw material ratio.

### OPERATION

- Use cold water boil egg cooked, high heat about 8 minutes (Decide according to own kitchenware)
- Fish out egg, pass cold water
- Collide eggs with each other, make every egg produce cracks
- Put eggs into pot, put in Star Anise, Bay Leaf, Cinnamon, Fennel, Rock Sugar, Black Tea, Light Soy Sauce, Dark Soy Sauce, Salt
- Add water until over eggs
- After high heat boil, turn medium low heat boil 15 minutes

After medium heat boil 15 minutes, fish out ingredient slag, egg soak a while longer taste better

### ADDITIONAL CONTENT

- Fish out egg pass cold water is to let egg and shell produce gap
- Salt can choose not to add according to personal taste
- Star Anise, Bay Leaf, Cinnamon, Fennel, Rock Sugar, if self don't have so many ingredients can buy ready-made braising ingredient bag

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Toast with Jam

Satiating lazy person quick nutritional breakfast, 2 minutes done.

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Fresh Toast
- Jam
- Toaster

### CALCULATIONS

- Two slices of Toast
- Jam enough to coat one side of Toast

### OPERATION

- Put Toast into Toaster
- Set gear, will pop up automatically when time is up
- After two minutes Toast heating completed pop up
- Take out one slice of Toast first, coat full with Jam then cover with another slice of Toast
- Wrap with napkin can eat while walking or eat then go out

Two minutes quick done, operation very simple, taste very delicious, very suitable for programmers. Time consumption short, will not produce extra garbage, also no need to wash tools or so.

### ADDITIONAL CONTENT

Toaster generally not exceed one hundred yuan, Toast go downstairs supermarket or Meituan grocery shopping deliver to door, generally one bag ten yuan eight slices, shelf life relatively short, very clean hygienic.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Tuna Mayo Sandwich

Satiating strong lazy person breakfast, nutrition very rich, high protein, probably 5 minutes done. Can eat together with milk, coffee etc. drinks.

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Water Immersion Tuna Canned (Not recommend Oil Immersion, will be very greasy)
- Square Toast Slice
- Mayonnaise
- Russian Gherkin Juice or Pickled Cucumber
- Cheese Slice (Optional)
- Ham Slice (Optional)
- Light Food Machine (Sandwich Maker)

### CALCULATIONS

- Water Immersion Tuna 65g
- Square Toast Slice 2 Pieces
- Mayonnaise 50 mL
- Russian Gherkin Juice 10-15mL (Can adjust according to personal taste)

### OPERATION

- Pour Tuna, Mayonnaise, Russian Gherkin Juice into bowl, use spoon stir, guarantee Tuna block stirred crushed, sauce overall presents paste shape, and set aside
- Put 1 Toast Slice on Light Food Machine
- Smear made Tuna Sauce on Toast, suggest 10-15ml
- Cover another Square Toast Slice on top, and press Light Food Machine, turn on machine
- Wait Light Food Machine automatic stop heating, can plate use

### ADDITIONAL CONTENT

- Tuna Sauce can refrigerate in refrigerator night before
- Tuna Sauce suggest refrigeration time not exceed one week, need use plastic wrap cover
- Pay attention not to connect Light Food Machine power before press operation, avoid triggering safety problem

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### 3.1.5 Staple

#### Air Fryer Teriyaki Chicken Rice



Air Fryer Teriyaki Chicken Rice is a simple and easy-to-make dish. It is both convenient and affordable, and beginners can fully master it while enjoying delicious food!

Estimated Cooking Difficulty: ★★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Ritz Crackers
- Soy Sauce
- Sugar (White Granulated Sugar)

#### CALCULATIONS

Determine the number of portions before each preparation. One portion is enough for 1 person.

Per portion:

- Chicken 900g
- Soy Sauce 100-125ml
- Sugar 60-65g
- White Vinegar 30-35ml
- Ritz Crackers (Salty cookies can be used as a substitute) 16 crackers (48g)
- 2 Eggs

#### OPERATION

- Mix soy sauce, sugar, and vinegar together, stir the sauce well and set aside.
- In another bowl, add chicken, eggs, 1/2 of the sauce, and crushed Ritz crackers. Mix well.
- Use a foil bowl as a liner in the air fryer, add the meat patty mixture, and pour the remaining sauce evenly over it.
- Air fry at **350°F** for **40 minutes**. Best served over rice.
- Take it out when the appearance is golden and crispy, cut into pieces and plate.

#### ADDITIONAL CONTENT

- Pay attention to the temperature during operation to avoid burns.
- Reference: [Cookpad](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Basic Milk Bread



Bread is common staple food. Ordinary bread needs to undergo long time fermentation and kneading dough. But this recipe tries to simplify production steps, convenient for beginner to get started, and try to guarantee its flavor. Of course, higher requirements can also consult other bread recipes.

This recipe **Needs relatively many extra tools**, will introduce in detail in later chapters.

This recipe faces **Baking Beginner**, Difficulty **Medium**, Expected production duration **200 Minutes**.

Estimated Cooking Difficulty: ★★★★☆

### ESSENTIAL INGREDIENTS AND TOOLS

#### Required Ingredients

- High Gluten or Medium Gluten Flour (Try to use High Gluten Flour, but Avoid using Low Gluten Flour. All "All-purpose Flour" without special instruction are Medium Gluten Flour)
- Egg (No excessive requirement on size and weight)
- Sugar (If have Syrup is best.)
- Dry Yeast
- Salt
- Milk or Heavy Cream or Condensed Milk or Milk Powder (Best use Milk Powder, milk fragrance full, but Do not use any Compound Milk Powder, such as Adult Milk Powder or Infant Milk Powder, because chemical properties unstable. Meanwhile can mix use two kinds of dairy products. Try to Avoid choosing extra sugar containing ingredients, because actual sugar content will be more than this recipe suggested added sugar amount)
- Butter or Corn Oil (If Chosen dairy product fat content extremely high can not add. Butter try to choose Animal Fat Unsalted. Soybean Oil might have bean fishy smell, try not to use.)
- Gluten Powder (Optional)
- Vanilla Extract (Optional)

#### Necessary Tools

- Oven (Do not use Oven without temperature control)
- Measuring Cup
- Cloth

- Rolling Pin
- Silicon Oil Paper or Mold

**Optional Materials, Tools and Introduction to Materials, Tools**





Baking is independent food production category, therefore has big difference from daily cooking tools. Below introduced commonly used tools.

- ①Measuring Cup: Measure ingredients. Measuring Cup generally will use cup as measurement unit. Do not shake when measuring, prevent measured ingredients be less.
- ②Spatula: Also named Silicon Shovel, used for stirring and scraping batter attached to container edge etc.
- ③Cloth: Cover on dough surface prevent losing too much moisture during production process. In production process select use wet or dry cloth according to actual situation. Suggest use Steaming Basket Cloth (Not disposable Steaming Cloth), can also use Plastic Wrap.
- ④Oven: Bake ingredients. Oven divided into small Economic Oven and large Professional Oven. Economic Oven because poor airtightness, therefore might heat unevenly, at this time can lower temperature extend baking time. Oven must preheat first. Later chapters will expand detail.
- ⑤Scraper: Scrape dough on kneading board and cut dough into appropriate size. Can also use clean knife substitute.
- ⑥Rolling Pin: Press dough.
- ⑦Spray Bottle: Make dough or container surface evenly cover water or oil, used for baking crispy skin and anti-stick.
- ⑧sieve: Make flour spread evenly or filter flour lumps and impurities.
- ⑨Kneading Board or Silicone Mat: Perform kneading dough operation above it, prevent polluting dough and other places.
- ⑩Brush: Used for brushing egg liquid to dough, make finished product more bright, beautiful, shiny.
- 11.Silicon Oil Paper: Prevent sticking with other items when baking, make baked finished product hard to de-mold. Silicon Oil Paper is high temperature resistant, no safety problem. Part of Silicon Oil Paper distinguish front and back, pay attention when using.
- 12.Mold: Help bread shaping when baking. No excessive requirements for bread baking molds, but mold for cake baking must be Anodized Aluminum material and best spray oil flour mixture help cake climb.
- Gluten Powder: This is protein extracted from wheat, will form grid structure after absorbing water. Widely applied in daily life, such as Gluten etc.
- Vanilla Extract: Vanilla Extract is natural edible essence highly purified from vanilla. Often used to make vanilla flavor food besides also used to neutralize egg fishy smell etc. odors.

#### CALCULATIONS

**Note: Although gave specific usage of ingredients, but indoor temperature, indoor humidity even yeast content in air will all affect production process. This recipe will give adjustment suggestions as much as possible during production process.**

cup is commonly used baking measurement unit, because can easily convert between volume and weight. 1 cup = 250 ml , generally, 1 cup Flour = 120 g . More conversions see Additional Content.

Here, used larger amount use cup , smaller use g .

Per serving:

**• Sponge (Starter)**

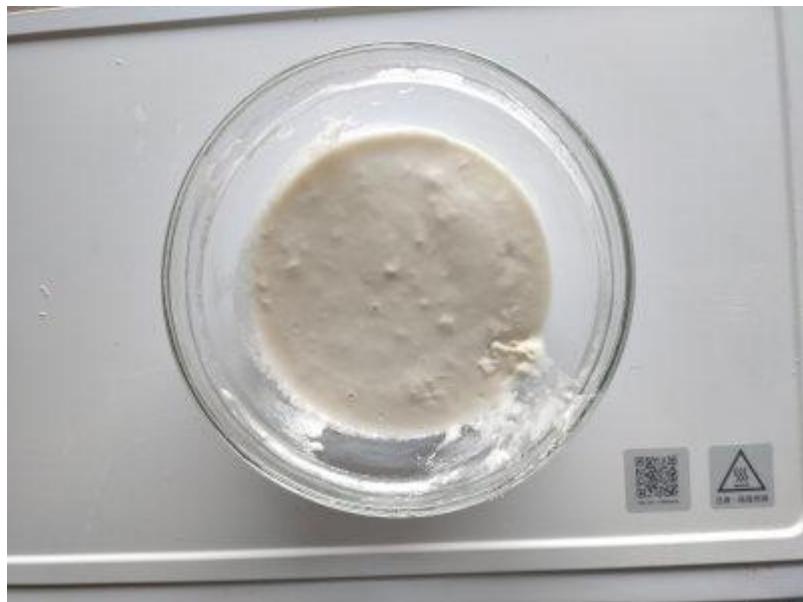
- Flour 1 cup (After scooping a cup use spoon scrape off excess part, don't shake)
- 30 °C Warm Water (Not hot to hand is suitable) 1 cup
- Yeast 2 g
- Salt 2 g

**• Dough**

- Flour 2½ cup
- Egg 1
- Sugar or Syrup ⅛ cup
- Dairy Product Mixed total ¼ cup (Milk Powder need mix with water.)
- Butter or Corn Oil ⅛ cup
- Gluten Powder ¼ ~ ½ cup (Optional)
- Vanilla Extract 3 g (Optional)

**OPERATION****Sponge Production**

Sponge is product of pre-fermentation, through pre-fermentation, not only can improve success rate, strictly speaking longer fermentation time will let bread flavor better. If have condition, sponge should ferment 4 days to reach best flavor. But for beginner, 30 minutes fermentation sponge presented finished product already very impressive. Next make sponge.



1. First, mix Yeast and **30°C Warm Water** evenly using Spatula or Kitchenware, stand 5 minutes. Afterward mix with Flour, stir evenly. Sponge at this time should be **Specially Viscous** batter.



1. Use cloth cover batter, place batter to **Warm Place** proceed fermentation, duration 45 ~ 60 minutes.



1. Final batter should be surface has many bubbles and volume obviously increased.

**Fermentation failed? Look here:**

1. Ensure yeast not expired
2. Ensure water temperature suitable
3. Extend fermentation time, can put in refrigerator overnight
4. Maybe temperature not enough, at this time can preheat oven to 60°C , stop heating then put into oven proceed fermentation
5. Can add equal amount yeast stir evenly ferment again and extend fermentation time
6. Can try add 3g sugar ferment again

**How to make "Permanent" Sponge?**

With Sponge, bake bread anytime is not dream! "Permanent" Sponge can be made according to below method:

1. After making sponge according to above method, put to cool place (Even refrigerator!) Every 1-3 days sprinkle thin layer of flour on top (As long as cannot see batter thickness is okay!) Stir again, then continue cover cloth ferment. If ferment too fast volume too big, can throw away a part.
2. Wait until start making bread, only need leave volume of sponge before fermentation continue ferment, remaining used for bread production.
3. As time passes, sponge will produce unique fragrance, this fragrance is best "Ingredient" for bread!

**Dough Production**

With sponge, then successful half!



1. Mix all remaining ingredients with sponge using Spatula, stir. When stirring must scrape wall, make it fully mixed. When forming dough and no dry flour, use clean dry hand press dough, other hand hold container, make it form a big dough, then pour on kneading board or silicon mat operate

At this time ground dough should already formed and relatively soft. If cannot form and very sticky, then explain flour less, can add  $\frac{1}{4}$  cup flour again fully stir, until formed. If dough formed or has many dry flour, then explain kneading time not enough. At this time can increase kneading time.

When pressing dough, use fist push away dough, then fold push away again, so back and forth, knead all flour on container wall into dough.

2. Use lower palm push away dough, then fold push away again, until surface no dry flour lumps. Dough at this time still not very smooth.

If use kneading board in this process, might have small part adhesion, at this time can use Scraper or Knife shovel it down.

If dough formed but relatively hard, then explain moisture too little. At this time can use wet hand or Spray Bottle on surface evenly cover water and cover wet cloth stand ferment 20 minutes, so back and forth.



3. Use Spray Bottle spray a layer of vegetable oil (Can also use hand smear evenly) in container at least three times as big as current dough, put dough in and cover cloth, ferment 1 hour.

If fermentation happen problem, please refer to solution for fermentation failure under Sponge Production.

Dough satisfying fermentation surface should be sticky. If not, can use wet hand or Spray Bottle on surface evenly cover water and ferment again 20 minutes.

4. At this time dough should have two times original size. Sprinkle thin layer of flour on kneading board or silicon mat (Can see kneading board or silicon mat thickness is enough), then take out dough, use hand press flat dough exhaust air. 5. Afterward use Rolling Pin, roll into 1 cm thick sheet. And tight, leave no gap roll up from one side. 6. Then rotate 90°, repeat step 4, step 5. 7. Shape bread, put into baking tray padded with Silicon Oil Paper or mold smeared with grease. Note seam face down.

Can spray evenly a layer of oil on baking tray or use butter smear thin layer then put on Silicon Oil Paper. So Silicon Oil Paper won't verify move.

8. In tray or mold, ferment 30 ~ 45 minutes.

If fermentation happen problem, please refer to solution for fermentation failure under Sponge Production.

9. Meanwhile, preheat oven.

Oven preheat: Adjust oven to highest temperature empty bake at least 20 minutes.

10. Use scissors or knife scratch few slits on bread as bread pattern. 11. Use brush brush on egg liquid. (Optional)



11. Put into oven, upper lower fire 180°C bake 30 minutes, then adjust 165 °C bake again 10 minutes.

Different oven temperature different. In baking process, observe bread, if no obvious color change after 30 minutes, then temperature too low. At this time increase 5 ~ 10 °C or bake 5 ~ 10 minutes more. After baking ends, taste bread, if bread surface bitter (Note, as long as not bitter not considered over baked), then temperature too high, try reduce 5 ~ 10 °C or reduce 5 ~ 10 minutes baking time; If outside already caramel color but inside not cooked, then reduce 5 ~ 15 °C and extend 10 ~ 20 minutes baking time.

If bread surface very hard or crack very serious, can use Tinfoil cover bread and take away Tinfoil in last ten minutes or upside down another baking tray and install at top most position, then take away Tinfoil or baking tray in last 10 minutes.

12. After cooling load into food bag, can save one week. Freeze can save one month.

When closed in food bag one night, bread internal and surface will further soften. So best tasting timing is second day morning.

**ADDITIONAL CONTENT**

## 1. Common ingredient conversion (Reference Only)

<b>Volume /cup</b>	<b>Ingredient</b>	<b>Mass /g</b>
1	Butter	227
1	Flour	120
1	Fine Granulated Sugar	180 ~ 200
1	Coarse Granulated Sugar	200 ~ 220
1	Sugar Powder	130
1	Crushed Dry Fruit	114
1	Raisin	170
1	Honey	340

## 1. How to save excess bread

Can slice bread proceed freezing, when next use can place to room temperature place wait return temperature, or directly heat. But **Never put to Refrigerator Area!** Bread moisture in Refrigerator Area will quickly lose.

## 1. Recommend eating method



a. Take a big piece of bread, up down divide into two. Put into pot low heat heat (Generally no need add oil, but if hope crispy skin can smear butter on bread surface then pan-fry) 1 ~ 2 minutes. b. Pot use Spray Bottle spray 3 ~ 4 pump oil, high heat burn until pot slightly smoke, turn minimum heat. c. Then put in an egg, cover lid. Wait 2 ~ 3 minutes. Then flip heat again 2 ~ 3 minutes. (This is method for liquid center egg, if need fully cooked egg, can add at most 1 ml water before flipping, turn medium low heat, until water boil dry. So obtained a fully cooked egg) d. Smear any sauce liked on both sides of bread, sandwich egg in middle.

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**Bonito Seaweed Corn Rice**

This is a "super lazy person's" version of rice, similar to the convenience of air fryer lamb chops. The taste is decent, mostly depending on the quality of the ingredients.

- Total Cooking Time: 40 minutes (3 mins prep + 40 mins cooking + 2 mins mixing)
- Actual Active Time: 5 minutes

Estimated Cooking Difficulty: ★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Essential: Northeast Chinese Rice (Indica or Japonica, e.g., Arawana 5kg pack). Recommended to cook with an IH Rice Cooker. Do not use a pressure cooker if possible.
- Essential: Bonito Seaweed Crumbs (Furikake style, can be searched online as "Japanese rice seasoning").
- Essential: Corn Kernels (Ready-to-eat type).

**CALCULATIONS**

- Bonito Seaweed Crumbs 20g
- Corn Kernels 80g/bag

**OPERATION**

- Prepare the steamed rice, then mix in the corn kernels.
- Sprinkle the bonito seaweed crumbs on top.

**ADDITIONAL CONTENT**

- If using a small rice cooker to cook Northeast rice, the water should cover the rice by about 3mm. Too much water will result in mushy rice rather than separate grains.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Chinese Pie

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Flour (Non-self-raising flour)
- Minced Meat
- Oil
- Salt
- Sugar
- Cornstarch
- Soy Sauce
- Flavoring Seasoning (Such as Chicken Powder, Cumin, Salt and Pepper, Optional)
- Garlic Clove
- Scallion
- Egg (Optional)
- Carrot (Optional)
- Flat-bottom Pan
- Wok (Can use same Flat-bottom Pan to substitute)

### CALCULATIONS

Each serving contains:

- Flour 200g
- Minced Meat 50g
- Oil 30ml
- Salt 3g
- Sugar 5g
- Cornstarch 10g
- Soy Sauce 5g
- Flavoring Seasoning 3g
- Garlic Clove 2 Cloves
- Scallion 1/4 (Leaf part)
- Egg (Optional, 1)

Using above conditions, calculate planned raw material ratio.

### OPERATION

#### Preparing Ingredients

- Take Minced Meat (Thawed), add 1/2 of all above seasonings (Oil, Salt, Sugar, Soy Sauce, Flavoring Seasoning) and all Cornstarch, stir evenly, marinate 30 minutes.
- Add Flour into bowl, add Egg, add remaining 1/2 of all above seasonings, add Water equivalent to 1/2 of Flour (Make Flour relatively viscous but can flow), stir evenly.
- Cut Garlic Clove into Garlic Minced.
- Cut Scallion into segments.
- Cut Carrot into Minced (Used as filling, so require as fine as possible, can use random knife chop)

**Cooking**

- Hot pot cold oil, extra oil in pot.
- Wait until oil hot, put in Garlic Minced to explode fragrance.
- Add marinated Minced Meat, stir-fry, until raw color gone.
- Add Carrot Minced into Minced Meat stir-fry together, until oil dyed golden yellow (This is to extract Carrot flavor).
- Turn off heat. Cool 2 minutes.
- Pour fried Minced Meat into Raw Batter, stir evenly.
- Re-ignite fire, Flat-bottom Pan spread base oil.
- Turn to low heat, pour batter into pot spread evenly. Ensure thickness not too high. Can lift pot, let batter flow across pot bottom to complete this operation.
- When pie surface still liquid, sprinkle Scallion segments.
- Maintain low heat, until bottom solidifies.
- Flip pie, continue low heat pan-fry, until other side solidifies.
- Afterward, each side extra pan-fry 20 seconds.
- Turn off heat out of pot.

**ADDITIONAL CONTENT**

- After adding Minced Meat and Carrot Minced to batter, should try to stir evenly, ensure taste spreads to everywhere inside pie.
- Minced Meat and Carrot Minced i.e. filling can be substituted with various cooked fillings.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Chive Boxes (Jiucai Hezi)

Chive Boxes are a delicious traditional snack with a crispy exterior and fresh, savory filling, rich in vitamins and protein. Simple to make, suitable for lunch, taking about 2.5 hours in total.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Chives
- Shrimp Meat
- Eggs
- Sesame Oil
- Salt
- Flour

### CALCULATIONS

Determine the number of portions before each preparation. One portion is exactly enough for 2 people.

Per portion:

- Chives 500g
- Shrimp Meat 100g
- 3 Eggs
- Sesame Oil 10ml
- Salt 5g
- Flour 250g

### OPERATION

- Put the flour in a large bowl, add water, and mix into a smooth dough. Let it rest for 30 minutes.
- Wash and chop the chives. Mix with the beaten eggs and 5g of salt, stirring well.
- Divide the dough into small portions, roll them into thin round cakes, and wrap the chives, shrimp, and egg mixture inside.
- Heat a pan, add cooking oil, and place the wrapped chive boxes in. Pan-fry until both sides are golden brown, about 3-4 minutes.
- Plate and enjoy after they have cooled slightly.

### ADDITIONAL CONTENT

- You can add other ingredients like dried tofu according to personal taste.
- Pay attention to the heat during frying to avoid burning the outside while the inside remains raw.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Cola Fried Rice

Cola Fried Rice uses cola instead of sugar to bring burnt fragrant slightly sweet flavor. Lazy person gospel, only need simple few steps can make unique texture fried rice, smooth fragrant egg pair with rich sauce, every bite is surprise.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Rice
- Cola (With sugar or sugar-free both okay)
- Egg
- Ham Sausage (Or Luncheon Meat, Optional)
- Oil
- Light Soy Sauce
- Dark Soy Sauce
- Oyster Sauce
- Bean Paste (Optional)
- Scallion Chopped
- Pepper Powder (White pepper, Black pepper both okay)

### CALCULATIONS

Before making each time need to determine plan to make how many portions. One portion exactly enough for 1 person to eat.

Per serving:

- Rice 200 g
- Cola 160 ml
- Egg 3
- Ham Sausage 20-100 g
- Oil 25 ml
- Light Soy Sauce 15 ml
- Dark Soy Sauce 7.5 ml (If use sugar-free cola, append 5 ml, if not use Bean Paste, append 5 ml)
- Bean Paste 7.5 ml
- Oyster Sauce 5 ml
- Scallion Chopped 5 g
- Pepper Powder 1 g

### OPERATION

- Heat pot, add 25 ml oil, put two eggs, fry until bottom completely solidified
- Flip, fry until two sides completely solidified
- Turn off heat, take out eggs, cut into 2-5 cm<sup>2</sup> small pieces then put back into pot (Can directly use spatula shovel to break)
- Re-ignite fire, pour in Cola, Light Soy Sauce, Dark Soy Sauce, Bean Paste, Oyster Sauce, stir evenly
- Heat until liquid in pot remains 1/3, pour in Rice and Ham Sausage stir-fry
- After stir-fry evenly, change low heat, dig a hole in center of food in pot, break in 1 Egg, cover pot lid, braise 2 minutes
- Open lid stir-fry until third egg cooked through, sprinkle Scallion Chopped and Pepper Powder, out of pot

### ADDITIONAL CONTENT

- Sugar-containing Cola taste better

- If like dry a bit, fry a while longer
- If think troublesome, can directly put 3 eggs in first step, cancel step of digging hole breaking another egg

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Egg Fried Rice

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Cold Rice
- Eggs
- Ham
- Cucumber
- Carrot
- Oil
- Salt
- Pepper Powder
- Light Soy Sauce
- Scallion
- Shadow-shredded Beef / Lunch Meat / Sausage / Braised Meat... etc. cooked meat (Optional)

When preparing rice, refer to [Rice Cooker Steamed Rice](#).

### CALCULATIONS

Determine the number of portions before each preparation. One portion is exactly enough for 1-2 people.

Total:

- Cold Rice (Portions \* 500ml)
- Eggs (Portions \* 1.5 // 1 round down)
- Ham (Portions \* 2 pieces)
- Cucumber (Optional, Portions \* 30g)
- Carrot (Optional, Portions \* 30g)
- Oil (Portions \* 12ml)
- Salt (Portions x 4g - Portions x 6g)
- Pepper Powder (Portions \* 8g)
- Scallion (Portions \* 1 plant)
- Light Soy Sauce (Portions \* 10ml)

Use the above conditions to calculate the planned raw material proportions.

### OPERATION

- Break the cold rice into small pieces with a spatula in advance.
- Slice or cube ham sausage, carrot, cucumber, etc., according to needs.
- If you have cooked meat at home, prepare it for better flavor.
- Separate the egg whites and yolks into two large bowls and beat them individually. Note: Do not add salt at this step.
- Heat the wok over high heat. When it starts to smoke, add cooking oil. Pour in the egg whites. Once mostly solidified, remove and set aside.
- If there is enough oil, directly add the egg yolks. If not, add more oil and wait for it to heat up over high heat.
- Once the egg yolks are mostly solidified, turn the heat down to medium-low. Add ham, cooked meat, carrot, cucumber, and other ingredients. Stir-fry for 10 seconds (until fragrant).
- Put the egg whites back in, stir-fry for 5s, then quickly add the rice and stir-fry over high heat. The goal is for every grain of rice to be coated with egg.

- During the stir-frying process, break up any large clumps of rice. This step takes a while. Stir-fry evenly after all clumps are broken.
- Adjust to low heat and add salt, pepper powder, and light soy sauce.
- Further stir-fry evenly. It's ready when you see some rice "jumping" in the wok.
- Finally, add scallions and stir-fry for another 10s.
- Turn off the heat and serve in a bowl.

**ADDITIONAL CONTENT**

- Technical Summary
- Overnight cold rice is best for stir-frying. If you don't have cold rice, you can cook it fresh (and use the refrigerator to cool it quickly), but achieving a "separate grain" texture will take longer stir-frying.
- Doing a "separate grain" stir-fried rice essentially means stir-frying the rice until it's dry. Overnight rice is used because it has already lost some moisture.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Eggplant Meat Pancake**

Eggplant Meat Pancake is a simple and easy-to-make pancake-style staple food.

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Rice Flour (ground from rice)
- All-purpose Flour
- Egg
- Cooked Cured Meat (Lap Yuk)
- Eggplant (long and round ones are best)
- Cooking Oil
- Salt

**CALCULATIONS**

Makes 1 portion. 1 portion is enough for 2 people.

Per portion:

- Rice Flour 250g
- Flour 50g
- 1 Egg
- Cooked Cured Meat 100g
- 1 Eggplant (approx. 10-15cm long)
- Cooking Oil 10-15ml
- Salt 1-2g

**OPERATION**

- Peel and slice the eggplant. Slice the cured meat. Set aside.



- Add 250g of rice flour, 50g of flour, and 1 egg to a basin.





- While stirring with chopsticks, add clear water (**water is used to adjust the consistency**) until the rice flour, flour, and egg mixture forms a batter. Stop adding water when the batter can adhere to the eggplant and meat slices without falling off. Then, put all eggplant and meat slices into the batter and coat them thoroughly.



- Add **10-30ml** of cooking oil to a flat-bottomed pan and turn on low heat.



- Use chopsticks or a spoon to place the coated eggplant and meat slices into the pan. Pan-fry until both sides are golden brown, then fry for another **3-6 minutes (add more oil during the process if needed)**.



- Sprinkle with salt, stir-fry evenly, and serve on a plate.



**ADDITIONAL CONTENT**

- Pan-fry over low heat.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Fermented Rice Sweet Dumplings (Laozao Tangyuan)

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Small Sweet Dumplings (Tangyuan)
- Fermented Rice (Laozao / Sake-kasu)
- White Sugar
- Goji Berries (Optional)

### CALCULATIONS

Determine the number of portions before each preparation. One portion is exactly enough for 1-2 people.

Total:

- Water 300 ml \* portion count
- Small Sweet Dumplings 250 g \* portion count
- Fermented Rice 50 g \* portion count
- Goji Berries 5 \* portion count
- White Sugar

### OPERATION

- Pour water into the pot and bring to a boil.
- Add small sweet dumplings and cook for 8 minutes.
- Add fermented rice and goji berries and cook for another 2 minutes.
- Serve in a bowl, add white sugar according to personal taste, and stir well.
- Eat.

### ADDITIONAL CONTENT

- The amount of white sugar can be adjusted according to personal taste.
- If you prefer a thicker texture, you can reduce the water by up to 100 ml.
- If you prefer softer goji berries, you can boil them together with the sweet dumplings.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Fresh Meat Shumai (Siu Mai)

Fresh Meat Shumai features a filling primarily made of pork with a 3:7 fat-to-lean ratio, blended with winter bamboo shoots, pork skin jelly (pizheng), and shiitake mushrooms. When steamed, it produces a semi-transparent wrapper and juicy filling. One bite releases succulent juices—a perfect balance of savory and fresh, showcasing the elegance of Jiangnan cuisine.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Shumai wrappers
- Minced pork (Fat-to-lean ratio 3:7; for a low-fat version, use pork tenderloin or front leg meat)
- Minced ginger
- Chopped scallion (green parts only)
- Light soy sauce
- Cooking wine
- Salt
- Sugar (Optional)
- White pepper powder (Optional)
- Sesame oil
- Broth or bouillon cube (Nongtangbao)
- Winter bamboo shoots (Optional)
- Pork skin jelly (Optional but recommended)
- Shiitake mushrooms (or dried, rehydrated; optional)
- Shrimp (Optional)
- Lard (or chicken fat) (for low-fat version)
- Composite food thickener ( $\kappa$ -carrageenan 45%, guar gum 35%, potassium chloride 20%) (or cornstarch) (for low-fat version)
- Steamer liner (Recommended order: oiled bamboo mat, straw mat, reed leaves, perforated silicone parchment paper. Traditionally straw mats were used; now perforated silicone paper is more common)

### CALCULATIONS

Determine the number of portions before each preparation. One portion is enough for 2-3 people.

Per portion:

- Shumai wrappers 240-465g (approx. 24-31 sheets, recommend 30 sheets of 10g each)
- Minced pork 300g (low-fat version: use 280g lean pork)
- Minced ginger 5-10g
- Chopped scallion 10-20g
- Light soy sauce 15 ml
- Cooking wine 10 ml
- Salt 3-5g (if using bouillon, reduce by 3g)
- Sugar 2-3g
- White pepper powder 2g
- Sesame oil 5 ml
- Broth 30 ml
- Bouillon cube 6g (Recommend Knorr brand, about 1/8 of a cube)
- Winter bamboo shoots 50g
- Pork skin jelly 100g
- Shiitake mushrooms 75g (or 30g dried, rehydrated)
- Shrimp 100-200g (approx. 20-25 pieces)
- Composite thickener 1.2g (or cornstarch 2g)
- Lard (or chicken fat) 15g

#### **OPERATION**

- (Low-fat version) Mix the thickener with 10 ml of cold water into a paste.
- (Low-fat version) Add 25 ml of boiling water and stir into a semi-transparent gel.
- (Low-fat version) After cooling, mix with 280g pure lean minced pork and 15g of melted lard (or chicken fat).
- Mix the minced pork with ginger and scallion. Add soy sauce, cooking wine, salt, sugar, and white pepper. Stir in one direction until the meat becomes "elastic" (shang jin).
- If using a bouillon cube, dissolve 1/8 cube in 15 ml of hot water until fully dispersed, then add another 15 ml of room-temperature water.
- Slowly add the water or broth while continuing to stir until the meat absorbs the liquid and becomes sticky. If the filling feels too thick, add another 5 ml of water and continue stirring.
- Add optional ingredients (bamboo shoots, pork skin jelly, shiitake). Finally, drizzle with sesame oil and mix well. Refrigerate for 30 minutes to let the flavors meld.
- Take one wrapper and place about 20-25g of filling in the center (don't be too greedy, or it won't close).
- Use your thumb and index finger (Hukou) to gently gather the edges of the wrapper, forming a "vase" shape with the top remaining open.
- Gently press the bottom with your finger to ensure it stands stable.
- If adding shrimp, place one shrimp on top.
- Repeat until all shumai are wrapped.
- Place them in the steamer, spaced apart to avoid sticking.
- Steam over high heat for 8-10 minutes.

#### **ADDITIONAL CONTENT**

- The fat in shumai mainly comes from the pork fat. When the fat is removed in the low-fat version, a small amount of animal fat is added back to compensate for the texture.
- If shumai wrappers are unavailable, use large wonton wrappers or roll out dumpling wrappers until thin.

- Wrapper diameter should be 8-10 cm, weighing about 10-15g each. The ratio of wrapper to filling should be between 1:2 and 1:2.5.
- A meat grinder should be used on medium setting so the meat is neither too fine (like paste) nor too coarse (like chunks), maintaining a texture with a "bounce" (Q-dan).
- Using 5g of ginger and 10g of scallion won't overpower the meat flavor; using 10g/20g makes it taste more like dumpling filling.
- Rub a bit of oil on your hand when wrapping to prevent the wrapper from sticking.
- Make sure the water is already boiling before you start steaming, otherwise the wrappers will collapse.
- Extra shumai can be frozen at -18 °C. Frozen ones need to be steamed for 12-15 minutes.
- Tastes better dipped in rose rice vinegar. You can also pair with Xiangyang chili sauce, chili oil, light soy sauce, or ginger shreds according to taste.
- Reference: [Xiachufang Recipe](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Fried Instant Noodles

This is a most successful attempt after exploring improved directions of traditional boiled instant noodles. It can elevate deliciousness degree of instant noodles by large degree, simple easy to do. Start frying!

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Instant Noodles
- Salt
- Egg
- Ham Sausage (Optional)

### CALCULATIONS

Before making each time need to determine plan to make how many portions. One portion exactly enough for 1 person to eat

Total:

- Instant Noodles usage is 1.2 Packs / Person round down.
- Egg usage is 1.4 Eggs / Person round down.
- Salt usage is Egg usage \* 2g.
- Ham Sausage usage is 0.7 Sausages / Person round up.
- Cooking Oil usage is 10 - 18 ml / Person.

Use above conditions, calculate raw material ratio plan to use.

### OPERATION

#### Ham Sausage Pre-processing

- Tear open Ham Sausage package, cut into small blocks with width 1cm.

#### Noodle Processing

- Add 300 ml water into boiling pot. Boil.
- Add Instant Noodle cake, boil 45 Seconds. During boiling stir it, scatter noodles.
- Immediately turn off heat after noodles scattered.
- Separate noodle soup and noodles. Rinse noodles with cold water.

#### Sauce Processing

- Prepare a small bowl, squeeze Instant Noodle seasoning packet into it.
- Squeeze in all Vegetable Packet
- Squeeze in all Sauce Packet
- Squeeze in 50% - 80% Powder Packet. (Squeezing in all Powder Packet will be very salty)
- Take out 80ml noodle soup from previous step, add to small bowl, stir evenly, obtain Seasoning Bowl.

#### Egg Pre-processing

- Take out calculated quantity eggs, crack into a small bowl.
- Each egg add 2g Salt. Stir evenly.
- Hot pot 20s, add Portion Count \* 8ml Oil.
- Add just prepared a bowl of eggs. Stir-fry about 20s until eggs form solid state is enough.
- Take out fried eggs temporarily store.

**Final Step**

- Hot pot 20s, increase oil inside pot to Portion Count \* 10ml.
- Add Ham Sausage processed in first step. Stir-fry 10 Seconds.
- Add Noodles from second step. Stir-fry 30 Seconds.
- Add Seasoning Bowl from third step. Stir-fry 30 Seconds.
- Add Fried Eggs from fourth step. Stir-fry 30 Seconds.
- Turn off heat serve into plate.

**ADDITIONAL CONTENT**

In Beijing, can consider adding Sesame Paste after serving into plate. If Sesame Paste too thick, can 1:1 mix water dilute.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Fried Liangfen**

Fried Liangfen is a special snack popular in Shanxi, Shaanxi area, entrance smooth tender, suitable for old and young.

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Liangfen
- Corn Oil
- Garlic

- Scallion
- Bean Paste
- Light Soy Sauce
- Dark Soy Sauce
- Salt
- Thirteen Spices
- Medium Coarse Chili Powder
- Mineral Water

#### CALCULATIONS

Below materials are for one person portion, before making each time need to determine plan to make how many portions. One portion exactly enough for one person to eat.

- Liangfen 500g
- Corn Oil 10ml
- Garlic Minced 10g
- Scallion 15g
- Bean Paste 15g
- Light Soy Sauce 20ml
- Dark Soy Sauce 10ml
- Salt 5g
- Thirteen Spices 5g
- Medium Coarse Chili Powder 15g
- Mineral Water 20ml

#### OPERATION

- Cut Liangfen into Mahjong block size
- Start low heat, start pot burn oil, after pot burn slightly hot, put in Garlic Minced explode fragrance then add Bean Paste fry out red oil
- Put Liangfen blocks into pot, stir-fry 10 Seconds
- Add Light Soy Sauce lift flavor, Dark Soy Sauce color, after stir-fry evenly add Chili Powder continue stir-fry evenly
- Add Salt, Thirteen Spices continue stir-fry 10 Seconds
- Add prepared Mineral Water, stir-fry 10 Seconds again, wait soup thick, turn off heat out of pot plate
- Sprinkle Scallion Chopped then complete

**ADDITIONAL CONTENT**

- When choosing Liangfen best choose Liangfen made of Pea Starch, if condition not allow Sweet Potato Starch or others also okay

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Fried Mo**

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Steamed Bun (Overnight slightly hard better)
- Salt
- Oil
- Cumin Powder
- Five Spice Powder
- Scallion
- Egg (Optional)

**CALCULATIONS**

- Steamed Bun 2 (Overnight slightly hard better)
- Salt 3g
- Oil 20ml (Peanut Oil or Sesame Oil better)
- Cumin Powder 3g
- Chili Powder 3g
- Five Spice Powder 3g
- Scallion 2 Plants
- Egg (Optional, 2)

Use above conditions, calculate raw material ratio plan to use.

**OPERATION**

- Cut Steamed Bun into small blocks or small slices.
- If choose have Egg beat Egg into bowl, beat scattered (Can add Salt and Five Spice Powder each 1g or not add, add during stir-fry process).
- Pour Egg on Steamed Bun, mix evenly, Egg should not be too much.
- High heat hot pot, pour in Cooking Oil (If stainless steel pot afraid hurt pot can pour oil first, burn until oil hot also okay)
- Put Mo Cubes in stir-fry, stir-fry evenly.
- Turn heat small, stir-fry until Mo Cubes present golden yellow.
- Put in Salt, Pepper Powder, Five Spice Powder.
- Finally put Scallion Chopped together stir-fry a few times.
- Turn off heat out of pot.

**ADDITIONAL CONTENT**

- Pay attention control fire during stir-fry process, prevent stir-fry burnt
- Fire big remedial measure turn heat small, can add oil along pot edge lubricate pot or sprinkle water, pay attention not pour all in one place, best disperse open
- Seasoning can put other spices according to personal preference (Such as Nande Seasoning)
- If like eat crispy, can turn heat to smallest, stir-fry a while longer, after turning off heat while pot hot place a while then pour out, more fragrant crispy
- Side ingredients can also place Minced Garlic, Garlic Sprouts etc. according to personal taste, can explode fragrance separately then mix

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Fried Rice Cakes

Minnan flavor Fried Rice Cakes is a very delicious staple food. Its production process simple, raw material acquisition convenient, suitable for overseas friends satisfy appetite. Beginner needs 30 Minutes complete, difficulty relatively small.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Rice Cakes/White Guo (Shape unlimited)
- Scallion
- Seasonings: Soy Sauce, Salt
- (Optional): Melted Egg, Green Vegetable

### CALCULATIONS

Before making each time need to determine plan to make how many portions. One portion exactly enough for 1 person to eat

Total:

- Rice Cakes 250 g \* Portion Count
- Scallion 2 Plants \* Portion Count
- Cooking Oil 50 ml
- Soy Sauce 15 ml
- Salt 1-2g \* Portion Count, according to taste preference.

### OPERATION

- Add water to pot boil, cook Rice Cakes cooked, add water to bowl ensure Rice Cakes won't stick, fish up Rice Cakes set aside.
- Cut Scallion into Scallion Chopped (Separate Scallion White and Scallion Leaf), cut Green Vegetable into small segments set aside.
- (Optional) Make Scrambled Eggs, see [Tomato Scrambled Eggs](#).
- Hot pot, add 30ml Cooking Oil.
- Pour Scallion White into pot, until most Scallion White turn burnt yellow and emit fragrance, pour out Scallion Oil set aside.
- Re-heat pot, add 20ml Cooking Oil.
- Add all Side Ingredients (Egg, Green Vegetable etc.), stir-fry evenly.
- Pour away Rice Cakes water, add Rice Cakes into pot.
- Add Soy Sauce and Salt, stir-fry evenly.
- Turn off heat, add Scallion Oil, stir-fry evenly, plate.

### ADDITIONAL CONTENT

- Selection of Side Ingredients can add according to personal choice discretion, such as adding Lean Meat etc.
- When cooking Rice Cakes pay attention to stir, avoid sticking pot

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Fried Rice Noodles

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Fried Rice Noodles, Pork/Beef
- Stir-fry Seasoning: Salt, MSG, Dark Soy Sauce, Light Soy Sauce, Cumin Powder (Or directly use Rice Noodle Seasoning)
- Other Seasonings: Pepper Powder
- Cucumber, Gluten Block, Mung Bean Sprouts, Egg, Garlic Clove, Scallion, Starch
- Basin, Plate

Suggested purchase plan: On Taobao, Grocery Buying etc. platforms purchase bagged Fresh Rice Noodles, generally sold starting from 1 Jin, refrigerated shelf life can reach two weeks, and send Rice Noodle Stir-fry Seasoning!

### CALCULATIONS

- Rice Noodles usage is 250 g/Person, if need bigger appetite, can add another 100g/Person round down.
- Cucumber Shreds 30g/Person, Gluten Block 30g/Person, Mung Bean Sprouts 30g/Person, Beaten Egg 1/Person.
- Smashed Garlic Clove 2/Person, Scallion 1 Plant/Person
- Rice Noodle Seasoning can add by 20g/Person, if prepare stir-fry seasoning by self can 10g Salt + 2g MSG + 3g Cumin Powder.
- Starch can prepare per 100g Meat + 5g Starch ratio.
- Dark Soy Sauce/Light Soy Sauce, respectively per 250g Rice Noodles 10ml/15ml.

### OPERATION

#### Preparation Work

- Green Scallion cut chopped (Separate Scallion White and Scallion Leaf), Garlic Clove smash, throw on chopping board set aside.
- Beat Egg, fish a bit Egg White into a bowl, throw remaining into another bowl set aside.
- Put Mung Bean Sprouts into pot, high heat boil 60 Seconds. Fish out Bean Sprouts, pass cold water, put into plate set aside.
- Cucumber cut shreds put into plate set aside, can throw together with Bean Sprouts.
- Process Gluten, throw into a plate alone.
- Meat cut thin strips, add Starch and Egg White in bowl just now, Pepper Powder, clockwise mix evenly.
- Note: Cold Skin purchased from supermarket generally has Cooking Oil on surface, can use tap water wash. Gluten similarly.
- Note: After washing Gluten, please use hand squeeze out large amount water in Gluten (No need too forceful).

#### Hot Pot Stir-fry Meat

- Add Cooking Oil, pot hot pour out.
- Pour in processed Meat, stir-fry evenly until color change, pour into bowl set aside.

#### Stir-frying Rice Noodles

- While pot hot, add 20g Cooking Oil (Hypertension crowd can lower usage), pour in Scallion White, Garlic explode fragrance.
- Add Rice Noodles, drizzle Dark Soy Sauce lift color, stir-fry evenly then add Rice Noodle Seasoning, continue stir-fry.
- When Rice Noodles about to be transparent, put in Stir-fried Meat Shreds and Gluten, and add Light Soy Sauce lift freshness, simply stir-fry twice.
- Add Bean Sprouts and Cucumber Shreds, stir-fry until Rice Noodles completely transparent.
- Turn off heat!

**Final Step**

- Sprinkle Scallion Leaf garnish, lift pot up.
- Pour into plate, start eating rice.

**ADDITIONAL CONTENT**

Personal taste differs according to region, weather, time, specific usage of seasonings please decide according to personal situation, like chili can add by self.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Fried Spaghetti**



This is a soft sticky refreshing Spaghetti recipe, very simple, time used roughly 30 Minutes.

Estimated Cooking Difficulty: ★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Spaghetti
- Fatty Beef Slices
- Ketchup / Black Pepper Sauce (Choose one is okay)
- Rapeseed Oil (Other Vegetable Oil also okay)

#### CALCULATIONS

- Spaghetti 50 g / Person
- Fatty Beef 5 Slices / Person
- Cooking Oil 5ml / 50 g Spaghetti

#### OPERATION

- Add 250 g Water / Person
- Wait water boil, put in noodles, medium heat boil 15 - 20 Minutes (This noodle usually relatively hard, best taste a bit before fishing up, if center a bit hard, need continue boil)
- Fish out noodles, serve into plate set aside
- Hot pot pour in Cooking Oil, wait oil temperature medium hot, put in noodles stir-fry one minute (If too dry, add small amount water)
- Put in 10 g Ketchup, Fatty Beef, add 2g Salt, continue stir-fry one minute
- Out of pot

#### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Green Bean Braised Noodles

Green Bean Braised Noodles is a great dish for busy people—simple to make, convenient, and delicious.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Fresh Noodles (Jiuye or Erxi < see the "Noodle Thickness Guide" at the bottom)
- Meat (Pork Belly is best)
- Salt
- Green Beans (String beans)
- Chicken Essence
- Oyster Sauce
- MSG
- Thirteen Spices
- Light Soy Sauce
- Dark Soy Sauce
- Scallion
- Garlic
- Ginger
- Hot water
- Kitchen knife

### CALCULATIONS

The following amounts are only for one portion for one person! Please adjust according to actual needs!

- Fresh Noodles 300g.
- Meat 100g.
- Green Beans 150g.
- Salt: 2g.
- Cooking Oil: 10 - 18 ml.
- Chicken Essence: 2g.
- Light Soy Sauce: 10ml.
- Oyster Sauce: 5g.
- Thirteen Spices: 1g.
- Dark Soy Sauce: 5ml.
- MSG: 1g.
- Hot Water: 150ml.
- Scallion 10g.
- Ginger 5g.
- Garlic 10g.

Use the above conditions to calculate the planned raw material proportions.

### OPERATION

#### Preparation

- Cut the green beans into 5cm - 6cm segments.

- Cut the scallion into 1cm - 2cm segments.
- Cut the ginger into 1mm x 1mm x 3cm strips.
- Smash the garlic on a chopping board and mince into 1mm pieces.
- Slice the pork belly into 2mm thick pieces.
- First, heat the wok until all moisture is gone. Place your hand 10cm above the bottom of the wok; it should feel noticeably hot.
- Add the measured cooking oil. Hold the handle and tilt the wok about 5cm above the stove, swirling it so the oil coats two-thirds of the inner surface.

PS: If using a non-stick pan, ignore the above and just wait 3-5 seconds for the oil to heat up.

- Add all the ginger and scallion segments, stir-fry for 5 seconds until fragrant (be careful of oil splashes!).
- Add all the pork slices. Don't rush to stir; let them sit for 5 seconds before stir-frying until they are all coated with oil.
- Continue to stir-fry the pork. Once the color has changed, drizzle the light soy sauce evenly along the edge of the wok and stir-fry.
- Successively add salt, dark soy sauce, oyster sauce, thirteen spices, chicken essence, and all the green beans. Stir-fry for 2 minutes.
- Add the hot water.
- When the water boils, use a ladle to scoop out half of the cooking liquid (Note: do not scoop out the beans or meat).
- Spread all the noodles evenly over the top of the beans.
- Cover and braise over medium heat for 5 minutes.
- Open the lid and use a ladle to drizzle the reserved cooking liquid evenly over the noodles, one spoonful at a time.
- Cover and braise over medium heat for another 3 minutes.
- Open the lid and sprinkle all the garlic and MSG evenly.

PS: There might still be some liquid in the wok. If you prefer the noodles wetter, turn off the heat now; otherwise, keep cooking for a bit.

- Use chopsticks to constantly toss and mix the noodles with the vegetables and meat.
- Turn off the heat.

#### **ADDITIONAL CONTENT**

##### **Noodle Thickness Guide**

- Maoxi (Hair-thin, like hair or fine vermicelli)
- Xi (Fine, slightly thicker than Maoxi, like incense sticks)
- Erxi (Medium-fine, like typical stir-fry noodles)
- Sanxi (Slightly thicker than Erxi, like thick potato starch noodles)
- Jiuye (Chive-leaf width)
- Dakuan (Extra wide, like the wide potato starch noodles in Malatang)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Ham Rice Balls**

Delicious!

Rich in carbs and protein also vitamins. Production difficulty have hands can do, expected production time 1 h .

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Ham
- Rice
- Water
- Frozen Green Peas (Optional)
- Frozen Corn Kernels (Optional)
- Seaweed Shreds (Optional)
- Liked Salad Dressing (Recommend Japanese mayo!)

**CALCULATIONS**

Before making each time need to determine plan to make how many portions. One portion exactly enough for 2 people to eat.

Per serving:

- Ham(100g)
- Rice(125g)
- Water(90ml)
- Frozen Green Peas(30g)
- Frozen Corn Kernels(30g)
- Seaweed Shreds(10g)
- Liked Salad Dressing(20g)
- Cooking Oil 10-15ml

#### OPERATION

- Put Rice and Water into rice cooker, click rice mode, wait complete
- Put Frozen Corn Kernels and Green Peas into pot, add water cover all ingredients, after boiling wait 2 Minutes, fish out.
- Cut Ham into 1cm cubes
- Meanwhile, add 10ml Cooking Oil, add Ham stir-fry until Ham colored
- Put Rice, Ham, Seaweed Shreds, Green Peas, Corn Kernels, Salad Dressing into bowl, mix evenly is enough
- Plate (If have)

#### ADDITIONAL CONTENT

- Salad Dressing degree can delete reduce according to personal taste.
- Can try mixing Salad Dressing.
- Reference: Xiaohongshu - Rice Eater Is Sleepy Again

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Handmade Dumplings**

Dumplings is one of very delicious staple foods. Satiating and easy to season according to own taste, suitable for students in US who cannot eat boiled dumplings to satisfy craving. Generally beginner needs 3 hours to complete, difficulty relatively large.

Estimated Cooking Difficulty: ★★★★☆

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Rolling Pin
- Flour
- Cold Water
- Basin with diameter 30cm or above
- Sesame Oil

### **CALCULATIONS**

-Single person, about 20 dumplings

Per serving:

- Flour 200g
- Cold Water 150ml
- Sesame Oil 2-3ml
- Lean Meat Mince 250g
- Fatty Meat Mince 20g #If not like can not add
- Ginger 3g
- Scallion 15g
- Salt 3g
- Oyster Sauce 2ml
- Sesame Oil 2ml
- Light Soy Sauce 2ml
- Egg 1

### **OPERATION**

#### **Making Dumpling Skin**

- Add all Flour into basin
- Add Sesame Oil
- Dig small hole in center of Flour
- Divide 4-5 times add water, and stir, when appear crumb shape slightly dry dough
- Cancel adding water, use hand press dough solid
- Dough press solid until can include flour around basin is enough, this step is basin clean hand clean dough clean
- Place dough on table, basin upside down on table, environment temperature 25 degrees, make dough rest about 45 minutes
- After resting complete, roll dough into strip shape, combine into a lump, roll into strip again, repeat 3 times
- Roll into strip shape, cut into 20 portions uniform size dough, and roll into ball shape with diameter about 3-3.5cm
- Press flat dough, sprinkle flour on hand, table, rolling pin, and dough, this step prevent dough sticking
- Use rolling pin roll dough flat, about 8cm diameter, thick about 2mm, middle slightly thicker than surroundings 1mm

#### **Mixing Filling**

- Pork remove skin, retain part fatty meat, cut into small pieces

- Kitchen Knife (Suggest two) chop pork into meat mince, put into bowl
- Cut Scallion, Ginger into mince, put into meat bowl stir evenly
- Wash Leek clean, cut short to length below 3mm
- Mix Leek and Meat Mince, add Oyster Sauce, Light Soy Sauce, Sesame Oil each 2ml, add Egg White of one egg, use hand mix stir evenly
- Place 30 minutes then can start wrapping dumplings

**Wrapping Dumplings**

- Put dough skin on left hand, putting dumpling filling side try not to stick to flour, prevent unable to close
- Right hand use chopsticks clip about 1/2 diameter of dough skin amount of filling
- Close along dumpling skin circumference, pinch solid, individual eating no need pinch flower, dumpling skin not leak is enough

**Boiling Dumplings**

- Use pot that can put down 20 dumplings, or cook in batches
- Boil water, water about 3/4 pot height
- After high heat boil water put in dumplings, adjust to medium heat
- First time put in dumplings, and water bubbles, add 50ml Cold Water at pot edge (Repeat this step twice)
- After third time water boils add Cold Water 50ml, after water boils adjust to low heat wait 60s then can out of pot

**ADDITIONAL CONTENT**

- Boiling dumplings no need cover pot lid, adding water three times is just to not let dumplings always be in boiling state causing skin damage becoming noodle sheet.

This dish exists some supplementary methods, including but not limited to:

Extra add following materials:

- Black Vinegar 10ml
- Ginger One small piece 50 g
- Sesame Oil 2 drops
- Garlic/Garlic Paste 3 Cloves/Person
- Consider pairing Black Vinegar to eat. Suggested usage: 10-20ml.
- Consider Ginger cut shreds, add 20ml Black Vinegar and Ginger Shreds in small bowl stir as dipping sauce, flavor richer.
- Consider adding 1~3 drops Sesame Oil when pairing Black Vinegar, stir as dipping sauce.
- Consider adding smashed Garlic Paste when pairing Black Vinegar, stir as dipping sauce. (Simple Garlic smell will remain in mouth, if need face to face talk with others after meal suggest give up or clean mouth)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Henan Steamed Noodles**

Henan Steamed Noodles is a snack popular in Henan folk, can also make using fine dried noodles at home.

Simply speaking, is first wrap fine dried noodles with oil put into steamer steam cooked, then add vegetables pair with seasonings stir-fry, finally secondary steaming, to reach result of flavor entered and chewy.

Estimated Cooking Difficulty: ★★★★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Fine Dried Noodles (Recommend round ones)
- Pork Belly
- Garlic Bolt
- Scallion + Ginger + Garlic + Cooking Wine
- Salt + Chicken Essence + Thirteen Spices
- Light Soy Sauce + Dark Soy Sauce + Oyster Sauce
- Sesame Oil
- Oil + Pot + Kitchen Knife + Spatula
- Steamer Grate
- Extra Basin

#### **CALCULATIONS**

Below amount is amount of staple food only enough for 1 person 1 meal! Please adjust usage amount against actual situation!

Per serving:

- Fine Dried Noodles 300g
- Pork Belly 350g
- Garlic Bolt 150g
- Cooking Oil 10-15ml
- Light Soy Sauce 15ml
- Dark Soy Sauce 10ml
- Oyster Sauce 5ml
- Salt 2g
- Chicken Essence 2g
- Thirteen Spices 1g
- Scallion 10g
- Ginger 5g
- Garlic 10g
- Cooking Wine 5ml
- Sesame Oil 5ml

#### **OPERATION**

##### **First Steaming**

- Start pot add 70% water, water boil, put on steamer grate
- Spread Fine Dried Noodles evenly, drizzle 5ml oil and smear evenly, steam 15 Minutes
- Take out Fine Dried Noodles and Steamer Grate, place aside, and pour away water in pot

##### **Cutting Vegetables**

- Pork Belly, cut into 2mm thick meat slices
- Garlic Bolt, cut into 3cm segments
- Scallion, cut into 0.2cm thin slices

- Ginger, cut into 1mm x 1mm x 3cm fine shreds
- Garlic, smash flat on chopping board, cut into 1mm granularity

**Stir-frying**

- Start pot, burn dry moisture, add 3ml Cooking Oil
- Hand hold pot handle, shake pot, make Cooking Oil fully coat 2/3 of pot
- Medium heat, add meat slices, stir-fry 1 Minute
- Add Scallion Ginger Garlic, Cooking Wine, continue stir-fry 1 Minute
- Put Garlic Bolt segments into pot, stir-fry 1 Minute
- Start seasoning, add Dark Soy Sauce, Light Soy Sauce, Oyster Sauce, Salt, Chicken Essence, Thirteen Spices, stir-fry 1 Minute
- Add 500ML Water, submerging vegetables, stew 1 Minute
- Put in steamed Fine Dried Noodles, constantly stir 3 Minutes, wait Fine Dried Noodles all evenly colored, turn off heat
- Pour all stirred Fine Dried Noodles and Vegetables into extra basin

**Second Steaming**

- Start pot, add Cold Water 70%, put on Steamer Grate, spread mixed Noodles and Vegetables evenly on top
- After water boils, high heat burn 15 Minutes, out of pot
- Drizzle 10g Sesame Oil, then edible

**ADDITIONAL CONTENT**

Thickness and Texture of Fine Dried Noodles:

- Thin, Round (Supermarket mostly are this kind, texture more chewy)
- Wide, Flat (Texture relatively soft)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Hot and Sour Fern Root Noodles

Hot and Sour Fern Root Noodles is a simple and easy-to-make cold dish suitable for beginners. It can be served as a staple food, focusing on hot and sour flavors. It is expected to take 10 minutes to complete.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Fern Root Noodles
- Chili Oil (Youpol)
- Soy Sauce
- Mature Vinegar (Xiangcu)
- Bird's Eye Chili (Optional)
- Garlic (Optional)
- Scallion (Optional)
- Salt
- Sugar
- A somewhat deep pot

### CALCULATIONS

Per portion:

- Soy Sauce : Vinegar : Chili Oil = 3 : 2 : 2 (The specific amount of sauce depends on the amount of fern root noodles; this ratio ensures the flavor profile is correct)
- If you find the sauce too light, add 2 to 5 grams of salt.
- If you want the sauce to be fresher, add 2 grams of sugar.

### OPERATION

#### Cooking the Fern Root Noodles

- Add water to the pot up to about 3/5 depth and bring to a boil.
- Once the water is boiling, add the fern root noodles and cook over medium-low heat for 8 minutes.
- Remove from the pot.

#### Preparing the Sauce

- According to the ratio, add soy sauce, vinegar, and chili oil.
- Taste it with a chopstick.
- If you find the soy sauce flavor slightly too strong, add the prepared salt.
- If you find it not fresh enough, add the prepared sugar.
- Stir thoroughly until most of the granular seasonings are dissolved.

#### Assembly and Final Steps

- Take a bowl.
- Add the sauce prepared in the previous step.
- Rinse the fern root noodles with cold water and then place them into the sauce.
- Stir thoroughly.
- Finely chop the prepared scallion, garlic, and bird's eye chili and sprinkle them over the noodles.
- Finished! (◦·∀·)◦

**ADDITIONAL CONTENT**

- Scallion, ginger, and garlic are additional seasonings; adding them can enhance the flavor, but it's fine without them.
- The amount of sugar and salt depends on personal taste; please add accordingly.
- It's recommended to use a bowl as the final serving vessel because using a plate makes eating the noodles more difficult.
- The overall flavor is relatively spicy; if you can't eat spicy food, please reduce the amount of chili oil and do not add bird's eye chili.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Hot Dry Noodles

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Hot Dry Noodles unique Alkaline Noodles
- Scallion
- Sour Cowpea
- Minced Meat
- Garlic Water
- Meat Soup Juice
- Dried Radish
- Sesame Paste
- Chili Oil
- Pepper Powder
- Soy Sauce
- Salt
- Chicken Essence

### CALCULATIONS

Per serving:

- Hot Dry Noodles unique Alkaline Noodles (250g)
- Scallion (10g)
- Sour Cowpea (20g)
- Minced Meat (30g)
- Garlic Water (30ml)
- Meat Soup Juice (30ml)
- Dried Radish (50g)
- Sesame Paste (40ml)
- Chili Oil (0-10ml)
- Pepper Powder (0-10g)
- Soy Sauce (5ml)
- Salt (3g)
- Chicken Essence (0-3g)

### OPERATION

- Boil water, and add Alkaline Noodles, blanch 25 Seconds fish up
- Sprinkle Salt, Chicken Essence and Pepper Powder
- Dilute Sesame Paste with 90ml Water, stir evenly, then add
- Add 5ml Soy Sauce, add 30ml Meat Soup Juice and Garlic Water
- Add Dried Radish, Minced Meat, Sour Cowpea, Scallion Chopped
- Mix evenly then start eating

### ADDITIONAL CONTENT

- Chili Oil add according to personal taste

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## Instant Noodles With Egg

Instant Noodles With Egg is important staple food able to satisfy survival basic needs of various crowds, its material convenient easy to get, method simple easy to get started and production cycle extremely short.

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Instant Noodles
- Egg
- Water

### CALCULATIONS

- Single person, can support an adult not hungry state about 3 to 4 hours.

Per serving:

- Instant Noodles 1 Pack
- Water 550ml-1000ml, according to pot situation. Standard is able to completely submerge Instant Noodles inside.
- Egg 1

### OPERATION

- First heat water to boiling (Fire not strictly required, use hot water will be faster)
- Put taken out Noodle Cake into pot
- Put Seasoning Packet accompanied in Instant Noodles into pot
- Take out chopsticks slightly stir Instant Noodles, make seasoning fully dissolve, Noodle Cake fully soaked heated
- Cover pot lid wait about 1 Minute until water in pot boil again
- De-shell Egg, add into pot
- Wait about 3 to 4 Minutes, enough

### ADDITIONAL CONTENT

- Eggs in this guide include but not limited to: Raw Egg, Boiled Egg, Marinated Egg etc.
- Raw material Instant Noodles can buy at convenience store downstairs
- Can add seasoning according to personal need, and other ingredients include but not limited to: Ham Sausage, Lettuce, Small Meat Shreds, Spicy strip, Dried Fish, Shrimp Meat, Chicken Leg

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Japanese Curry Rice

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

#### Main Ingredients

- Curry Block (Recommend brand House)
- Potato
- Carrot
- Onion
- Meat (Pork, Chicken, Beef all okay)
- Garlic Clove

#### Side Ingredients

Extra ingredients used for garnish, optional

- Broccoli (Boiled in clear water)
- Bacon (Ready-to-eat)
- Fried Egg or [Sunny Side Up Egg](#)

### CALCULATIONS

Ingredient usage proportional to curry, calculation part take **Half Box House Curry Block (115g)** as example. Half box about six bowls portion, made curry flavor better after refrigerated in fridge, don't worry one person cannot finish eating.

- Onion 2
- Potato 2
- Carrot 1
- Garlic Clove 2~3
- Meat 1 kg

### OPERATION

#### 1. Ingredient Preparation

- Carrot remove head and tail, peel, rolling cut
- Onion peel off outer layer remove core, cut into crescent shape
- Potato peel, cut big chunks
- Meat cut block shape
- Peel garlic squash flat chop
- Curry Block chop, increase contact area accelerate dissolve

#### 2. Cooking Process

- Hot oil pot put in Garlic and Meat, **Quickly Stir-fry** until meat Surface turns white
- Add Carrot, **Quickly Stir-fry** until evenly heated
- Add Onion, **Quickly Stir-fry** until Onion Turns transparent state
- Add Potato, maintain stir-fry until Potato Turns soft (Can use chopsticks to confirm)
- Add water cover all ingredients, after boiling **Wait 15 Minutes**
- Turn off heat, add curry and stir
- Wait curry melt then turn on heat, slowly **Stir 10 Minutes**, prevent sticking pot
- When appearance Presents viscous state turn off heat end production

### 3. Heat After Refrigeration

Refrigerated curry each time take out portion needed to eat, after heating cover on Rice.

- Microwave: Single person portion High Fire 2-3 minutes
- Pot: Need extra add 50ml Water, maintain stir when heating

### ADDITIONAL CONTENT

#### Remarks

- Step 1-6 can proceed during waiting process of 2-5, in this process can also use clear water pot boil some vegetables, or make a fried egg.
- Between 2-5 to 2-6, need pay attention observe boiling water level line, if find lower than 2/3 of ingredients should add hot water to cover ingredients.

#### Flow Chart

```
graph TD
    A[Process Meat, Carrot, Onion, Potato] --> B(Start Oil Pot, sequentially put into pot stir-fry cooked)
    B --> C[Add Water cover ingredients, Boil 15 Minutes]
    C --> D[Curry Chop, Boiling Water boil Broccoli etc.]
    C --> E[Add Curry Stir 10 Minutes]
    D --> E
```

#### Finished Product



#### References

- [World Food Tutorial's Weibo Video](#)

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## Japanese Gyudon

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

#### Main Ingredients

- Onion (Must choose Onion with white yellow outer skin, do not use purple Onion)
- Fatty Beef (Hotpot Fatty Beef is okay, also can choose Original Cut Fatty Beef Slices)
- Scallion (Also can choose cut Scallion segments)
- White Sesame
- Mirin (A kind of commonly used Japanese seasoning, can buy on major e-commerce platforms, also can use Cooking Wine substitute)

#### Side Ingredients

Extra ingredients used for garnish, optional

- [Onsen Tamago](#)
- Dashi (Soup stock boiled using Bonito flakes and Kombu, can be used to lift freshness)

### CALCULATIONS

Ingredient usage proportional to rice, calculation part take **One Cup Rice (160ml)** as example. About two people eating portion, can put in fridge refrigerate if cannot finish eating, but might not be that delicious

- Onion 1
- Fatty Beef 250 g
- Scallion 1~2 Plants
- White Sesame 5 g

### OPERATION

#### 1. Ingredient Preparation

- Onion peel off outer layer remove core, cut into crescent shape
- Scallion wash clean cut into 0.5cm small segments
- Hot pot directly put in White Sesame, **Back/Forth shake pot body** make sesame evenly heated until Slightly presents golden yellow
- Fatty Beef blanch water 1 Minute then fish out
- Mix 40g [Mirin](#) (Or 30g [Cooking Wine](#)), 30g [Soy Sauce](#), 20g [Oyster Sauce](#), 5g [Sugar](#), 5g [Dark Soy Sauce](#) (Optional, used for coloring), in bowl stir mix into Seasoning (This step can directly put bowl on electronic scale proceed)

#### 2. Cooking Process

- Hot oil pot put in Onion, **Quickly Stir-fry** until Onion Turns transparent state
- Turn low heat, add 250g Water (Or Dashi), turn back high heat heat **Wait 3 Minutes**
- Add Beef and Seasoning
- **Constantly flip** all ingredients **10 Minutes**, prevent ingredients sticking pot
- Turn off heat
- Serve Gyudon on [Rice](#) (Note need pour some juice on rice)
- Sprinkle Scallion chopped and White Sesame, production complete.

### 3. Heat After Refrigeration

Refrigerated Gyudon each time take out portion needed to eat, after heating cover on [Rice](#).

- Microwave: Single person portion High Fire 2-3 minutes
- Pot: Need extra add 50ml Water, need **Constantly flip** when heating

### ADDITIONAL CONTENT

```
struct Staple{float Salinity;};
struct Staple Gyudon
Gyudon.Salinity = Taste a mouthful soup;
while(Gyudon.Salinity < Expectation) Add(1 g) Soy Sauce; Gyudon.Salinity = Taste a mouthful soup;
```

### Remarks

- If use relatively nice Beef, can choose not blanch water, can more retain Beef flavor, because added Mirin so won't be very fishy, no need worry Beef not cooked, heat 10 Minutes definitely cooked
- If have condition, choose add 15g Sake

### Flow Chart

```
graph TD
A[Process Meat, Onion, Scallion Chopped, White Sesame] --> B[Start Oil Pot, Stir-fry cooked Onion]
B --> C[Add Water, Boil 3 Minutes]
C --> D[Add Beef and Seasoning, Boil 10 Minutes while stirring]
D --> E[Serve into bowl, sprinkle Scallion Chopped and White Sesame]
```

### Finished Product



### References

- [He Shui Yang Yang Lab 【Gyudon | Fatty Beef Rice】 Yoshinoya Beef Rice Authentic Method](#)
- [Uncle Xia Kitchen 60 seconds get divine recipe, tasty and goes well with rice Fatty Beef Rice!](#)

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If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Korean Bibimbap**

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Rice
- Egg
- Beef Rolls (for hotpot)
- Bean Sprouts
- Mushrooms
- Carrot
- Zucchini
- Korean Chili Paste (Gochujang)
- Sprite (Lemon-lime soda)
- Sesame Seeds
- Sesame Oil

**CALCULATIONS**

Per portion:

- 1 bowl of Rice (400g)
- 1 Egg
- 6 Beef Rolls (60g)
- 1 handful of Bean Sprouts (80g)
- Mushrooms 50g
- 1/4 Carrot
- Zucchini 50g
- Korean Chili Paste 25ml
- Sprite 2 bottle caps (20ml)
- Sesame Seeds 10g
- Sesame Oil 20ml
- Light Soy Sauce 15ml

**OPERATION**

- Wash and shred the vegetables. Stir-fry in a pan until softened, then remove.
- Bring water to a boil. Blanch the beef rolls until cooked through (about three minutes), then remove.
- Fry a [sunny-side-up egg](#) (or according to preference).
- Place the [rice](#) in a bowl, then invert it into a larger serving bowl.
- Arrange the prepared vegetables and beef rolls around the rice in a circle, and place the fried egg in the center.
- Prepare the sauce:
- 10ml Korean Chili Paste + 5ml Light Soy Sauce + two bottle caps of Sprite (use sugar-free Sprite for a low-calorie version) + 10g Sesame Seeds + 5ml Sesame Oil.
- Stir the sauce; you can add more soy sauce and salt if needed.
- Pour the prepared sauce over the arranged bowl.

**ADDITIONAL CONTENT**

- This is a very simple dish. The process might be a bit tedious, but it's very satisfying when you mix the vegetables, meat, rice, and sauce together.
- If you care about the appearance, you can use a stone pot (dolsot) instead of a regular bowl.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Lao Bing

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Oil
- Flour
- Electric Griddle
- Oil Crisp (See Tips)

### CALCULATIONS

Note: This staple food does not provide less or more version, here selected amount most suitable for beginner:

- Flour = 400g
- Hot Water = 130ml (80 Degrees)
- Cold Water = 130ml

### OPERATION

- Pour 400g Flour into basin, half use cold water mix dough, half use hot water mix dough, stir into dough flakes, use hand knead into dough. Use plastic wrap seal up, rest dough 40 Minutes
- When 10 Minutes left to dough resting completion time, please view Oil Crisp method in [Tips](#) (Hot Oil Crisp effect better)
- Rested dough need not knead, slightly press, use one horizontal knife one vertical knife divide into four portions.
- Rub round, roll open, roll into cake similar size to electric griddle, take 1/4 Oil Crisp, smear cake surface evenly
- Cut along cake radius, roll from outer circle into cone shape, then pinch cone tail well, prevent Oil Crisp leaking.
- Press dough cone tip place, press it flat, then roll again into dough cake similar size to electric griddle (Thickness about 3mm)
- Preheat Electric Griddle, coat cold oil (Hot Pot Cold Oil), put rolled cake into Electric Griddle, brush some oil on top of cake too, smear evenly (Lock moisture), cover lid
- High heat bake one minute, open lid, flip cake then bake one minute
- Repeat above action, complete cake baking



**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Lao Gan Ma Noodles

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Noodles
- Lao Gan Ma (Chili Oil Sauce)
- Soy Sauce

### CALCULATIONS

Determine the number of portions before each preparation. One portion is enough for 1 person.

Total:

- 1 liter of water
- 120g of noodles \* portion count
- 15ml of Lao Gan Ma \* portion count
- 5ml of soy sauce \* portion count

### OPERATION

- Pour water into the pot and bring to a boil.
- Add the noodles evenly into the pot.
- Stir during the cooking process to prevent the noodles from sticking together.
- When you can pick up a noodle with chopsticks and it slides off naturally, wait for 30 more seconds before turning off the heat.
- Transfer the noodles into a bowl.
- Add Lao Gan Ma and soy sauce according to the measurements.
- Mix the noodles, Lao Gan Ma, and soy sauce evenly with chopsticks.
- Eat.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Laoyou Pork Noodles**

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Rice Noodles (Fresh or dried)
- Pork
- Sour Bamboo Shoots
- Chopped Chili
- Fermented Black Beans (Douchi)
- Garlic
- Cooking Wine
- Light Soy Sauce
- White Sugar
- Rice Vinegar
- Salt
- Oil
- Cornstarch
- White Pepper Powder

**CALCULATIONS**

Per portion:

- Rice Noodles (250g, remember to soak in 50°C warm water for half an hour)
- Pork (50g)
- Sour Bamboo Shoots (50g)
- Chopped Chili (15g or as needed)
- Fermented Black Beans (30g)
- Garlic (10g)
- Cooking Wine (10-20ml)
- Light Soy Sauce (15ml)
- White Sugar (5g, optional)
- Rice Vinegar (5ml)
- Salt (5ml)
- Oil (15ml)
- Cornstarch (15ml)
- White Pepper Powder (10ml)

**OPERATION**

- Marinate the pork slices with cooking wine, salt, light soy sauce, cornstarch, and white pepper in a bowl. Set aside.
- Heat a dry wok (no oil), add the sour bamboo shoots and fry until the moisture is evaporated. Create some space in the center.
- Add 10ml - 15ml of cooking oil to the center of the bamboo shoots, then add garlic, chopped chili, and fermented black beans. Stir-fry in the center until fragrant.
- Add the marinated pork and 10ml of light soy sauce. Stir-fry for one minute.
- Add 5ml of rice vinegar, 10ml of light soy sauce, and 450ml of clear water. Bring to a boil.
- Once boiling, add the soaked rice noodles and continue to cook for 3 minutes. Plate and serve.

**ADDITIONAL CONTENT**

- Remember that rice noodles must be soaked to be delicious; otherwise, they won't have the right texture!

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Lard Rice

Lard Rice is fallback when southern kids don't love eating rice, glittering translucent rice grains wrapped with amber color Lard, salty fresh of Soy Sauce and clear fragrance of Scallion Chopped dance together on tongue tip, every mouthful is perfect symphony of carbs and fat.

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Rice (Recommend use Japonica Rice)
- Lard
- Light Soy Sauce (Recommend use Lee Kum Kee or Haitian)
- Dark Soy Sauce
- Oyster Sauce (Optional)
- Scallion Chopped (Optional)
- Lard Residue (Optional)

### CALCULATIONS

Before making each time need to determine plan to make how many portions. One portion enough for 1 person to eat.

Per serving:

- Rice 200 g
- Lard 15 g (When adding Oyster Sauce, reduce to 10 g)
- Light Soy Sauce 5 ml (When adding Oyster Sauce, reduce to 3 ml)
- Dark Soy Sauce 2 ml
- Oyster Sauce 8 g
- Scallion Chopped 0-12 g (Initial suggest 5 g)
- Lard Residue 5 g

### OPERATION

- Basin bottom pave Lard
- Add Rice
- Drizzle Soy Sauce and Oyster Sauce
- Sprinkle Scallion Chopped and Lard Residue
- Mix evenly

### ADDITIONAL CONTENT

- Suggest pair with Lean Meat and Vegetables to balance nutrition
- High cholesterol, not suggest frequently eat
- Reference: [Lard Rice - Wikipedia, The Free Encyclopedia](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Liangfen**

Eating Sad Liangfen won't make people sad!

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Pea Starch
- Garlic
- Millet Chili
- Chili Powder
- Soy Sauce
- Vinegar
- White Sugar
- Chicken Essence
- Salt
- Crushed Peanuts
- Cilantro

**CALCULATIONS**

Following materials are for one person portion, before making each time need to determine plan to make how many portions. One portion exactly enough for one person to eat.

- Pea Starch 100g
- Garlic 3 Cloves
- Millet Chili 3
- Chili Powder 10g
- Soy Sauce 10ml
- Vinegar 10ml
- White Sugar 3ml
- Chicken Essence 3g
- Salt 3g
- Crushed Peanuts 5g
- Cilantro 5g

**OPERATION**

- Prepare ingredients.



- Mix Pea Starch and Water 100g each and stir.



- Pour 600g Water into pot, high heat boil then turn to low heat.



- Pour in Starch Water, stir constantly while pouring, stir until thick and color uniform.



- Find a container, brush a thin layer of Cooking Oil in container.



- Pour cooked Starch into container refrigerate 2-4 hours.



- Take out after refrigeration, de-mold, cut into strips.



- Chop Garlic and Millet Chili into mince, put on 10g Chili Powder, 5g Crushed Peanuts, hot oil stir evenly.



- Then add 10ml Soy Sauce, 10ml Vinegar, 5g White Sugar, 3g Chicken Essence, 3g Salt stir evenly.



- Pour seasoning sauce on Liangfen, then sprinkle Cilantro is enough.

**ADDITIONAL CONTENT**

- Reference: [Detailed steps for making Liangfen](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Luosifen (Snail Rice Noodles)

Authentic Luosifen is not stinky!

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

Considering home cooking, it is unrealistic to start the process from snails or sour bamboo shoots. Therefore, this recipe is based on packaged Luosifen.

#### Ingredients

- One pack of Luosifen, which should contain:
- Rice noodles
- Snail meat packet (may be included in the seasoning packet)
- Soup base packet
- Side packets like sour bamboo shoots, peanuts, yuba (tofu skin), wood ear mushrooms, etc.
- Seasoning packets like vinegar and chili oil

#### Tools

- Pot
- Induction cooker or stove
- A pair of chopsticks

### CALCULATIONS

- Based on personal experience, one pack of Luosifen is enough for one person per meal (although it looks like a large bag).
- 1L of water

### OPERATION

- Add water to the pot and bring to a boil.
- Add rice noodles and cook for 3-5 minutes, stirring with chopsticks to prevent sticking.
- Add the soup base packet, adjusting to personal taste.
- Add some of the side packets, such as wood ear mushrooms, peanuts, and snail meat (these need to be cooked for a while to absorb the flavor).
- Add the seasoning packets, adjusting to personal taste.
- Stir and then remove from the pot and place in a bowl.
- Add the remaining side packets, such as sour bamboo shoots and yuba (these are not suitable for soaking in the soup for too long).
- Enjoy.

### ADDITIONAL CONTENT

- If you want chewier noodles, you can shorten the boiling time in the second step.
- If you want to add a fried egg to the Luosifen, please refer to the fried egg tutorial.
- Choose your side ingredients according to your personal taste.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Meat and Egg Rice Bowl

Meat and Egg Rice Bowl is suitable for a simple single-person dinner, taking approximately fifteen minutes to cook.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Rice
- Eggs
- Ground Meat
- Dark Soy Sauce
- Light Soy Sauce
- Vinegar
- Shallot Oil (Optional)
- Scallion
- Oil
- Sugar

### CALCULATIONS

One portion is for one person. For multiple people, please increase proportionally, but consider the capacity of the pot.

Per portion:

- Rice 240g
- 4 Eggs
- Ground Meat 300g
- Dark Soy Sauce 10ml
- Light Soy Sauce 25ml
- Vinegar 20ml
- Shallot Oil (Optional) 10g
- Scallion 10g
- Oil 30ml
- Sugar 15g

### OPERATION

- Cook the rice. Usually, one cup of rice (using the measuring cup provided with the rice) is 240g.
- Put 30ml of oil in the pan.
- Add the ground meat and pan-fry over medium heat until slightly charred on both sides.
- Crack the eggs into the pan, do not beat them, and cover with a lid.
- Prepare a sauce by mixing the measured dark soy sauce, light soy sauce, vinegar, sugar, and shallot oil in a bowl.
- Open the lid, pour the sauce into the pan, and wait for three minutes.
- Turn off the heat and serve the meat and eggs over the rice.
- Safety check, start eating the rice bowl.

### ADDITIONAL CONTENT

- If you prefer it sweeter, you can add an extra 10g of sugar.
- Please make sure to turn off the gas equipment after cooking to avoid danger.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Microwave Sausage Claypot Rice**

Programmers mostly bachelors ☺ cooking more dishes will have trouble of one person cannot finish eating, therefore a simple Sausage Claypot Rice is just right.

Use microwave to cook only need 15 Minutes , both nutritious and delicious, this is a simple and delicate staple food, show off your skill to TA.

Estimated Cooking Difficulty: ★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Tools
- Microwave
- 2 Big Bowls (Recommend Microwave Special Bowl)
- 1 Small Bowl
- Ingredients
- Rice 200 ml
- Sausage 1 Link
- Egg 1
- Carrot 1
- Salt
- Oil 15 ml
- Light Soy Sauce 10 ml

- Scallion 1 Plant

#### CALCULATIONS

1 Person Portion.

#### OPERATION

- Wash Rice clean then pour into **Rice Bowl**, add 400ml Water, **Cover Lid**
- Put into microwave, High Fire, 6 Minutes, prepare ingredients during cooking rice
- Cut Sausage
- Wash Green Vegetable
- Cut Carrot Slices
- Cut Scallion Chopped
- **Green Vegetable Bowl** put in Green Vegetable, Carrot Slices, pour 10 ml Oil, put 5 g Salt
- **Small Bowl** pour 10 ml Light Soy Sauce, 5 ml Oil
- After 6 minutes, use towel or heat insulation glove take out bowl, can see rice already 80% cooked
- Arrange sliced Sausage on Rice, continue High Fire 2 Minutes
- Take out Sausage Rice, put in **Green Vegetable Bowl**, High Fire 4-5 Minutes
- Arrange Green Vegetable on Sausage Rice, crack in an Egg, continue High Fire 40-60 Seconds depending on personal preference
- Take out Sausage Rice, at this time already basically completed.
- Put **Small Bowl** in, continue High Fire 30 Seconds
- Pour heated Light Soy Sauce on Sausage Rice, sprinkle Scallion Chopped then ready
- Excess Green Vegetable can eat dipping soy sauce

#### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Noodles in Soup

Noodles in Soup is basic staple food loved by many people, add any ingredients liked according to personal preference, nutrition comprehensive, solid liquid both possess, material easy to get, method simple, can do with hands.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Noodle Materials: Can be handmade noodles, Longxu noodles, Mianyu, also can be instant noodle cake, various specification vermicelli, or other any noodle form liked.
- Vegetable Materials: Suggest meat vegetable combination, choose liked ingredients wash clean is okay. For example:
- Beef Lamb Fish Shrimp etc. meat (Raw Cooked both okay)
- Chicken Egg Duck Egg Goose Egg Ostrich Egg etc. eggs
- Bean Curd Bean Gluten Tofu Skin etc. bean products
- Lettuce Spinach Oil Wheat Vegetable
- Green Pepper Tomato Carrot etc. vegetables.

### CALCULATIONS

- Noodle Materials: Single person one instant noodle size amount, can choose between 70-230g.
- Cold Water: Add amount enough to submerge noodles, generally choose between 200 - 400 ml
- Vegetable: Volume roughly equivalent to noodle
- Wherein Green Vegetable volume can be ignored

### OPERATION

- First cut Vegetable Materials into block shape with side length not exceeding 4cm, easy to cook cooked
- If have raw meat, then first put into cold water, cover pot lid, boil boiling, first fish out upper layer blood foam, then turn off heat, fish out half cooked meat set aside
- First high heat heat water until boiling, later adjust to medium heat
- Put harder to cook ingredients into pot (For example half cooked meat, mushroom etc. put into pot first). To guarantee cooked, can time 10 Minutes after boiling, specially hard to cook big block ingredients can append 5 Minutes.
- Put Noodle into pot, appropriately stir ensure noodle and soup fully contact, make liquid surface maintain slightly boiling, boil 5 Minutes. Liquid surface easy generate white foam after adding noodles, can appropriately lift pot lid ventilate or remove pot lid.
- Put easy to cook cooked ingredients like Green Vegetable into pot, appropriately stir to fully submerge, boil 2-5 Minutes
- Turn off heat, subsequently add Salt, Pepper Powder, Sesame Oil etc. liked seasonings, appropriately stir then can out of pot eat

### ADDITIONAL CONTENT

- Operation flow can change according to own preference, try more will have surprise
- If cannot master salt adding amount well, can adopt small amount multiple times adding method, avoid excessive

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Omurice (Egg Wrapped Rice)**

Omurice is a classic Japanese home-style dish consisting of fried rice wrapped in a smooth, tender omelet. It is rich in texture, color, aroma, and taste. Packed with protein, carbs, and vitamins, it's an ideal choice for breakfast or a main meal. Estimated preparation time is 25 minutes.

Estimated Cooking Difficulty: ★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Eggs (Free-range eggs recommended for better flavor)
- Onion
- Carrot
- Corn Kernels
- Green Peas (Optional)
- Ham Sausage or Chicken Breast
- Rice
- Ketchup
- Cooking Oil (Vegetable oil recommended)
- Milk (Optional, for a more tender omelet)

### **CALCULATIONS**

Determine the number of portions before each preparation. One portion is suitable for 1 person.

Per portion:

- 2 Eggs
- Onion 30g
- Carrot 30g
- Ham Sausage or Chicken Breast 50g
- Corn and Green Peas total 30g
- Rice 200g
- Ketchup 20ml
- Cooking Oil 15ml
- Milk 10ml (mixed with eggs)

### **OPERATION**

- Dice onion, carrot, ham, or chicken breast. Set aside.
- Heat 10ml of cooking oil in a pan, wait 10 seconds.
- Stir-fry diced onion for 1 minute until fragrant, then add carrot, corn, and peas. Continue to stir-fry for 2 minutes.
- Add ham or chicken breast cubes, fry until cooked.
- Add rice and stir-fry until separated, then add 20ml of ketchup and stir-fry evenly. Remove the fried rice and set aside.
- Beat eggs, add 10ml of milk, and mix well.
- Add 5ml of oil to the pan, pour in the egg mixture, and gently tilt the pan so the eggs cover the bottom evenly.
- Heat over low heat until the surface is semi-cooked, then place the fried rice in the center of the eggs.
- Use a spatula to fold the sides of the omelet over the rice, forming an oval shape.
- Carefully slide onto a plate, adjust the shape, and drizzle extra ketchup on top for decoration.

**ADDITIONAL CONTENT**

- Using overnight rice prevents sticking and provides a better texture.
- Adding milk to the eggs makes the omelet more tender and smooth.
- Use low heat when making the omelet to avoid burning the bottom.
- If you're not good at wrapping, you can just serve the rice first and place the omelet on top.

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## Pizza Dough



Pizza making generally speaking relatively simple, slightly troublesome and also most controversial is pizza dough, after making pizza dough like to eat what flavor pizza, directly put prepared ingredients on it bake cooked is okay, so here emphasize on how to make pizza dough.

This tutorial's dough belongs to soft dough low temperature overnight fermentation.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

#### Ingredients

- All-purpose Flour
- Water (Warm Water)
- Angel Dry Yeast Powder
- Salt
- Olive Oil
- White Sugar

## Tools

- Oven
- Baking Paper
- Pizza Stone (Better if have, ordinary baking tray also okay if not)
- Rolling Pin (Not necessary)

## CALCULATIONS

One 8 ~ 9 inch pizza roughly needs 125g flour, nearly is amount for one person (Adult male just enough to eat appearance)

Raw material mixing ratio

Flour : Water : Olive Oil : Yeast Powder : Salt : Sugar
100 : 70 : 7 : 1 : 0.6 : 0.6

Example

If want to make 4 doughs at one time, need:

- Flour 125g x 4 = 500g,
- Water 70 x 5 = 350g,
- Olive Oil 7 x 5 = 35g,
- Yeast Powder 1 x 5 = 5g,
- Salt 0.6 x 5 = 3g,
- Sugar 0.6 x 5 = 3g

## OPERATION

- Use prepared warm water dissolve yeast powder, slightly stir a bit is okay, set aside
- Take prepared flour, sequentially add Salt, Olive Oil, White Sugar
- Prepare mix water and flour, add water while stirring until water all added
- Stir until cannot see dry rice flour
- Use container roughly three times size of dough to hold, seal, refrigerator refrigerate (4 degrees) **Wait 8~12 hours, generally make at night used next day**
- Observe dough resting complete **Roughly is original size about two times count as resting complete**
- Take rested dough, evenly divide into four portions, separately cover with plastic wrap, set aside
- Sprinkle slightly more dry flour on chopping board, prepare start kneading dough
- Because is relatively wet dough, so after sticking dry flour not so sticky to hand, need not knead too many times, dough surface slightly smoother is okay
- Use hand pull, or rolling pin roll flat, also need not roll round, as long as thickness uniform, usually put into oven is okay
- Lay baking paper, put on dough, according to personal taste, put prepared ingredients on it, sprinkle cheese shreds
- Fruit oven upper 180 degrees, lower 220 degrees, 16 minutes enough
- Meat Vegetable oven upper 200 degrees, lower 230 degrees, 18 minutes enough
- Squeeze salad dressing or other own liked sauce then can enjoy~

## ADDITIONAL CONTENT

- Must pay attention to water ratio
- Oven quality uneven, first time make pay attention observe fire influence on pizza
- Generally not specially marked is low gluten or high gluten flour, basically all are all-purpose flour
- Fruits easy to release water cannot act as ingredient, such as Watermelon, Mandarin etc.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Rice Cooker Steamed Rice

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Rice Cooker
- Southern Rice (Indica) or Northern Rice (Japonica)
- Water

### CALCULATIONS

- Generally, one person can consume 100ml-200ml of rice.

Finger Tip Water Measurement Method (A method for accurately determining the rice-to-water ratio):

- For Southern Rice (Indica): Put rice and water in the rice cooker container. When the index finger touches the rice, the water level should just cover the first joint and reach 1/4 of the second joint of the index finger (approx. 2.6 cm).
- For Northern Rice (Japonica): Put rice and water in the rice cooker container. When the index finger touches the rice, the water level should just cover the first joint of the index finger (approx. 2 cm).

Use the above conditions to calculate the planned raw material proportions.

### OPERATION

- Wash the rice.
- Add rice and water to the rice cooker.
- Connect the rice cooker power and enter heating mode. Wait approximately 30 minutes.
- Wait for the rice cooker to automatically enter "Keep Warm" mode.
- Let the rice steam in the rice cooker for 10-15 minutes.
- Serve the rice.

### ADDITIONAL CONTENT

- Technical Summary
- Regardless of the container, the "Finger Tip Water Measurement Method" can be used to cook good rice.
- The amount of water significantly affects the texture of a good bowl of rice.
- People in the south generally eat Indica rice, while people in the north generally eat Japonica rice. Indica rice is slender, while Japonica rice is shorter and rounder.
- Different varieties of rice and different water amounts will greatly affect the texture.
- Please refer to the manual of your rice cooker for more information.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Stovetop Steamed Rice

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Northern Rice (Japonica)
- Water
- Heavy-bottomed pot + tight-fitting lid (to prevent large amounts of steam from escaping during the process)

### CALCULATIONS

- Rice: 100ml-200ml per person
- Water: 2x the volume of rice

### OPERATION

- Wash the rice.
- Add rice and water to the pot.
- Bring to a boil over high heat.
- **Stir the bottom to prevent sticking.**
- Cover with the lid, turn to **low heat** and heat for 10-15 minutes (depending on your preference for softness). Do not open the lid during this time.
- Turn off the heat and let it sit for 5 minutes.
- Enjoy :)



**ADDITIONAL CONTENT**

[British people studying how to cook rice, I really want to gift them a rice cooker!](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Salmon Rice Cooker Rice**



Estimated Cooking Difficulty: ★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Salted Butter
- Salmon
- Rice
- Corn (Optional)
- Enoki Mushroom (Optional)
- Shiitake Mushroom (Optional)

**Tools**

- Rice Cooker

**CALCULATIONS**

- Rice 50g / Person
- Salmon 300g / Person
- Water
- Butter 1 tbsp / Person

**OPERATION**

- De-scale and de-bone the salmon.
- Chop Enoki and Shiitake mushrooms.
- Wash rice three times.
- Put salmon, rice, and butter into the rice cooker.
- For a richer taste, you can add an extra tablespoon of butter.
- Add water according to the rice cooker's scale.
- Set the rice cooker to "Rice" mode and wait approximately 30 - 45 minutes.

**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Salted Pork Vegetable Rice

Salted Pork Vegetable Rice's Green Vegetable and Salted Pork dance together under blessing of Lard, Rice Grains suck full meat juice dyed amber color, burnt fragrant rice crust and crisp vegetable stem create double texture critical strike, digging open is entire childhood stove room memory.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Rice
- Green Vegetable (Recommend Dwarf Green Vegetable, also called Shanghai Qing)
- Salted Pork (Light Salted Pork)
- Winter Bamboo Shoot (Optional)
- Lard
- Cooking Wine (Optional)
- White Sugar (Optional)
- White Pepper Powder (Optional)

### CALCULATIONS

Before making each time need to determine plan to make how many portions. One portion enough for 3 people to eat.

Per serving:

- Rice 300 g
- Water 310 ml (Hard 300 ml, Soft 325 ml, if add Winter Bamboo Shoot, extra add 20 ml)
- Green Vegetable 400 g
- Salted Pork 150 g
- Winter Bamboo Shoot 100 g
- Lard 15 g
- Cooking Wine 15 ml
- White Sugar 0-3 g
- White Pepper Powder 1 g

### OPERATION

- If add Winter Bamboo Shoot, cut thin slices then cold water pot boil 10 minutes remove astringency
- Cut Salted Pork 1 cm small cubes
- Salted Pork and Winter Bamboo Shoot cold pot put 10 g Lard, Cooking Wine, White Sugar, Medium Low heat stir-fry until transparent bubbling
- Chop Green Vegetable, vegetable stem and vegetable leaf put separately, stem cut into 0.5 cm side length square small pieces, leaf cut into length 2-3 cm, width 1-1.5 cm rectangular small pieces
- Vegetable Stem pot fry until emerald color
- Rice washed clean then pour into rice cooker, add water
- Spread fried Salted Pork and Vegetable Stem on Rice
- Normal rice cooking mode start, last 10 minutes open lid quickly spread in Vegetable Leaf
- After cooked braise 5 minutes, then pour 5 g Lard, White Pepper Powder crazy flip mix evenly

### ADDITIONAL CONTENT

- Fried Salted Pork and Vegetable Stem spread on rice, do not stir evenly when cooking rice

- Try not to buy "Hometown Fresh Pork", expect to be very salty. If not Light Salted Pork can mix in fresh Pork Belly Dice, or reduce Salted Pork usage, or cut down lean meat part soak in 5% sugar water 20 minutes.
- Reference: [Salted Pork Vegetable Rice - Wikipedia](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Soy Sauce Mixed Buckwheat Noodles

Soy Sauce Mixed Buckwheat Noodles are nutritious, healthy, and sweet and sour.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Buckwheat Noodles
- Cucumber
- Carrot
- Lao Gan Ma (Chili Oil Sauce)

### CALCULATIONS

Per portion:

- Buckwheat Noodles 100g
- Cucumber 0.5 stalk
- Carrot 0.5 stalk
- Lao Gan Ma 20ml

### OPERATION

- Put buckwheat noodles in cold water and boil until cooked (8-10 minutes). Remove and drain for later use.
- Cut cucumber and carrot into small strips.
- Put buckwheat noodles, cucumber, and carrot on a plate, add Lao Gan Ma, and mix well.



**ADDITIONAL CONTENT**

- Buckwheat noodles taste better if chilled in the refrigerator after draining.
- You can choose other ingredients according to personal preference, such as shrimp or minced meat.
- You can also choose other sauces according to personal preference, such as peanut sauce or sesame sauce.
- The calories of buckwheat noodles are almost the same as other noodles, so they are not necessarily a better staple for fat loss.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Scallion Oil Noodles

Scallion Oil Noodles is a classic Shanghai home-style noodle dish. It is simple to make and is famous for its unique scallion oil aroma. Rich in carbohydrates and fats, it can quickly replenish energy. Beginners generally need only 20 minutes to complete it. It is an ideal simple dinner choice after working overtime.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Dry Noodles
- Small Scallions
- Light Soy Sauce
- Dark Soy Sauce
- White Sugar

### CALCULATIONS

Scallion oil sauce can be made in large quantities at once and used in multiple portions. Below is the basic amount for making scallion oil sauce and the amount of sauce needed for each portion of noodles.

Basic amount of Scallion Oil Sauce (approx. for 3-4 portions):

- Small Scallions 100 g
- Cooking Oil 100 ml
- Light Soy Sauce 60 ml
- Dark Soy Sauce 20 ml
- White Sugar 15 g

Per portion of noodles:

- Dry Noodles 80 g (equiv. to approx. 150 g fresh noodles)
- Scallion Oil Sauce 15 ml

### OPERATION

#### Making Scallion Oil Sauce

- Wash the small scallions and cut them into long segments (approx. 5-7 cm). The white and green parts can be separated.
- Add 100 ml of cooking oil to a pan and heat over medium heat. Add the white scallion parts first and stir-fry until slightly yellow.
- Add the green scallion parts, turn to low heat, and continue to stir-fry.
- Maintain low heat and patiently stir-fry for about **15-20 minutes** until the scallion segments become charred yellow and crispy.
- Remove the charred scallion segments (keep the scallion oil in the pan).
- To the scallion oil in the pan, add 60 ml of light soy sauce, 20 ml of dark soy sauce, and 15 g of white sugar. Heat over low heat and stir for about **1 minute** until the sugar dissolves and the sauce is well-mixed. Turn off the heat immediately. Pour the prepared scallion oil sauce into a container, let it cool, and seal it for storage.

#### Cooking Noodles (per portion)

- Take 80 g of dry noodles.
- Add 1000 ml of drinking water to a pot and bring to a boil over high heat.
- Add the noodles and cook until done according to the package instructions (usually **3-8 minutes**, depending on the package).
- Drain the cooked noodles and place them in a bowl.

**Mixing Noodles (per portion)**

- Add 15 ml of the previously prepared scallion oil sauce to the bowl of noodles.
- You can add the previously fried scallion segments (optional).
- Mix quickly with chopsticks and serve.

**ADDITIONAL CONTENT**

- When frying the scallion oil, the heat must be low, and you must be patient to fully extract the aroma of the scallions.
- The prepared scallion oil sauce can be refrigerated for a period of time and used directly the next time you eat noodles.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Sesame Oil Mixed Noodles (Mayu Banmian)

A dish for frugal and lazy people: Sesame Oil Mixed Noodles. We all have times when we need to save money. Here is a recipe that is both satisfying and budget-friendly. It doesn't require many steps—just boil, drain, and eat.

- Single friends who are too lazy to go out and don't want to spend money can have a simple meal.
- Non-single friends who want to save money for their partner can also have a simple meal.

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Air-dried instant noodles or any brand of instant noodles (no seasoning needed)
- Sesame Oil
- Pepper Powder
- Dark Soy Sauce
- Salt

### CALCULATIONS

Per portion:

- Water 1 liter
- 1 Instant noodle block
- Sesame Oil 15ml
- Dark Soy Sauce 10g
- Salt 30g (Optional, these 30g of salt will not be fully consumed)
- Pepper Powder 10g
- Light Soy Sauce 5g (Optional)

### OPERATION

- Pour water into the pot and bring to a boil. (Students who like "Q-dan" elastic noodles can add 30g of salt to the water; noodles cooked in salt water are more elastic).
- Place the instant noodles in the pot for 3 minutes (or refer to the cooking time on the package).
- When the noodles start to loosen, start stirring so they heat evenly.
- Drain the water and transfer the noodles to a bowl.
- Add sesame oil, dark soy sauce, pepper powder, and light soy sauce (optional) according to the measurements above.
- Mix evenly with chopsticks.
- A simple and money-saving sesame oil mixed noodle dish is complete.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### **Shaanxi Oil Spilled Noodles (Youpo Mian)**

Shaanxi Oil Spilled Noodles is a highly representative traditional noodle dish from Northwest China, known for its chewy noodles and appetizing spicy flavor. The production process is simple and fast, with the core being the unique aroma produced by pouring hot oil over the seasonings at the end.

NOTE: This version follows the traditional style of the Guanzhong region of Shaanxi. Spiciness and side dishes can be adjusted according to personal preference.

Estimated Cooking Difficulty: ★★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Fresh Noodles (Pulled noodles / Biangbiang noodles are best)



- Salt
- Scallion
- Garlic
- Dried Chili Flakes (preferably Shaanxi Qinjiao flakes)
- Cooking Oil
- Light Soy Sauce
- Fragrant Vinegar (Xiangcu)
- Green Vegetables (Bok choy or spinach)

- Pot

#### CALCULATIONS

Generally 4 noodles for males, 3 for females; can be increased for larger appetites.

- Salt 2g
- 1 Scallion
- 3 cloves of Garlic
- Dried Chili Flakes 15g
- Cooking Oil 50ml
- Light Soy Sauce 10ml
- Fragrant Vinegar 5ml
- Green Vegetables 50g
- Bean Sprouts 50g (Optional)

#### OPERATION

##### Preparation

- For pulled noodles, use a rolling pin (or hands) to press the top and bottom edges lightly, then hold the left and right ends and gently pull them apart.
- Chop the scallion and mince the garlic.
- Wash the green vegetables and bean sprouts (if using).

##### Boiling and Seasoning

- Add enough clear water to a pot, bring to a boil over high heat, and add 1g of salt.
- Add the noodles, stir gently with chopsticks to prevent sticking, and cook until the noodles float, then boil for another 1-2 minutes.
- In the last minute of boiling, add the green vegetables and bean sprouts to blanch.
- Drain the noodles, vegetables, and bean sprouts and place them in a bowl.
- Successively add light soy sauce, fragrant vinegar, chopped scallion, minced garlic, and dried chili flakes on top of the noodles. You can also add some sesame seeds.

##### Spilling Oil

- Add cooking oil to a wok. You can also add Sichuan peppercorns, star anise, cinnamon, and bay leaves (if using), fry over low heat until fragrant, then remove the spices.
- When the oil temperature reaches about 70% (slightly smoking), quickly and evenly pour it over the dried chili flakes in the bowl. You should hear a sizzling sound.
- Use chopsticks to mix all the seasonings and noodles thoroughly.

#### ADDITIONAL CONTENT

- Technical Summary
- The choice of chili flakes is key; Shaanxi Qinjiao flakes are recommended for being fragrant but not overly spicy. One of the "Eight Great Wonders of Shaanxi" is "Chili Oil is a dish" ☺.
- The temperature of the oil is critical; if too low, the chili won't be fragrant, and if too high, it's easy to burn.
- Meat lovers can add minced meat to make a meat sauce oil spilled noodle dish.
- Traditional Shaanxi Oil Spilled Noodles emphasize "First Green, Second White, Third Red, Fourth Green," referring to the color combination of noodles, garlic, chili, and scallions.

**Finished Dish**



If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Sesame Shaobing**

Sesame Shaobing, crispy outside soft inside, simple easy to do.

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Flour
- Yeast Powder
- White Sugar
- Thirteen Spices
- Cooking Oil
- Warm Water( 40°C )

**CALCULATIONS**

Recipe ingredients are for 7 cakes amount

**OPERATION**

- Dough: 300g Flour, 3g Yeast Powder, 3g White Sugar, 180g Warm Water, 20g Cooking Oil, Rest Dough 10 Minutes
- Oil Crisp: Small bowl put 30g Flour, 2g Salt, 4g Thirteen Spices, 20g Cooking Oil, mix evenly, let stand
- Make Cake: Roll dough into rectangle, smear mixed Oil Crisp, roll up from one end, cut into 7 dough agents, fold in half, use tiger mouth close up is okay, first dip water then dip White Sesame, roll into small round cake
- Bake Cake: Preheat Electric Griddle, pour into Cold Oil (Pot bottom covered with oil), put rolled cake into Electric Griddle, brush some oil on top of cake too, smear evenly cover lid, choose Big Cake Gear, hear Ding sound out of pot is okay

**ADDITIONAL CONTENT**

- If no Electric Griddle, can also use Frying Pan
- Sesame if no also can not use, equally delicious

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Spaghetti Bolognese**



Spaghetti Bolognese is a very easy to do dish, if skilled, can complete within 15 minutes, from now on say goodbye to instant noodles.

Estimated Cooking Difficulty: ★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Spaghetti
- Pasta Sauce
- Minced Meat
- White Onion (Purple Onion also okay)

#### **CALCULATIONS**

Before making each time need to determine plan to make how many portions. One portion exactly enough for 2 people to eat.

Per serving:

- Spaghetti 180 g (Can float up and down according to food intake)
- Minced Meat 80 g (Can float up and down according to food intake)
- Onion large half (About 150 g, usually twice weight of meat)
- Pasta Sauce 300 g (Can float up and down according to situation)
- Cooking Oil 10-15ml

#### **OPERATION**

- Add water to pot, boil then put in Spaghetti (Wait 6 - 12 Minutes)
- While boiling water can proceed below steps, but please pay attention to time of boiling noodles
- Cut Onion into Small Dices
- Pour Oil in empty pot, Medium Fire put in Onion Chopped
- Constantly stir, pay attention not let Onion burn, until Onion becomes semi-transparent state
- Put in Minced Meat, continue stir (Stir scatter), until Minced Meat becomes brown
- Add Pasta Sauce, stir slightly a bit is enough
- Drain cooked Spaghetti moisture and pour into Meat Sauce stir evenly is enough (Or directly pour made Meat Sauce on Spaghetti also okay)

#### **ADDITIONAL CONTENT**

- Spaghetti divided into many different thickness, before cooking noodles please pay attention to time marked on spaghetti box
- Pasta Sauce is not Ketchup, usual Ketchup accurately called Tomato Sauce, while Pasta Sauce although same as Tomato Sauce both are seasoned tomato sauce, but added seasonings different





If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Spicy Fat-Burning Buckwheat Noodles

The recipe for Spicy Fat-Burning Buckwheat Noodles is very simple and requires no culinary foundation. One portion is 298 kcal —delicious, cheap, and fat-burning. It only takes 20 minutes to complete.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Seasoning: Hotpot base, peanut butter, whole milk, light soy sauce, chili oil, vinegar, Sichuan peppercorn oil.
- Ingredients: Semi-dry buckwheat noodles, baby bok choy, lettuce.
- Washing basin, 18cm diameter small pot.

Suggested purchasing plan: Buckwheat noodles: Search for "Hui" brand buckwheat noodles online. 400g/pack for about 4.9 RMB, enough for 4 portions. Hotpot base: Xiao Long Kan traditional clear oil hotpot base for the best flavor. One pack for about 29.8 RMB, enough for 20 portions. Peanut butter: Yingge brand peanut butter, 2 bottles for 24.8 RMB, enough for 68 portions. Peppercorn oil: Wu Feng Li Hong brand, 2 bottles for 32 RMB, enough for 80 portions. Other items: Anything works, won't significantly affect the flavor.

### CALCULATIONS

Per portion:

- Semi-dry Buckwheat Noodles 100g
- Baby Bok Choy 8 leaves (approx. 150g)
- Lettuce 6 leaves (approx. 80g)
- Hotpot Base 25g
- Peanut Butter 15g
- Whole Milk 150ml
- Light Soy Sauce 6ml
- Chili Oil 10ml
- Vinegar 20ml
- Sichuan Peppercorn Oil 10ml
- Water 500ml

### OPERATION

- Wash the baby bok choy and lettuce. Set aside.
- Pour 500ml of water into the pot, turn on high heat, add the buckwheat noodles and baby bok choy, and wait for the water to boil.
- After the water boils, turn to low heat and add hotpot base, peanut butter, milk, light soy sauce, and chili oil. Boil for another 5 minutes.
- Add the lettuce and boil for 2 more minutes.
- Add vinegar and peppercorn oil, turn off the heat, and eat directly from the pot.

### ADDITIONAL CONTENT

- Must choose semi-dry buckwheat noodles for the best texture.
- You can add anything else you like, such as hotpot balls, egg dumplings, etc.
- Hotpot base, peanut butter, and milk are the "flavor trio" and must be added.
- If you can't eat sour food, omit the vinegar.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Steamed Braised Noodles

Steamed Braised Noodles is a very classic home-style dish from southern Henan, combining meat and vegetables, and is easy to learn. Beginners generally need only one hour to complete it.

NOTE: This version follows the southern Henan style, which may differ from other regions. There is no absolute standard for food; as long as it tastes good, it's correct.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Belly
- Celery
- Fresh Noodles (Must be the **thinnest** type; if not available at the market, refer to [Mianmian \(Braised Noodles\)](#))
- Scallion, Ginger, Garlic
- Cooking Oil (Peanut oil is best)
- Light Soy Sauce, Dark Soy Sauce, Cooking Wine, Salt, Thirteen Spices
- Steamer with grate
- Wok or Frying Pan

The following ingredients are optional for those with some cooking foundation or extra energy:

- Sichuan Peppercorns
- Dried Red Chili
- Green Pepper

### CALCULATIONS

Determine the number of portions before each preparation. One portion is enough for 2 people.

- Celery: Two medium-sized stalks
- Pork Belly: 350g
- Noodles: 500g
- Scallion: 10cm
- Garlic: 5 cloves
- Ginger: 20g
- Green Pepper: 2
- Dried Red Chili: 3
- Sichuan Peppercorns: 20 grains
- Salt: 10g
- Thirteen Spices: 5g
- Light Soy Sauce: 15ml
- Dark Soy Sauce: 10ml

### OPERATION

#### Ingredient Preparation

- Remove the skin from the pork and cut it into thin slices of approx. 2 cm \* 6 cm \* 0.5 cm .
- Remove the leaves from the celery, cut off 2cm from the root, then slice in half lengthwise and cut into 2cm segments.
- Peel and mince the garlic, slice the scallion into 0.2cm pieces, and cut the ginger into fine shreds.

**Pre-processing**

- Heat the wok until smoking, pour in 3ml of oil to coat the pan, and then pour out the excess.
- Add more oil, then add pork slices, scallion, ginger, garlic, and dried red chili. Stir-fry for 1 minute at a steady pace.
- Add cooking wine, light soy sauce, and dark soy sauce, and stir-fry for another minute.
- Add 500ml of hot water. Cover and simmer for 3 minutes.
- Add celery and green pepper, season with salt and thirteen spices, cover and continue to simmer for 3 minutes, then turn off the heat.
- Add 1000ml of water to the steamer. Once the water boils and steam arises, spread the noodles evenly on the steamer grate and steam for 15 minutes.
- After the noodles are steamed, take them out, use chopsticks (or heat-resistant hands) to separate them on a chopping board, and let them cool at room temperature.

**Final Processing**

- Put the noodles into the wok with the vegetables and mix. Use chopsticks and a spatula to flip the vegetables onto the noodles until the noodles are evenly colored.
- Place the mixed noodles back onto the steamer grate and steam again for another 10 minutes. Turn off the heat.

**ADDITIONAL CONTENT**

- Technical Summary
- When cutting pork, you can ask the vendor at the market to help. Experience shows the success rate is highest after they've cut it but before you've paid.
- For the first time, you can prepare ingredients in advance to avoid a rush; later, you can multi-task.
- Both times when steaming noodles, try to loosen them as much as possible to prevent them from clumping. If the noodles are too long, you can break them to make mixing and serving easier.
- Be careful when removing the steamed noodles to avoid the grate tipping or the noodles touching the water.
- This dish pairs perfectly with beer!

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Teriyaki Chicken Rice**

Golden attractive Teriyaki Chicken Leg, drizzled with sweet salty interwoven rich sauce, pair with refreshing vegetables and hot steaming rice. Simple quick but flavor full, healing first choice for one person eating~

Estimated Cooking Difficulty: ★★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Chicken Leg
- Cooking Wine
- Light Soy Sauce
- Honey (Optional)
- Black Pepper Crushed
- Black Pepper Powder
- Salt
- Broccoli (If no use non-spicy Green Pepper substitute)
- Carrot
- Dark Soy Sauce
- Garlic
- Ginger
- Cooking Oil
- Clear Water
- Rice

### **CALCULATIONS**

Before making each time need to determine plan to make how many portions. One portion enough for 1-2 people to eat.

Per serving:

- Chicken Leg 500 g (About 3)
- Cooking Wine 15 ml
- Light Soy Sauce 30 ml
- Honey 15 ml (If no use White Sugar 20 g + Corn Starch 5 g + 0.5 ml Lemon Juice or Vinegar substitute)
- Black Pepper Crushed 5 g
- Black Pepper Powder 5 g
- Salt 2.5 g
- Broccoli 50 g
- Carrot 50 g
- Dark Soy Sauce 12 ml
- Garlic 10 g
- Ginger 10 g
- Cooking Oil 15-25 ml
- Clear Water 30 ml
- Rice 300-400 g

### **OPERATION**

- Take a Chicken Leg, Chicken Skin face down place on chopping board

- Use knife tip along Chicken Leg bone contour gently cut open, from one end to another end
- Use finger or knife back slowly push open Chicken Meat, let bone expose. If encounter fascia, use knife tip cut off
- When Chicken Meat completely separated, hold bone one end, gently twist and pull out
- Repeat above steps de-bone all Chicken Legs
- De-boned Chicken Legs add Black Pepper Powder, Black Pepper Crushed, Salt, Ginger Slices marinate 5 Minutes
- In bowl add Cooking Wine, Light Soy Sauce, Honey, Dark Soy Sauce Clear Water mix evenly
- Vegetables blanch water 1-2 Minutes boil cooked fish up
- Hot pot put Oil 15 ml put in Garlic explode fragrance
- Put in Chicken Leg medium small heat pan-fry until two sides golden yellow, if feel too dry in pot, supplement 5-10 ml Oil
- Add mixed sauce, cover lid well medium small heat (Use small heat on gas stove) braise 5-10 Minutes cook through, sauce thick bubble is okay
- Cut pieces, arrange on rice surface together with vegetables, drizzle pan-fried Chicken Leg sauce then can slowly enjoy

**ADDITIONAL CONTENT**

- If use White Sugar, Starch combination substitute must let White Sugar and Starch completely dissolve then put into pot, otherwise easy burn pot
- When braising every 3-5 Minutes flip stir once, avoid local overheat
- If sauce bubble big bubbles, color turn dark brown, or edge appear fine dense caramel crystals, immediately turn off heat
- Reference: [【Teriyaki Chicken Rice Recipe Steps, How to make Teriyaki Chicken Rice delicious】Xiao Xiao Jie Jie\\_XiaChuFang](#)

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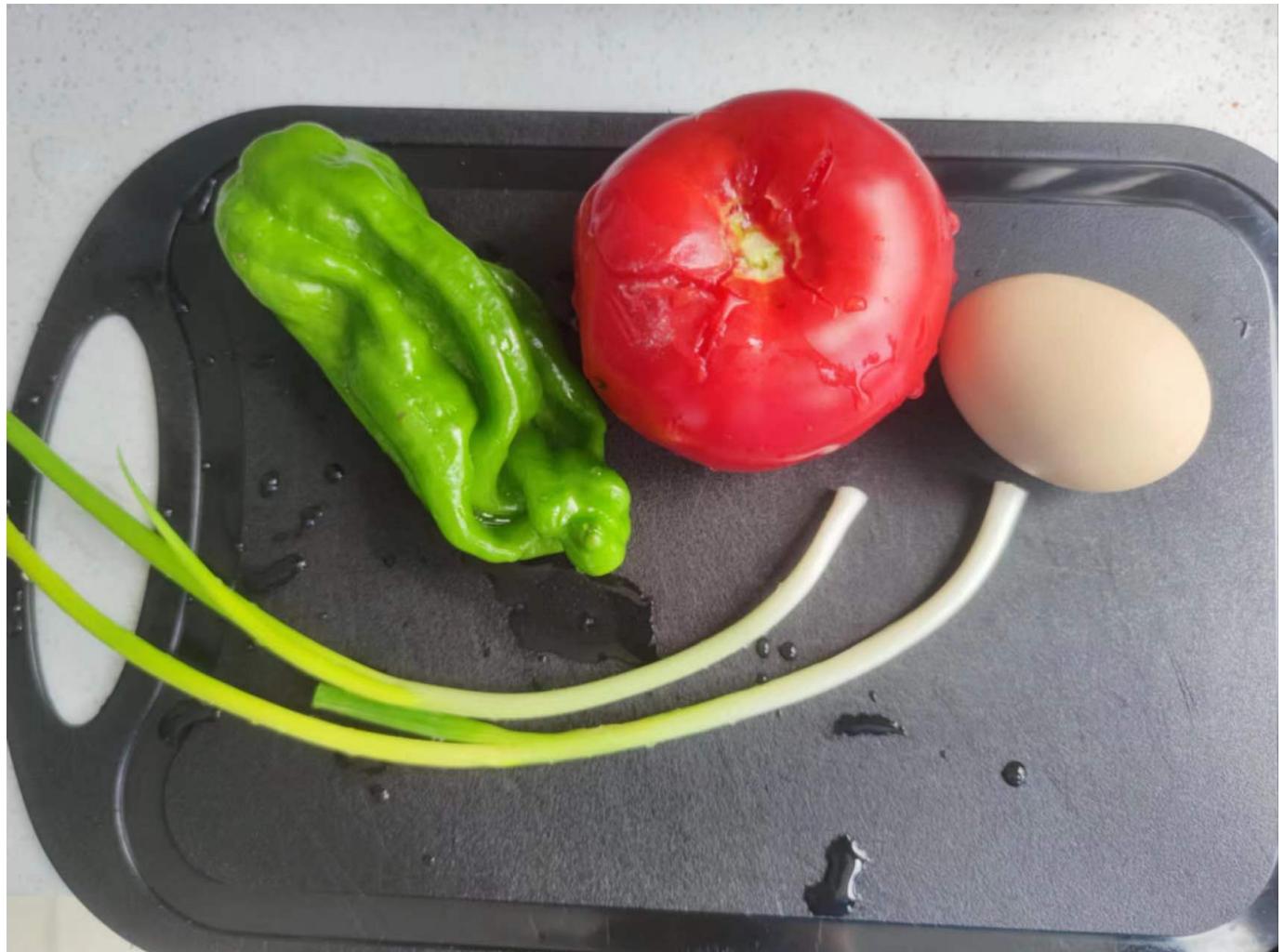
### **Tomato and Egg Noodles (Dried Fine Noodles)**

What to do with too many fine dried noodles? What if just boiling them in water is hard to swallow? How to make a delicious noodle dish with simple ingredients? Tomato and Egg Noodles solve all the troubles of **not wanting hassle, having too many noodles**, and **having only simple ingredients** with easy steps and minimal kitchenware. Special thanks to my mother for her online guidance :v: Simple and easy to make, let's start! Preparation time: 20 minutes

Estimated Cooking Difficulty: ★★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Fine dried noodles (fresh noodles also work)
- One tomato
- Salt
- Eggs
- Scallion
- Soy sauce, oyster sauce or chicken essence
- White sugar (to neutralize the acidity of the tomato; not needed if the tomato isn't sour)
- Green Pepper (Bell pepper, not chili)
- Sesame Oil



#### **CALCULATIONS**

Determine the number of portions before each preparation. The following amounts are exactly enough for 1 person.

Total:

- Dried Fine Noodles: 1 bunch (according to appetite) 50-100g
- Tomato: 1, approx. 200g
- 1-2 Eggs
- Salt 5g
- Oyster sauce 5g or chicken essence 3g
- White sugar 2g
- Soy sauce 5-8g
- Cooking oil 20g
- Sesame Oil 5g

#### OPERATION

##### Ingredient Pre-processing

Pre-processing is very important. No matter what dish you make, handling ingredients in advance will prevent panic during the cooking process. Cooking is a pleasant process—perhaps that's why kitchens need a dedicated prep station.

- Wash and chop scallions.
- Cut the tomato into pieces. If you're not sure how, you can search for a guide.
- Cut the green pepper into diamond-shaped pieces.
- Crack the eggs into a small bowl and beat them. If they smell a bit fishy, add 2g of white vinegar to remove the odor.



**Egg Pre-processing**

- Heat the pan and pour in 15-20g of cooking oil. Tender scrambled eggs need a bit more oil, which also leaves some base oil for stir-frying the tomatoes later.
- When the oil temperature reaches about 70% (you can feel the heat with your palm about 10cm away), pour in the egg liquid and scramble quickly.
- Once the eggs are solidified and there is no liquid left, transfer them to a small bowl for later. Leave some base oil in the pan.

**Fried Eggs**

Using a web image placeholder since I didn't take a photo of the eggs.

**Making the Tomato and Egg Sauce (Saozi)**

- Using the base oil in the pan, first add the white parts of the scallion and minced garlic and fry until fragrant.
- Add tomato pieces and green pepper. Sauté until the tomatoes release some juice.
- Quickly add 5g of soy sauce and 2g of white sugar.
- Stir-fry for about ten seconds, then add a bowl of clear water (just enough to almost cover the tomatoes).
- After boiling, add the scrambled eggs. Add 5g of oyster sauce or 2g of chicken essence for freshness.
- Reduce the sauce over medium-low heat, stirring occasionally to prevent sticking. When the sauce reaches the consistency shown below, add some chopped scallion greens and sesame oil (optional). The sauce is now finished.

**Boiling the Noodles**

- You don't need to wash the pot. Directly add 500ml of clear water.

- Bring to a boil and add the fine dried noodles. When the noodles soften, add 100ml of cold water.
- Bring back to a boil. If the noodles float, add another 100ml of cold water.
- Bring back to a boil and check if the sides of the noodles are transparent. If they are, they are cooked.
- Transfer the noodles to the sauce bowl and mix well.



#### ADDITIONAL CONTENT

- You can add 2g of black pepper to the egg liquid for better flavor.
- Adding 2g of white pepper powder when simmering the sauce enhances the spicy-savory flavor.
- It's also fine to cook the noodles through in one go. Adding water multiple times is to make the texture chewier and prevent sticking. The trick is to add cold water as soon as it boils, repeating two or three times.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Yangzhou Fried Rice

Yangzhou Fried Rice is upgraded version of Egg Fried Rice, production time relatively long, but production steps simple

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Cold Rice (Dryer is better)
- Egg
- Frozen Pealed Prawn
- Luncheon Meat Canned
- Green Peas
- Carrot
- Corn Kernels (Optional)
- Scallion
- Oil
- Salt

### CALCULATIONS

Before making each time need to determine plan to make how many portions. One portion exactly enough for 1-2 people to eat.

Per serving:

- Cold Rice 500g
- Egg 2-3
- Frozen Headless Pealed Prawn 10-15
- Luncheon Meat Canned 150g (Recommend Shanghai Merlin Ham Luncheon Meat Canned, 340g per can, use half can each time)
- Green Peas 30g
- Carrot 30g
- Corn Kernels 30g
- Scallion 1 Plant
- Oil 30-40ml
- Salt 12-15g

### OPERATION

- Dice Carrot 0.2cm0.2cm0.2cm, set aside
- Dice Luncheon Meat 0.2cm0.2cm0.2cm, set aside
- Take Scallion White and Scallion Green separately, each cut into 0.25-0.5cm small segments, separate set aside
- Break Egg Liquid into bowl, stir evenly, set aside
- Boil Carrot, Green Peas, Corn Kernels cooked fish out, set aside (Don't pour water)
- Boil Prawn cooked, fish out set aside (Water can pour now)
- Hot pot hot oil, can refer to [Learning Stir-fry and Pan-fry](#) Hot Pot Double Oil
- Second time pouring oil need use 20-30ml Oil, wait until second time cool oil hot, slowly pour in Egg (Control flow stream diameter from bowl to oil about 0.5cm) do not stir
- Immediately fish out after Egg solidified, set aside
- Pour Luncheon Meat, Green Peas, Carrot, Corn Kernels, Prawn into pot stir-fry 1-2 Minutes, plate set aside
- Rinse pot with water, wash clean impurities, guarantee pot inside clean (Can have oil but cannot have impurities)

- Hot pot hot oil (10ml), put in Scallion White explode fragrance
- Adjust to low heat (If oil temperature too high can turn off heat 1-2 Minutes), put in Rice, use spatula quickly smash Rice and stir-fry, guarantee Rice evenly coated with oil and grain by grain distinct
- Pour in Egg, continue smash, make Egg break apart and fully mixed with Rice
- Turn high heat, pour in other all reserve ingredients, quickly stir-fry 1-2 Minutes
- Sprinkle Salt, and stir-fry until fully mixed
- Sprinkle Scallion Green, stir-fry 1 Minute
- Turn off heat, plate

**ADDITIONAL CONTENT**

- If arm sore after finished is normal phenomenon, need strengthen upper limb exercise
- Supermarket has Green Peas, Carrot, Corn Kernels mixed frozen package, can use this save trouble of dicing, recommend Pams Mixed Veggies very cheap, or similar all can use (As shown below)



If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Zhajiangmian

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Meat Cubes/Minced Meat
- Noodles (Fine Dried Noodles or Ordinary Noodles)
- Garlic
- Vegetable Garnish (Choose according to personal preference, usually 4-10 kinds, can choose Cucumber, Chinese Cabbage, Radish etc.)
- Bean Paste
- Sweet Bean Sauce

### CALCULATIONS

Before making each time need to determine plan to make how many portions. One portion exactly enough for 1 person to eat

Per serving:

- Meat Cubes/Minced Meat 150g
- If Noodles chose Fine Dried Noodles: 150g If Noodles chose Ordinary Noodles: 250g
- Scallion 15g
- Vegetable Garnish Total 35g
- Cooking Oil 10g
- Bean Paste 20g
- Sweet Bean Sauce 20g

### OPERATION

1. Cut Vegetable Garnish into shreds set aside.
2. Cut Scallion chopped. Oil pot burn hot, put in Scallion and Meat, stir-fry until meat completely cooked through (No red color)
3. Put in Bean Paste and Sweet Bean Sauce, continue stir-fry until **Slightly viscous**. Serve out, obtain Fried Sauce.
4. Take big bowl, add Cold Water set aside.
5. Boil Noodles until raw cut (No white core), serve into bowl with Cold Water in step 4.
6. Immediately control water fish out, serve into clean bowl.
7. Take Fried Sauce from step 3, pour into bowl, mix evenly. Then take Vegetable Garnish from step 1, pour into bowl, mix evenly.

### ADDITIONAL CONTENT

- Meat recommend Lean Meat Cubes, texture better, recommend buy fresh use fresh.
- Noodles recommend use Ordinary Noodles.
- Noodle texture key lies in chewy. Do not choose Dragon Beard etc. fine noodles.
- If have condition (Another pot) and skilled, step 2, 3 and 1, 4, 5, 6 can execute in parallel time-sharing.
- Sweet Salty taste personal has preference, ratio of two sauces need iterate optimize by self.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### 3.1.6 Semi-finished

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**Air Fryer Chicken Wings**





Making chicken wings in an air fryer is convenient. Foods with their own fat taste great this way, better than KFC, and there's **no need to wash dishes or pots** after eating.

- Cooking Time: 40 minutes (3 mins prep + 20 mins defrosting + 17 mins cooking)
- Actual Active Time: 5 minutes

Estimated Cooking Difficulty: ★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Essential: Chicken Wings (Recommended to buy pre-marinated New Orleans style wings).
- Optional: Dried Basil (Sprinkled on purely for appearance).
- Optional: Yunan Danshan Dipping Water (as a substitute for BBQ seasoning).

#### CALCULATIONS

- 6 Chicken wings (based on standard pre-marinated wings; adjust for size).

#### OPERATION

- Take the chicken wings out of the refrigerator. Place them wing-side down in a foil baking tray. Sprinkle with dried basil. Cover with plastic wrap and let them defrost naturally for 20 minutes.
- Sprinkle with dried basil. Air fry at 200°C for 10 minutes.
- Flip the wings. Sprinkle with dried basil. Air fry at 200°C for 7 minutes.

**ADDITIONAL CONTENT**

- It's recommended to use an air fryer with good temperature control to avoid burning.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Air Fryer Lamb Chops

Super lazy person's version of air fryer lamb chops. The taste is decent, depending mostly on the quality of the lamb chops.

- Total Cooking Time: 40 minutes (5 mins prep + 20 mins marinating + 15 mins cooking)
- Actual Active Time: 10 minutes

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Essential: Lamb Chops (Recommended to buy French-style lamb shoulder chops, 500g/bag with three pieces).
- Essential: Black Pepper Mixed Steak Seasoning.
- Essential: Garlic Sauce.
- Essential: Kitchen Paper.
- Optional: Butter.
- Optional: BBQ Seasoning.
- Optional: Dried Basil.
- Optional: Air Fryer Rack (Using a rack results in less oil and more even cooking on the bottom, but is harder to clean. Not using one allows for more flavor infusion. Choice is yours).

### CALCULATIONS

- 1 Lamb chop is approx. 160g
- Black Pepper Mixed Steak Seasoning 5g
- Garlic Sauce 20g
- Butter 10g or BBQ Seasoning 20g

### OPERATION

- Wash the lamb chops in a bowl of clear water to remove blood.
- Dry the lamb chops with kitchen paper. Rub both sides with black pepper mixed steak seasoning and garlic sauce. Let marinate for 20 minutes.
- Place the lamb chops on the rack in a foil bowl. Sprinkle with dried basil. Place butter or BBQ seasoning on top of the lamb chops. Air fry at 180°C for 10 minutes.
- Flip the lamb chops. Sprinkle with dried basil. Spoon the melted butter or seasoning from the foil bowl back onto the lamb chops. Air fry at 180°C for 5 minutes (you can add a bit more time according to personal preference; the time listed here ensures they won't burn).

### ADDITIONAL CONTENT

- It's recommended to use an air fryer with good temperature control to avoid burning.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## French Fries



French fries are a fast food item (though in some countries they may not be considered fast food) made by cutting potatoes into strips and then deep-frying them. Compared to deep-frying, an air fryer may be easier to avoid "crashing" and achieve "asynchronous non-blocking." Compared to cutting your own potatoes, washing away starch, and spraying with oil, using semi-finished fries may significantly reduce calorie consumption before calorie intake—rounding up means it significantly reduces calorie consumption ~~before calorie intake~~.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- 1 bag of semi-finished fries (recommended brand: McCain)
- 1 air fryer (for crispiness, avoid cheap off-brand ones)

Note: Different cooking tools may have different ways to make fries; only the "air fryer" method is introduced here.

### CALCULATIONS

- As a staple: 400g for 1 person (based on semi-finished weight)
- As a snack: 1/4 the staple portion weight ± 50g per person

Use the above conditions to calculate the amount of materials according to demand (including but not limited to daily appetite, mood, and pre-meal exercise).

**OPERATION****Opening the Fries**

- When opening a large bag of semi-finished fries, keep the opening small; this can effectively reduce frost on the surface of the fries during long-term storage.

**Preheating the Air Fryer**

- Plug it in and preheat at 200°C for 5 minutes.
- The purpose of preheating is to ensure that the temperature inside the fryer is already at the cooking temperature when the ingredients are added.
- Note: Take out the fries after preheating; do not wait for the fries to soften before frying.

**Frying the Fries**

- Take out the fries and place them in the air fryer, 200°C for 20 minutes.
- Note that semi-finished fries already contain oil, so if you want to play games "asynchronously," use tongs or another tool.
- At 5-10 minutes, take out the basket and shake to ensure the fries are heated evenly and to prevent sticking.

**Crisping (Optional)**

- At 10-15 minutes, take out the basket and spray a layer of oil covering 2/3 of the surface area of the already dried fries.

**Removal & Serving**

- If you like crispy fries, take out the basket and "dance" with it to let air flow over the fries' surface before plating. If you like soft fries, just plate them directly. Better with dipping sauce or dressing.

**ADDITIONAL CONTENT**

- Ketchup, Mayonnaise, Honey Mustard, [Garlic Soy Sauce](#)..... The path to advanced french fries lies in the exploration of sauces and sauce combinations.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Frozen Sweet Dumplings (Tangyuan)**



Frozen Sweet Dumplings are simple and easy to make. Beginners only need about 6 minutes to complete.

Estimated Cooking Difficulty: ★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Frozen Sweet Dumplings
- Microwave

#### CALCULATIONS

Per portion:

- Frozen Sweet Dumplings: 11 pieces. The quantity depends on the size of the bowl. Ensure the top of the dumplings is no higher than the bowl height - 5mm.

#### OPERATION

- Take out the frozen sweet dumplings and place them in a bowl.
- Pour in boiling water until the dumplings are submerged.
- Microwave on high for 4 minutes.
- If the dumplings have absorbed water and puffed up, they are cooked.
- If they are not cooked, heat for another 1 minute.

#### ADDITIONAL CONTENT

- NOTE: Add the dumplings first and then the hot water; do not reverse this, otherwise the dumplings may splash and cause burns when poured into hot water. In addition, it's harder to control the water level, which may cause overflow.
- If the bowl in the microwave is too hot to take out, you can use a towel, or some microwaves allow you to take out the tray together with the bowl.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Lazy Egg Tarts**

Egg tarts are a common and delicious dessert. Generally speaking, making egg tarts requires mixing the custard and making the crust, which is complicated and time-consuming. However, online-purchased semi-finished products solve these problems. Beginners only need about 40 minutes to complete. From now on, as long as there is an oven at home, you can become a baking expert and bake egg tarts for your family!

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- 1 Oven (one with upper and lower heating is best, but others work too)
- 1 pair of insulated gloves
- Online-purchased egg tart custard (1 box) and egg tart crusts (1 box) (or from large supermarkets like Carrefour, Walmart, etc.)

**CALCULATIONS**

Per tart:

- 1 egg tart crust
- Approx. 10ml egg tart custard, ideally filled to 4/5 of the crust

**OPERATION**

- Preheat the oven to 200°C for 10 minutes.
- Place the egg tart crusts on the baking sheet. Pour about 10ml of custard into each crust; the specific amount depends on the size of the crust, usually 4/5 full is best.
- Place the baking sheet in the oven, 190°C upper and lower heat, and bake for 10-20 minutes. If you want to quickly brown the top (焦褐斑点), increase the top heat to 200-210°C.
- It's ready when brown spots appear on the custard and the crust is completely fluffy and slightly oily.

**ADDITIONAL CONTENT**

- You can adjust the time according to the size of the brown spots if needed.
- You can add 10g of shredded cheese to the egg tart to make a cheese egg tart~

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### 3.1.7 Soup

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#### **Corn Pork Rib Soup**

Fresh pork ribs can be used for soup besides braising or stewing. Soup made with corn and carrots is very fresh and delicious.

Estimated Cooking Difficulty: ★★★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Pork Ribs
- Corn
- Carrot
- Ginger
- Scallion
- Cooking Oil
- Vinegar
- Cooking Wine (Liaojiu)
- Ground Black Pepper
- Salt
- Clay Pot (if not available, an iron pot is fine)

#### **CALCULATIONS**

Per portion:

- Pork Ribs: 500-800g
- Corn: 1 cob (add more if you like)
- Carrot: 1 piece (add more if you like)
- Scallion: 1/3 stalk
- Chopped Green Onion: 1 stalk
- Cooking Oil: 10ml
- Ground Black Pepper: 4g
- Cooking Wine: 10ml
- Vinegar: 10ml
- Salt: 10-15g (depending on the final amount of soup)
- Boiling Water: 1000ml

#### **OPERATION**

##### **Preparation**

- Cut the scallion into 3-4cm segments and crush them with the back of a knife.
- Chop the corn into small pieces.
- Cut the carrot into rolling chunks (Gundao Kuai).
- Peel and slice the ginger into large pieces.
- Cut the fresh pork ribs into small chunks.

##### **Cooking**

- Put the ribs into a pot with cold water. Add scallion, ginger slices, and cooking wine for blanching. Bring to a boil over high heat, skim off the foam, remove the ribs, and drain.

- Heat the pot, add oil, and sauté the large ginger slices together with the ribs. When the surface of the ribs is slightly golden brown, add vinegar (to help soften the meat) and continue sautéing for one minute.
- Pour in boiling water (add enough at once; do not add more later) and bring to a boil over high heat.
- First, add the corn and ground black pepper. Cover and simmer over low heat for 20 minutes. Then add the carrots, cover, and continue simmering over low heat for another 40 minutes.
- Seasoning is simple: three minutes before serving, add nothing but salt. Finally, sprinkle with a handful of chopped green onions.



**ADDITIONAL CONTENT**

This dish is not difficult to make, the ingredients are simple and beginner-friendly, and it's perfect for a big bowl when the temperature drops.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Mutton Soup (Yangrou Tang)**



Mutton soup is easy to make and has the effects of resisting cold, warming the stomach, and strengthening the spleen. It is rich in calcium, iron, protein, and other nutrients.

Estimated Cooking Difficulty: ★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Mutton or Mutton Offal
- Cooking Oil
- Cooking Wine (Liaojiu)
- Scallion (Da Cong)
- White Pepper Powder
- Salt
- Cumin Powder (Optional)
- Cilantro (Optional)

#### CALCULATIONS

Per portion:

- Mutton 300g
- Cooking Oil 10ml
- Cooking Wine 20ml
- Scallion 50g
- Boiling Water 1000ml
- White Pepper Powder 1g
- Salt 5g
- Cumin Powder 1g
- Cilantro 20g

#### OPERATION

- Cut the mutton into pieces about 5cm long and 0.5cm wide.
- Cut the scallion into small segments.
- Place the mutton in a pot, add 1000ml of room temperature water, cooking wine, and scallion.
- Boil for 2 minutes, then remove the mutton, rinse with room temperature water, and drain.
- Heat a pot with cooking oil, add the mutton, and stir-fry for 2 minutes until the surface is slightly golden.
- Add boiling water and turn to high heat.
- After 5 minutes, add white pepper powder and salt, and continue to boil for 5 minutes.
- After serving, add cilantro and cumin powder, and stir well.

#### ADDITIONAL CONTENT

- When adding boiling water, be sure to use high heat to help the fat and broth blend better.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Pigeon Stewed with Mushrooms

- Pigeon Stewed with Mushrooms: fresh broth, tender meat, and rich in nutrition.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Young Pigeon (Squab)
- Mushrooms (various types)
- Corn
- Ginger
- Cooking Wine (Liaojiu)
- Salt
- Stewing Pot (Clay pot) or Pressure Cooker

### CALCULATIONS

2 portions:

- Young Pigeon: 300g
- Mushrooms: 100g
- Corn: 200g
- Ginger: 30g
- Cooking Wine: 15ml
- Salt: 10g

### OPERATION

- Wash the young pigeon provided by the butcher with cold water.
- Place the pigeon in a pot of cold water, add 15ml of cooking wine and ginger. Once the water boils, remove the pigeon immediately to avoid losing nutrients.
- Place the pigeon into a pressure cooker or stewing pot. Add enough water to submerge the pigeon. Add 20g of ginger, 200g of corn, and 100g of mushrooms.
- Note: 30 minutes for a pressure cooker; for a clay pot, simmer over low heat for 40-60 minutes after the water boils.
- When finished, serve in a bowl and add 3-5g of salt to taste.



**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Pork Rib Bitter Gourd Soup

Pork Rib Bitter Gourd Soup is a delicious and easy-to-cook soup. However, the cooking time for soups is generally long, so it's best to start preparations 4 hours in advance.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

Optional Tools:

- Electric Pressure Cooker (can greatly simplify the process and time)
- Clay Pot (better for stewing soup than a regular wok)

Essential Ingredients:

- Pork Ribs
- Bitter Gourd
- Dried Shrimp Skins (Xiapī)

### CALCULATIONS

Determine how many portions you plan to make. One portion is exactly enough for 4 people. Per portion:

- Pork Ribs 250g to 500g
- Bitter Gourd 100g to 200g
- Dried Shrimp Skins 5g to 15g
- Ginger 5-10g (optional, used for blanching to remove gamey smell)

### OPERATION

- Wash the pork ribs and cut them into small pieces about  $4\text{cm} \pm 2\text{cm} * 3 \pm 2\text{cm}$  (if you don't have tools to chop ribs, ask the butcher for help).
- Pour 700ml of cold water into a wok and heat with the ribs until boiling. Turn off the heat and remove the ribs.
- Cut the bitter gourd in half, clean out the seeds and pith inside, and cut into  $0.5 \pm 0.3\text{ cm}$  strips. Wash them.

#### Method 1: Using a Soup Pot

- Pour 1100ml of water and the ribs into the soup pot over high heat.
- Wait for the water to boil, then add the bitter gourd and dried shrimp skins. Turn to low heat and wait for 120-240 minutes (after 120 minutes, you can take out a piece of meat to taste; if the meat easily separates from the bone, you can turn off the heat).
- When serving, add salt and white pepper. Recommended amounts are 0.3 to 0.6g of salt and 0.1 to 0.5g of white pepper per 250ml.

#### Method 2: Using an Electric Pressure Cooker

- Pour 1000ml of water, the ribs, shrimp skins, and bitter gourd into the pressure cooker.
- Select the "Soup" function (generally pressure cooking for 45 minutes).
- When finished, add salt and pepper as in the soup pot method.

### ADDITIONAL CONTENT

- You can use other umami-rich ingredients instead of shrimp skins, such as dried scallops (Yao Zhu).

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Pork Rib Soup with Dried Tangerine Peel**

Fresh pork ribs can be used for soup besides braising or stewing. Soup made with Cantonese dried tangerine peel is very healthy and has certain nourishing effects on the spleen, stomach, lungs, and throat—a must-have for those who stay up late.



Estimated Cooking Difficulty: ★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Pork Ribs
- Dried Tangerine Peel (Chenpi)
- American Ginseng (Xi Yang Shen)
- Dendrobium (Shi Hu)
- Solomon's Seal (Yu Zhu)
- Dwarf Lilyturf Tuber (Mai Dong)
- Stewing Pot (Soup tureen)
- Salt

#### CALCULATIONS

Per portion:

- Pork Ribs (pork bones can be used as a substitute): 4-5 pieces
- Dried Tangerine Peel (generally 8-20 years old): Usually 1 piece of Chenpi has 3 segments; use 1 segment.
- American Ginseng (Panax Quinquefolius): 9 slices
- Dendrobium: 6 pieces
- Solomon's Seal: 5 slices
- Dwarf Lilyturf Tuber: 7 pieces
- Stewing Pot: 1 person size
- Salt: 5g

#### OPERATION

##### Preparation

- Blanch the pork ribs in hot water to remove blood.
- Rinse the dried tangerine peel, Mai Dong, Yu Zhu, Shi Hu, and American Ginseng.
- Wash the stewing pot.

##### Cooking

- Open the stewing pot and place the ribs at the bottom. Then add dried tangerine peel, Mai Dong, Yu Zhu, Shi Hu, and American Ginseng in order.
- Add hot water to the pot; do not overfill.
- Add water to the outer container of the stewing pot and simmer for 1.5 hours.
- Add salt and drink while hot.

#### ADDITIONAL CONTENT

The stewing pot is very hot; be careful not to burn yourself or drop it. Cantonese "Old Fire" Slow-Cooked Soup emphasizes ingredients and heat (control of time). Once the ingredients are prepared and simmered for the required time, it is considered successful!

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Thickened Shiitake Soup**

Fresh shiitake mushrooms are not only delicious when stir-fried with meat, but they are also very tasty when made into a thick gravy soup.

Estimated Cooking Difficulty: ★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Fresh Shiitake Mushrooms
- Scallion
- Cooking Oil
- Salt
- Chicken Essence
- Cornstarch (Shengfen)

### **CALCULATIONS**

Per portion:

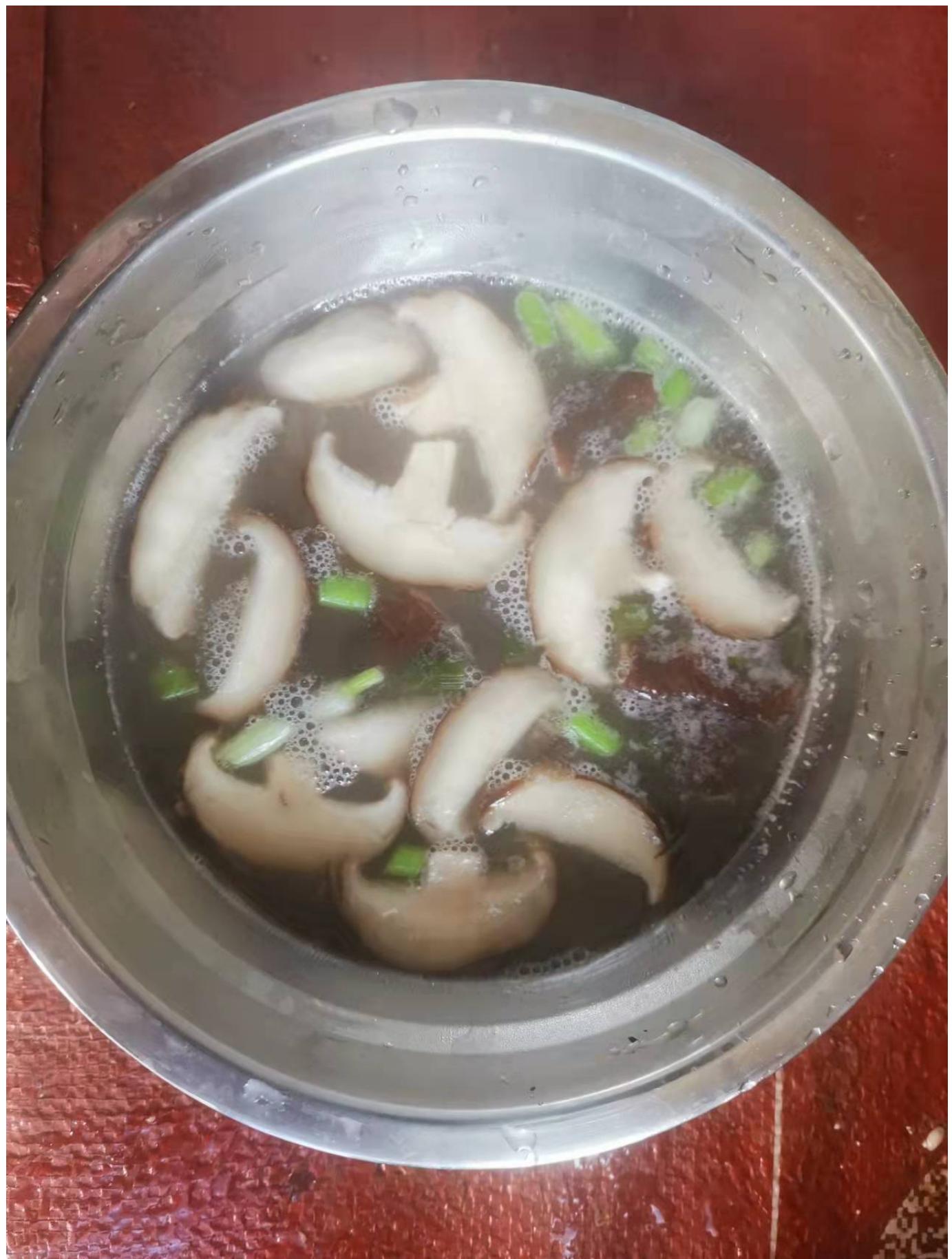
- Fresh Shiitake Mushrooms: 2 pieces
- Scallion: 0.5 stalks
- Chicken Essence: 3g
- Cooking Oil: 10ml
- Salt: 3g
- Boiling Water: 350ml
- Cornstarch: 10g

### **OPERATION**

- Slice the shiitake mushrooms (0.5-1 cm thick; thicker slices have a chewier texture). Place them in a large bowl, add 2g of salt, and soak for 15 minutes.
- Pour cornstarch into a small bowl, add 50ml of water, and stir until dissolved with no lumps (this is the starch slurry).
- Pour out the salt water from the mushroom bowl and appropriately squeeze out excess moisture from the mushrooms (to facilitate frying in the next step). [Optional]
- Over low heat, pour in oil. When the oil starts to bubble slightly (about 30s on low heat, depending on stove power), add the mushrooms and fry each side for 10s. [Optional]
- Pour in 300ml of boiling water, turn to medium heat, and cook for another 3-5 minutes.
- Pour in the starch slurry, stir the soup appropriately, add 3g of salt, 3g of chicken essence, and finally sprinkle with chopped scallions before serving.







**ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### Tremella Lotus Seed Congee



Tremella Lotus Seed Congee is a highly nutritious porridge. It has a sweet taste and provides benefits for calming the heart and nerves.

Estimated Cooking Difficulty: ★★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Tremella (Snow Fungus)
- Cored Lotus Seeds
- Red Dates
- Goji Berries (Optional)
- Rock Sugar

#### CALCULATIONS

Per person:

- Tremella 60g
- Cored Lotus Seeds 20g
- Red Dates 6g
- Goji Berries 5-6g
- Rock Sugar 10-20g

#### OPERATION

- Soak tremella and lotus seeds in clear water for 2 hours. Soak red dates for 10-20 minutes. Wash goji berries and set aside.
- Pour 600ml of water into a pot. Once boiling, add tremella, lotus seeds, and red dates.
- Wait for the water to boil again, cover the pot, and switch to medium heat to continue simmering.
- After about 1 hour of simmering, add 5g-10g of rock sugar and 5g-6g of goji berries. Switch to low heat.

- Continue simmering over low heat for 30 minutes until the tremella becomes thick and gelatinous.
- Add another 5g-10g of rock sugar and stir with a spoon for 5-10 minutes.
- Turn off the heat and serve.

**ADDITIONAL CONTENT**

- When the tremella becomes thick, stir it regularly with a spoon to prevent it from sticking to the bottom of the pot.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Yellow Catfish Tofu Soup**

- Yellow Catfish (Angciyu) or Sand Goby (Shaguangyu) Tofu Soup. Few bones, tender meat, and rich in nutrition. Suitable for friends of all ages.

Estimated Cooking Difficulty: ★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Yellow Catfish or Sand Goby
- Tofu
- Scallion
- Ginger
- Cooking Oil
- Cooking Wine (Liaojiu)
- Salt
- Black Pepper Powder

### **CALCULATIONS**

Per portion:

- Yellow Catfish or Sand Goby: 1 fish
- Tofu: 100g
- Scallion: 1 stalk
- Ginger: 1 piece
- Black Pepper Powder: 3-5g
- Cooking Oil: 15ml
- Salt: 10-15g
- Boiling Water: 1L

### **OPERATION**

- Clean the fish thoroughly (pay special attention to the blood inside the belly; if not cleaned, it will be fishy). Place in a large bowl, add cooking wine, 10g of ginger slices, and 5g of salt. Marinate for 15 minutes.
- Cut the tofu into cubes, soak in cold water for 5 minutes, then drain and set aside.
- Before frying the fish, rub the pan with a ginger slice to prevent sticking. Pour in oil (15ml \* number of fish). Once heated, add the fish and fry for 2-3 minutes. Shake the pan occasionally to prevent sticking and flip once.
- After the fish is fried, pour in boiling water, 5ml of cooking wine, and ginger slices. Turn from low heat to high heat, cover, and boil for 10 minutes (use slightly more water as some will evaporate).
- When the soup turns white, add the prepared tofu. Turn to medium heat and cook for 5 minutes. Add 10g of salt and 3g of black pepper powder to taste. Finally, sprinkle with chopped scallions before serving.







#### **ADDITIONAL CONTENT**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Zhuque Soup (Morning Egg Soup)

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Egg
- Sesame Oil
- White Sugar
- Water

### CALCULATIONS

Per person:

- 1 Egg
- 500ml Water
- 20g White Sugar (adjust to taste)
- 2ml Sesame Oil

### OPERATION

- Beat the egg in a bowl and add sesame oil.
- Bring water to a boil. While it is vigorously boiling, quickly pour it into the bowl containing the egg mixture.
- Add white sugar.



**ADDITIONAL CONTENT**

- The egg must be well-beaten and the water must be boiling vigorously when poured; otherwise, the soup may become cloudy and affect the texture.
- This is the method used in eastern Henan. In other regions, salt may be used instead of sugar; adjust according to personal preference.
- This soup is a great remedy for "excessive internal heat" (Qu Huo)!

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## 3.1.8 Drink

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### B52 Bomber

B-52 is a cocktail with a unique drinking method, usually served with a short straw, napkins, and a lighter.

The drink is ignited and then quickly consumed through a straw, providing a sensation of transitioning from cold to hot—a true "ice and fire" experience that can only be understood by trying it.

While a straw is suitable for most, the most thrilling way is to drink it in one shot. When doing so, avoid touching the rim of the glass to prevent burns and let the fire extinguish in your mouth to get the best flavor.

Estimated Cooking Difficulty: ★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Kahlúa Coffee Liqueur
- Baileys Irish Cream
- Skyy Original Vodka
- Bar Spoon
- Liqueur Glass
- Lighter

#### CALCULATIONS

Per portion:

- Kahlúa 10ml
- Baileys 10ml
- Skyy Vodka 10ml

#### OPERATION

- Pour Kahlúa into the bottom 1/3 of the liqueur glass (10ml).
- Slowly pour Baileys over the back of a bar spoon to fill the middle 1/3 (10ml). Note: Pour slowly to ensure distinct layers; pouring too fast will mix it with the coffee liqueur.
- Finally, pour Skyy Vodka onto the top layer (10ml).
- Lightly warm the rim of the glass with a lighter.
- The final step is ignition: Do you see the faint blue flame?

#### ADDITIONAL CONTENT

- A common way to drink it in bars is to provide a straw, insert it while the flame is still burning, and quickly inhale the entire contents.
- Do not worry about the fire; since the straw is thin and oxygen is limited, the flame will extinguish. You will feel a wave of heat down your throat into your stomach, followed by a long-lasting aftertaste of coffee and cream. It is very stimulating and delicious.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Baba Mandarin Tea**



Estimated Cooking Difficulty: ★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Ingredients:
  - Baba Mandarin (See "Additional Content" for substitutes)
  - Jasmine Green Tea
  - Ice Cubes
  - [Sugar Syrup](#) (Optional)
- Tools:
  - Blender

#### CALCULATIONS

One portion, approx. 300ml:

- 1-2 Baba Mandarins (at least 200g)
- Jasmine Green Tea leaves 2-4g
- Ice Cubes 60g
- 1:1 Sugar Syrup 10g (Optional)

#### OPERATION

- **Jasmine Green Tea Preparation** (Recommended ratio => Tea : Water : Ice = 1-2 : 50 : 30):
  - Place 2-4g of tea leaves in a container, add 100ml boiling water, and steep for 6 minutes.
  - Add 60g ice cubes to the steeped tea to cool it; stir to accelerate cooling.
  - Once the ice has melted, filter out the leaves to obtain about 160ml of jasmine tea liquid.
- **Final Mixing:**
  - Choose a clear glass (approx. 300ml).
  - Peel the mandarins and remove the membranes to get the segments of pulp.
  - Place 130g of pulp and 130ml of jasmine green tea into the blender.
  - Add 10g sugar syrup (Optional, if you prefer it sweeter).
  - Cover and blend for 20 seconds, then pour the mixture into the glass.
  - Shred a little extra pulp and sprinkle it on the surface.

Enjoy!

#### ADDITIONAL CONTENT

- Baba Mandarin can be replaced with other citrus fruits whose pulp is easy to separate, such as Dekopon (Sumo Citrus).
- The ratio of pulp to tea is 1:1. If you need a larger portion, increase the amounts proportionally.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Bingfen (Shi Liangfen / Ice Jelly)

Bingfen Specimen 1 Bingfen Specimen 2

Shi Liangfen, also known as Bingfen in some regions, is a famous snack from Xinyang, Henan Province. This dish is similar to jelly but is made from natural plants (*Nicandra physalodes*), making it healthier than common jelly. Served with mint juice, lemon juice, red beans, and other toppings, it is cool and refreshing. It is a local favorite suitable for all ages.

The method is simple but time-consuming, with an estimated duration of 3 hours (including 2.5 hours of setting time).

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Bingfen Seeds (Ice Jelly Seeds) 200g
- Gauze or Cheesecloth (for filtering)
- Boiled Water (Cooled) 2000g
- Mint Juice 10ml or Mint Powder 10g
- Disposable Transparent Plastic Cups (Optional)
- Glowing Ice Cubes (LED, Optional)

### CALCULATIONS

Determine how many portions you plan to make. One portion is enough for 5 people.

Per portion:

- Bingfen Seeds 200g
- Boiled Water (Cooled) 2000g
- Mint Juice 10ml or Mint Powder 10g

### OPERATION

- Pour the cooled boiled water into a basin.
- Wrap all the Bingfen seeds in gauze and tie a knot at the opening.
- Place the wrapped seeds in the water and rub/massage them vigorously in the water for 6 minutes.
- Let the liquid sit for 2.5 hours to set into jelly.
- Use a spoon to serve the jelly into disposable cups. Add 10ml of mint juice or 10g of mint powder (lemon juice, hawthorn juice, or mulberry juice can also be used). Add glowing ice cubes and stir slowly with a spoon.

### ADDITIONAL CONTENT

- During the process, pay attention to the color and viscosity changes of the water. If the color is too light or the water is not sticky, it means there are either not enough seeds or they weren't rubbed vigorously enough.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Cola Bucket

**Drinking is harmful to your health. Alcohol is prohibited for minors.**

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

Ingredients:

- Bourbon Whiskey
- Coca-Cola
- Ice Cubes
- Lemon (Optional, for flavor enhancement)

Tools:

- Manual Juicer/Squeezer

### CALCULATIONS

For one portion, about 900ml (including ice):

- Whiskey 100ml
- Coca-Cola 500ml
- 1 Lemon
- Ice Cubes 300g

### OPERATION

#### Lemon Preparation

1. Cut the lemon in half (**perpendicular to the axis connecting the ends**), and cut one thin slice from one half for garnish.
2. Cut the rest of the lemon into quarters and use a juicer to extract the juice into a container.
3. Keep the squeezed lemon wedges for later.

#### Mixing

1. Choose a large glass (about 1 liter) or a tin bucket.
2. Place the ice cubes and squeezed lemon wedges into the glass (arrange them however you like).
3. Pour in 15ml of lemon juice (add more if you like it sour).
4. Slowly pour Coca-Cola along the side of the glass until it is 3/4 full (the ratio of cola to whiskey should be about 5:1).
5. Add whiskey until the glass is full.

### ADDITIONAL CONTENT

The "Cola Bucket" masks the taste of whiskey with ice and cola, which can lead people—especially those with low alcohol tolerance—to consume excessive amounts without realizing it. Please mix and consume responsibly.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Fermented Rice Wine (Laocao / Jiuniang)

Finished Jiuniang

Jiuniang, also known as Laocao, is a traditional Chinese fermented sweet dish. The finished product is sweet and slightly boozy (low alcohol content). It has the effect of strengthening the spleen and promoting digestion. Although it requires some fermentation skill, the process is simple and rewarding—a great choice for beginners in fermentation. Estimated active preparation time is 1 hour (plus 2 days of fermentation).

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Glutinous Rice 800g (Round-grain glutinous rice is recommended)
- Angel Brand Sweet Rice Leaven (Koji) 1 pack (8g). (Although the ratio is 3g per 1000g of rice, using more increases the success rate).
- Water 720g + 600g (720g for steaming rice, 600g for fermentation)
- Steamer (or a rice cooker)
- Thermometer (Optional but recommended)
- 1 Clean, airtight glass or ceramic container

### CALCULATIONS

This recipe serves 6-8 people.

### OPERATION

- Rinse 800g of glutinous rice and place it in the rice cooker. Add 720g of water and use the standard "cook rice" mode.
- Once cooked, spread the rice out on a clean surface to cool to about 30°C. (Measure with a thermometer; it should feel warm but not hot to the touch).
- Dissolve 8g of Angel Yeast in 20ml of warm water (approx. 30°C), sprinkle it evenly over the rice, and mix well.
- Add 600g of water to the rice and mix again. Wait 2-3 minutes for the rice to absorb the water. This initial addition ensures a juicy result.
- Use a clean tool to make a small hole in the center of the rice (to monitor liquid level).
- Transfer the mixture into a clean container, press the surface lightly, and seal with a lid or plastic wrap.
- Place in an environment between 28-32°C for 24-48 hours. Do not shake or move the container during fermentation.
- **Success Criteria:** Clear liquid seeps into the center hole, the mixture has a pleasant boozy aroma, and there are no off-white molds or sour smells.
- Refrigerate immediately once fermentation is complete (you can add dried osmanthus flowers at this stage). Use clean tools to serve. It can be stored for 7-10 days.
- To increase yield, you can perform a second fermentation by adding 500ml water (up to 800ml total).
- Fermentation continues over time. To stop it, steam the mixture for 10 minutes or keep it refrigerated.

#### Advanced Version 1: Soaking Method

- Rinse 800g of glutinous rice and soak in water for 6-8 hours (8-10 hours in winter) until the grains are plump.
- Drain and steam the rice over water for 40-60 minutes. Stir every 20 minutes to ensure even cooking.
- Cool the rice and proceed with the yeast as above.

#### Advanced Version 2: Mixed Grains

- Experienced makers can substitute up to 20% of the glutinous rice with millet, oats, yellow rice, or black glutinous rice.

### ADDITIONAL CONTENT

- Fermentation temperature is critical: too low and it will be slow or fail; too high and the yeast will die.

- Common failure causes: high temperature, mixing yeast when rice is too hot, or contamination with oil or water.
- Can be served warm with tangyuan (rice balls), egg drops, or goji berries. Avoid boiling for too long to preserve the aroma.
- The liquid can also be used for making rice cakes or as a flavoring for dishes like gyudon or teriyaki. Rice Cake

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Gin and Tonic**

**Drinking is harmful to your health. Alcohol is prohibited for minors.**

Estimated Cooking Difficulty: ★★

**ESSENTIAL INGREDIENTS AND TOOLS**

Ingredients:

- Gin
- Tonic Water
- Lemon
- Ice Cubes
- Fresh Green Leaves (Optional, for garnish)

Tools:

- Manual Juicer / Squeezer

**CALCULATIONS**

One portion, approx. 350ml (including ice):

- Gin 30-40ml
- 1 can of Tonic Water
- 1 Lemon
- Ice Cubes 100g

**OPERATION****Lemon Preparation**

1. Cut the lemon in half (**perpendicular to the axis connecting the ends**) and cut one slice from one half for garnish.
2. Cut the rest into quarters and use a juicer to extract the juice.

**Mixing**

1. Choose a clear glass (350-400ml).
2. Place 100g of ice at the bottom.
3. Pour in 30-40ml of gin.
4. Add 15ml of lemon juice (add more if you prefer it sour).
5. Stir well with a spoon.
6. Position the lemon slice in the glass.
7. Slowly pour tonic water along the side of the glass until full (avoid pouring directly onto ice to preserve carbonation).
8. Use a spoon to gently lift and lower the liquid once or twice to mix (do not stir vigorously to avoid losing bubbles).
9. Garnish with a green leaf if available.

**ADDITIONAL CONTENT**

**Finished Product**



If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Gin Fizz**

**Drinking is harmful to your health. Alcohol is prohibited for minors.**

Estimated Cooking Difficulty: ★★

**ESSENTIAL INGREDIENTS AND TOOLS**

Ingredients:

- Gin
- Soda Water
- Lemon
- [Sugar Syrup](#)
- Ice Cubes
- Fresh Green Leaves (Optional, for garnish)

Tools:

- Manual Juicer / Squeezer
- Cocktail Shaker (Optional)

**CALCULATIONS**

One portion, approx. 350ml (including ice):

- Gin 30-40ml
- 1 can of Soda Water
- 1 Lemon
- 1:1 Sugar Syrup 30-40g
- Ice Cubes 100g

**OPERATION****Lemon Preparation**

1. Cut the lemon in half (**perpendicular to the axis connecting the ends**) and cut one slice from one half for garnish.
2. Cut the rest into quarters and use a juicer to extract the juice.

**Mixing (Without Shaker)**

1. Choose a clear glass (350-400ml).
2. Place 100g of ice at the bottom.
3. Pour in 30-40ml of gin.
4. Add 20ml of lemon juice (adjust to taste).
5. Add 30-40g of sugar syrup.
6. Stir well with a spoon.
7. Position the lemon slice in the glass.
8. Slowly pour soda water along the side of the glass until full.
9. Gently lift and lower the liquid with a spoon to mix.
10. Garnish with a green leaf if available.

**Mixing (With Shaker)**

1. Replace steps 2-6 with the following:
2. Place ice, gin, lemon juice, and sugar syrup into the shaker and shake well.

- Pour the mixture into the glass (if the ice is too crushed, strain it and add fresh ice cubes).

**ADDITIONAL CONTENT**

**Finished Product**



If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Kiwi Spinach Special

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Ingredients:
- Kiwi (Kiwi Fruit)
- Apple
- Spinach Leaves (2-5 leaves)
- Water
- White Granulated Sugar
- Tools:
- Juicer / Blender

### CALCULATIONS

- Drinking Water 700ml
- 2 Kiwi Fruits
- 1/2 Apple
- 4 Spinach Leaves
- 12g White Granulated Sugar

### OPERATION

- Cut the kiwis in half, then divide each half into four small pieces.
- Cube the apple.
- Remove the stems from the spinach leaves, keeping only the leafy part.
- Chop the spinach.
- Put everything into the blender cup.
- Add water.
- Add white granulated sugar.
- Start the blender and blend for about four 15-second intervals (stop every 15 seconds to check the consistency).

### ADDITIONAL CONTENT

- Regarding the amount of sugar: 12g is the "full sugar" version; adjust between 0-12g according to personal preference.
- This drink is modeled after the Kiwi & Spinach juice found at IKEA. It might not be as good as IKEA's, but it's quite nice!
- Improvements are welcome!

## Finished Product



If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Lemonade

Finished Lemonade

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Ingredients:
  - Lemon
  - Fruit Honey / Syrup
  - Ice (Optional)
- Tools:
  - Shaker Cup (Boston Shaker or similar)

### CALCULATIONS

One portion, approx. 500ml:

- Lemon 40-45g
- Fruit Honey / Syrup 40-45g
- A few ice cubes (Optional)

### OPERATION

- Weigh 40-45g of lemon and place it in the shaker cup.
- Close the lid and "hammer" or muddle it about 10 times.
- Add 40-45g of fruit honey/syrup.
- Top off with water.
- Shake well.
- Add ice according to preference.

### ADDITIONAL CONTENT

- Reference: [Lemonade Tutorial](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Long Island Iced Tea**

**Drinking is harmful to your health. Alcohol is prohibited for minors.**

Estimated Cooking Difficulty: ★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Gin
- Tequila
- Vodka
- White Rum
- Triple Sec (Orange Liqueur)
- Lemon
- Maple Syrup
- Coca-Cola
- Ice Cubes
- Highball Glass (300ml capacity)

**CALCULATIONS**

One portion, approx. 300ml (including ice):

- Gin 15ml
- Tequila 15ml
- Vodka 15ml
- White Rum 15ml
- Triple Sec 15ml
- Lemon Juice 30ml
- Maple Syrup 20ml
- Coca-Cola 75ml
- 1 Lemon
- Ice Cubes 100g

**OPERATION**

- Cut the lemon in half and squeeze 30ml of juice into the glass.
- Add the following to the glass in order:
  - 15ml Gin
  - 15ml Tequila
  - 15ml Vodka
  - 15ml White Rum
  - 15ml Triple Sec
- Slowly pour 20ml of maple syrup while stirring.
- Add 75ml of Coca-Cola.
- Fill the glass with ice cubes.
- Stir gently for 20 seconds.
- Enjoy!

**ADDITIONAL CONTENT**

Long Island Iced Tea contains no tea but has the appearance and taste profile of iced tea. It has a relatively high alcohol content (approx. 15%) but a smooth, approachable flavor.

Reference: [IBA: Long Island Iced Tea](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Mango Sago Pomelo Delight (Yang Zhi Gan Lu)

The reason for not using sago (West Taro Rice) is that there was none at home, but there were plenty of chia seeds instead. Chia seeds only need soaking and no boiling, which saves a lot of time!

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Glass/Cup
- Fruit Knife
- Milk
- Ice Cubes
- Blender / Juicer

### CALCULATIONS

Per portion:

- Chia Seeds 24g
- Milk 50ml
- 2 small Ice Cubes
- 1 Mango
- 1/2 Pomelo (or grapefruit)
- Coconut Milk 150ml

Garnish:

- Shredded Dried Mango (Optional)
- Shredded Dried Orange (Optional)

### OPERATION

- Soak the chia seeds in milk for 10 minutes.
- While soaking, peel and cube half of the mango and the pomelo. Place them into the cup.
- Place the other half of the mango into the blender with ice cubes and coconut milk. Blend into a smooth puree.
- Pour the puree into the cup. Add garnish if available.
- Enjoy while writing code!!

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Milk Tea

Milk tea is a simple and easy-to-make drink. Beginners generally only need 30 minutes to complete it.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Tea Bags (Red tea/Black tea, Lipton Yellow Label is recommended)
- Full Cream Milk Powder or Evaporated Milk
- Cup (e.g., a graduated measuring cup, ceramic cup, or thermos)

### CALCULATIONS

Per portion:

- 2 Tea Bags (approx. 4g)
- 11-12g Milk Powder
- 5-7g Sugar

### OPERATION

- Put 2 tea bags into the cup and add 180-200ml of **boiling water**.
- **Wait for 20-30 minutes.**
- Weigh out 11-12g of milk powder and 5-7g of sugar. Add them separately to the tea liquid obtained in the previous step.
- Stir well and enjoy.

### ADDITIONAL CONTENT

- After adding boiling water, try to keep the cup warm by using a cup with a small opening or covering it with a lid. If the ambient temperature is low, using a measuring cup might cool the water before it's poured; in this case, you can skip the measuring cup and estimate the volume.
- After the waiting time, you can lift or stir the tea bags to ensure an even brew.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Mojito

Mojito is a traditional Cuban highball cocktail. It has a relatively low alcohol content (approximately 10%).

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Crushed Ice
- Chilled Soda Water
- Juicer/Squeezer
- Highball Glass
- Muddler

### CALCULATIONS

Per portion:

- 1 Lime (cut into two halves)
- 5 Sprigs of Mint Leaves
- Syrup 20ml
- Golden Rum 45ml
- Skyy Original Vodka 10ml

### OPERATION

- Cut one half-lime into smaller chunks, place them in the highball glass, and muddle them to extract the juice.
- Rub 3-4 mint leaves along the rim of the glass, then place them inside.
- Add 20ml of syrup.
- Add 45ml of Golden Rum.
- Squeeze the juice from the remaining half-lime into the glass.
- Stir gently to keep the sugar/syrup in a semi-integrated state.
- Fill the glass with crushed ice until it is 3/4 full.
- Add chilled soda water until it just covers the crushed ice.
- Stir for half a minute.
- Top off the highball glass with more crushed ice.
- "Clap" the remaining mint sprig to release its aroma, and insert it into the ice as a garnish.

### ADDITIONAL CONTENT

- Reference: [Bilibili Mojito Video](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Palm Sugar Coconut Smoothie

Smoothie Image

The Palm Sugar Coconut Smoothie is an extremely fast and convenient drink to make. If the ingredients are chosen correctly, it offers a rich texture. It makes some noise during preparation, so it's best made during the day as an afternoon tea.

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Bottled Coconut Milk/Juice (a wide-mouth bottle is better)
- Coffee Sugar (Yellow coarse granules/demerara)

### CALCULATIONS

The best portion size for a smoothie is usually related to how fast it melts. 300g of smoothie frozen at -18°C will typically last about 30 minutes at room temperature.

Per portion:

- Bottled Coconut Milk 500ml
- Coffee Sugar 10g (e.g., two packets of Taikoo Coffee Sugar)
- Crushed Nuts (Optional)

### OPERATION

- Pour out 200ml from a 500ml bottle of coconut milk, then tighten the cap immediately.
- Place the bottle in the freezer for at least 10 hours.
- Remove the bottle. Once you're sure the coconut milk is completely frozen, "strike" or hit the bottle against a hard surface like a wall corner, chair back, or table corner. (Ensure the surface won't be damaged).
- Once the frozen coconut milk turns into a smoothie consistency, open the cap and pour it out.
- Sprinkle coffee sugar or crushed nuts evenly over the surface.
- Done.

### ADDITIONAL CONTENT

- Bottled coconut milk can be frozen in advance, but it should not be stored for more than 7 days as it may spoil.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Passion Fruit Orange Special**

Jasmine Green Tea Version:



Soda Water Version:



Estimated Cooking Difficulty: ★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

- Ingredients:
- Passion Fruit
- Orange
- Jasmine Green Tea leaves OR Soda Water (choose one)

- White Granulated Sugar
- Ice Cubes
- Honey (Optional)
- Mint leaves or other garnish (Optional)
- Tools:
  - Manual Juicer / Squeezer

#### CALCULATIONS

- For the Jasmine Green Tea version (one portion, approx. 380ml):
  - 1 Orange (approx. 200g, fist-sized)
  - Jasmine Green Tea leaves 3-6g
  - Boiling Water 150ml
  - Ice Cubes 160g or more
- Marinated Passion Fruit (portion for 2 drinks):
  - 3 Passion Fruits
  - White Granulated Sugar 30g
  - Honey 10g (or 5g sugar if honey is unavailable)

#### OPERATION

- **Marinating Passion Fruit** (2 portions):
  - Extract the pulp and juice from three passion fruits into a container.
  - Add 30g white granulated sugar.
  - Add 10g honey.
  - Stir well.
  - Cover with plastic wrap and refrigerate for 12-24 hours.
- **Jasmine Green Tea Preparation** (Recommended ratio => Tea : Water : Ice = 1-2 : 50 : 30):
  - Place 3-6g of tea leaves in a container, add 150ml boiling water, and steep for 6 minutes.
  - Add 90g ice cubes to the steeped tea to cool it down; stir to accelerate cooling.
  - Once the ice has melted, filter out the leaves to obtain about 240ml of jasmine tea liquid.
- **Orange Preparation** (Can be done while the tea steeps):
  - Cut the orange in half (**perpendicular to the axis connecting the ends**) and cut one slice from one half for garnish.
  - Cut the rest into quarters and use a juicer to extract the juice.
- **Mixing**:
  - Choose a clear glass (350-400ml).
  - Place 70g of ice at the bottom and pour in all the orange juice.
  - Place the orange slice against the inner wall of the glass.
  - Pour one portion of the marinated passion fruit over the ice.
  - Slowly pour the jasmine green tea (or soda water) into the glass to maintain layers.
  - Garnish with mint leaves.

Stir well before enjoying.

#### ADDITIONAL CONTENT

If you don't have or prefer not to use jasmine green tea, you can substitute it with soda water to skip the tea brewing process.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Pineapple Coffee Special

Finished Product

The Pineapple Coffee Special is a sweet and sour drink perfect for home making.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Coffee Liquid (Espresso or Cold Brew recommended)
- Pineapple Juice (Freshly squeezed or NFC)
- Ice Cubes
- Soda Water
- Cream
- Milk
- Sugar
- Sea Salt (Optional)
- Rum (Optional)

### CALCULATIONS

Each portion serves 1 person.

Per portion:

- Coffee Liquid 30ml
- Pineapple Juice 60ml
- Ice Cubes 50g
- Soda Water 30ml
- Cream 30ml
- Milk 10ml
- Sugar 8g
- Sea Salt 0.5g
- Rum 5ml

### OPERATION

- Add ice cubes, coffee liquid, pineapple juice, and soda water to the glass in that order.
- Whip the cream with sugar until soft peaks form, then add rum and milk and stir until it reaches a pourable "flowy" consistency.
- Pour the cream over the top of the mixed liquid.
- Sprinkle sea salt on top of the cream.

### ADDITIONAL CONTENT

- For coffee liquid, fruity/floral beans are recommended. For espresso, choose medium roast; for cold brew, washed or natural process beans work well.
- When pouring the cream, keep the height as low as possible so the cream floats evenly on the surface to form a "milk cap."
- Using fresh coffee and pineapple juice will greatly improve the overall flavor.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Seaside Sunset**

**Drinking is harmful to your health. Alcohol is prohibited for minors.**

Estimated Cooking Difficulty: ★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

Ingredients:

- Grenadine Syrup
- NFC Orange Juice
- Soda Water
- White Rum
- Blue Curaçao Liqueur
- Lemon Juice
- Ice Cubes
- Lemon

Tools:

- Large Glass
- Stirring Rod
- Jigger (Measuring cup)
- Cocktail Shaker
- Straw
- Paring Knife

**CALCULATIONS**

One portion (including ice):

- Grenadine Syrup 15ml
- Orange Juice 35-50ml
- Soda Water 50ml
- White Rum 30ml
- Blue Curaçao 15ml
- Lemon Juice 15ml
- Large ice cubes (as needed)
- 1 Lemon slice

**OPERATION****Lemon Preparation**

1. Wash and cut one thin slice of lemon.

**Mixing**

1. Choose a clear glass, ideally 350-400ml in capacity.
2. Add large ice cubes and chill the glass by stirring with the rod.
3. Pour in the Grenadine syrup.
4. Pour the orange juice over the stirring rod into the glass until it is about half full.
5. Stir gently half a turn to create a slight blend.

6. Pour in the soda water.
7. In a shaker, combine white rum, blue curaçao, lemon juice, and ice. Shake well.
8. Gently pour the shaken mixture into the glass.
9. Garnish with the lemon slice and insert a straw.

**ADDITIONAL CONTENT**

**Finished Product**

Seaside Sunset

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

**Sour Plum Soup (Suanmei Tang)**

Video Demonstration: [Link](#)

Estimated Cooking Difficulty: ★★★★

**ESSENTIAL INGREDIENTS AND TOOLS**

- Water
- Smoked Jujube (Wuzhao)
- Smoked Plum (Wumei)
- Hawthorn Slices (Dried, raw)
- Yellow Rock Sugar
- Licorice Root (Gancao)
- Dried Tangerine Peel (Chenpi)
- Red Cardamom (Hong Dou Kou)
- Dried Osmanthus Flowers

**CALCULATIONS**

- 2 liters of Water
- Smoked Jujube 25g
- Smoked Plum 25g
- Yellow Rock Sugar 100g
- Hawthorn Slices 30g
- Licorice Root 2g
- Dried Tangerine Peel 4g
- Red Cardamom 1g
- Dried Osmanthus 3g

All portions can be increased or decreased proportionally.

**OPERATION**

- Rinse all ingredients (except dried osmanthus and rock sugar). Soak them in 1.5 liters of room temperature water for at least two hours.
- Bring to a boil over medium-high heat, cover, and simmer over low heat for 40 minutes. This is the "First Decoction."
- Place rock sugar in a basin, then pour the hot "First Decoction" liquid through a filter into the basin. Stir until the sugar dissolves.
- Return the ingredients to the pot with another 600ml of water. Bring to a boil, cover, and simmer over medium heat for another 20 minutes. This is the "Second Decoction."
- Mix the "Second Decoction" with the sugar-sweetened first batch while both are hot. When the mixture cools to 60-70°C (do not exceed 80°C), add the dried osmanthus. Cover and let it cool completely, then refrigerate for at least 3 hours.
- Strain out the osmanthus flowers before drinking. Sip slowly to enjoy the refreshing tartness and balanced sweetness with a long-lasting aftertaste.

**ADDITIONAL CONTENT**

Refrigeration improves the taste significantly.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Sour Plum Soup (Semi-Finished Processing)

Estimated Cooking Difficulty: ★

### ESSENTIAL INGREDIENTS AND TOOLS

- Sour Plum Crystal (Solid beverage powder)
- Sugar Cubes (Optional)
- Beijing Erguotou Baijiu (Optional)

### CALCULATIONS

- Drinking Water 1177g
- Sour Plum Crystal Powder 120g
- Sugar Cubes 9g
- Beijing Erguotou Baijiu 48g

All portions can be increased or decreased proportionally.

### OPERATION

- Prepare 1177g of drinking water.
- Add 60g of sour plum crystal powder and stir clockwise with a spoon for 50 rotations.
- Add the remaining 60g of powder and stir clockwise for another 50 rotations.
- Add 9g of sugar cubes and stir clockwise for 100 rotations.
- Add 48g of Beijing Erguotou Baijiu and stir clockwise for 30 rotations.

### ADDITIONAL CONTENT

If you don't have sugar cubes or baijiu, you can skip steps 4 or 5.

Refrigeration improves the taste significantly.

### **Do not drive after drinking.**

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Thai "Hand Brand" Black Tea (Thai Milk Tea)

Finished Thai Milk Tea

Thai "Hand Brand" Black Tea is the milk tea seen everywhere on the streets of Thailand, known for its pure and creamy taste.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Water
- Thai Tea Powder (Cha Tra Mue)
- Condensed Milk
- White Granulated Sugar
- Milk
- Kitchen Scale
- Graduated Container
- Hong Kong Style Milk Tea Filter Bag (Stocking filter)

### CALCULATIONS

Determine how many portions you plan to make. One portion is enough for 1 person.

Per portion:

- Water (600cc)
- Tea Powder (20g)
- White Granulated Sugar (24g)
- Milk (18ml)
- Condensed Milk (24g)

### OPERATION

- Bring 600cc of water to a vigorous boil.
- Put 20g of tea powder into the filter bag. Pour the boiling water through the bag. Pour it back and forth through the filter 20 times to extract the flavor.
- Use a scale to measure 24g condensed milk, 24g white sugar, and 18ml milk. Place them in a pitcher with at least 1000ml capacity.
- Pour the filtered tea into the pitcher and stir until the sugar is dissolved.
- Place the pitcher in the refrigerator for at least 4 hours.
- Add 6-8 ice cubes before drinking.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Winter Melon Tea

Winter melon tea is a refreshing traditional beverage. It generally takes about 4-5 hours for beginners to complete.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Winter Melon
- Rock Sugar
- Plastic Wrap
- Sieve/Filter
- Large Pot

### CALCULATIONS

Determine how many portions you plan to make. One portion is enough for 4-5 people.

Per portion:

- Winter Melon 1000g
- Rock Sugar 300g

### OPERATION

1. **Prepare the Winter Melon:** Peel and de-seed the winter melon, then cut it into small pieces (each no larger than 4cm).
2. **Add Rock Sugar:** Mix the winter melon with rock sugar, stir well, cover with plastic wrap, and refrigerate for at least 2 hours.
3. **Cook:** By this time, the winter melon will have released a lot of juice. Pour everything into a pot, bring to a boil over high heat, then turn to medium-low heat and simmer slowly for 1-2 hours. Stir frequently to prevent burning.
4. **Filter:** Use a sieve to filter the cooked tea liquid, removing the winter melon chunks and keeping only the liquid.
5. **Cool:** Let the winter melon tea liquid cool, then pour it into a clean container and refrigerate.
6. **Enjoy:** The brewed winter melon tea is a concentrate. Add water or other drinks according to your preference. It can be served hot or cold.

### ADDITIONAL CONTENT

- **Flavor Adjustment:** The amount of rock sugar can be adjusted to reach your preferred sweetness level.
- **Storage:** Keep refrigerated and consume within 1 week.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

### 3.1.9 Condiment

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#### **Chili Oil (You Po La Zi)**

image image

Active preparation time: 10 minutes

Estimated Cooking Difficulty: ★★★

#### **ESSENTIAL INGREDIENTS AND TOOLS**

- Garlic cloves
- Dried Chili Flakes/Powder
- Salt
- Toasted White Sesame Seeds
- Bird's Eye Chili (Millet Chili)
- Peanut Oil (can be replaced with Rapeseed Oil)
- Small Ceramic Bowl
- Iron Spoon
- Five-Spice Powder (Optional)
- Cao Guo (Black Cardamom, Optional)
- Scallion (Optional)
- Star Anise
- Sichuan Peppercorns
- Bay Leaves
- Bai Zhi (Angelica dahurica)
- Ginger Slices (Optional)
- Sugar
- White Vinegar

#### **CALCULATIONS**

- 1 Garlic head
- Dried Chili Flakes 100g
- Salt 5g
- Toasted White Sesame Seeds 15g
- 1 Bird's Eye Chili
- Peanut Oil 150ml
- Five-Spice Powder 10g (Optional)
- 1 Cao Guo (Optional)
- 3-5 Scallions (Optional)
- Other spices: 1 Star Anise, 20-50 Sichuan Peppercorns (to taste), 2-3 Bay Leaves, 2-3 slices of Bai Zhi, ginger slices (Optional)
- Sugar 30g
- White Vinegar 5ml (approx. one small iron spoonful)

#### **OPERATION**

- Peel and mince two cloves of garlic.

- Mince the bird's eye chili.
- Heat the peanut oil in a pan. Add the scallions and "Other spices" (star anise, peppercorns, etc.). Fry until the spices turn dark/charred, then remove and discard them.
- Continue heating the oil for about 2 minutes (if using rapeseed oil, heat until it smokes).
- In a clean ceramic bowl, combine the dried chili flakes, sesame seeds, minced garlic, minced chili, salt, five-spice powder, and cao guo.
- Turn off the heat and let the oil cool to approximately **210°C**.
- Pour the hot oil into the bowl of spices and stir immediately with a spoon. (Optional: You can add extra chili flakes halfway through when the oil reaches 165°C for extra spice).
- After pouring and stirring, add the white vinegar; the mixture will bubble up. Stir well—the vinegar enhances the aroma.
- Once the chili oil has cooled to a warm temperature, add the sugar and MSG (if using). The sugar mellows the heat and makes the flavor less harsh.

#### ADDITIONAL CONTENT

- Adding five-spice powder and cao guo as part of the spice mix significantly increases the depth of aroma.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Fried Skewer Sauce

This sauce is legendary for being so delicious that it would make even a literal sock taste good. It is beginner-friendly and takes about 10 minutes.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Dried Chili Powder (both coarse and fine)
- Cumin Powder
- Black/White Pepper Powder
- Five-Spice Powder
- Sichuan Peppercorn Powder
- Thirteen-Spice Powder (Shi San Xiang)
- Ma La Xian (Spicy Fresh Seasoning)
- Toasted White Sesame Seeds

### CALCULATIONS

- Dried Chili Powder 60g
- Cumin Powder 20g
- Pepper Powder 10g
- Five-Spice Powder 15g
- Salt 20g
- Sichuan Peppercorn Powder 15g
- Chicken Essence/MSG 8g
- Thirteen-Spice Powder 5g
- Ma La Xian 5g
- Toasted White Sesame Seeds 30g

### OPERATION

- Mix all dry ingredients in a container and stir well.
- Heat oil in a pan. The volume should be enough to submerge all spiritual ingredients in the container.
- Pour the hot oil into the container in three batches (1/3 each time), stirring constantly.
- Finally, add 10ml Sesame Oil, 10ml Light Soy Sauce, 10ml Sichuan Peppercorn Oil, and 10ml Oyster Sauce.

### ADDITIONAL CONTENT

- The final seasonings in the last step can be adjusted to your personal preference.
- Do not pour all the hot oil at once; it must be added in stages with stirring.
- Ingredients can be scaled down proportionally.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Garlic Soy Sauce

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Garlic
- White Sesame Seeds
- Peanut Oil
- Soy Sauce
- Small Dipping Dish

### CALCULATIONS

- 2 Garlic Cloves
- White Sesame Seeds 5g
- Peanut Oil 15ml
- Soy Sauce 30ml
- 1 Dipping Dish

### OPERATION

- Smash the garlic cloves.
- Add the soy sauce to the dipping dish.
- Heat peanut oil in a pan until smoking hot. Add the smashed garlic and fry for 30 seconds.
- Turn off the heat and pour the hot oil and garlic into the dipping dish. Stir well.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Oil Roux (You Su)

Oil Roux is a mixture of flour and hot oil. It is typically applied to flatbreads (laobing) to ensure distinct layers, a crispy exterior, and a soft interior.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Flour
- Oil
- Salt

### CALCULATIONS

- Oil = (Number of flatbreads \* 10ml)
- Salt = (Number of flatbreads / 2)g
- Flour = (Number of flatbreads / 0.13)g

### OPERATION

- Place the flour in a small bowl and add salt.
- Add oil heated to 200°C.
- Stir with chopsticks until it forms a smooth, lump-free paste.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Scallion Oil (Cong You)

Scallion oil is produced by extracting aromatics from various scallion-based ingredients using hot oil. It can be used for seasoning meat fillings, making cold dishes, or as a finishing oil for stir-fries to add gloss and aroma.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Oil
- Scallion (either large green onion or small green onion)
- Ginger
- Onion
- Shaoxing Wine (Cooking wine)
- Coriander/Cilantro (Optional)
- Kaiyang (Dried shrimp, Optional)

### CALCULATIONS

- Oil 200g
- Scallion 80g
- Ginger 20g
- Shaoxing Wine 10ml
- Onion 150g
- Kaiyang 50g

### OPERATION

- Soak the dried shrimp (kaiyang) in 50°C warm water with 10ml Shaoxing wine for 10 minutes to remove "fishiness," then drain.
- Wash the scallion and coriander. Cut into 5cm segments and pat dry.
- Slice the onion into shreds and boil in water for 5 minutes, then drain.
- Peel and slice the ginger.
- Pour all the oil into a pan, add all prepared ingredients, and fry over medium-low heat for 20 minutes.

### ADDITIONAL CONTENT

- The crispy scallion and shrimp residue after frying can also be eaten. You can filter the oil or keep the solids according to preference.
- Dried shrimp (kaiyang) significantly enhances the umami and sweetness of the scallion oil.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Simple Caramel Coloring (Chao Tang Se)

This is a simplified method for making caramel coloring. For more advanced techniques and applications, please refer to [Caramel Coloring Mastery](#).

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Sugar (choose one):
- Rock Sugar: Produces the most vibrant, bright red color. Must be "water-oil" fried; it melts very slowly without water.
- White Granulated Sugar: Must be "water-oil" fried.
- Soft White Sugar: Can be fried without adding water.
- **Important:** Do not use excessively high heat! Induction cookers may lack fine control; overcooking leads to bitterness, while undercooking remains too sweet.

### CALCULATIONS

- Oil: 100ml
- Boiling Water: 500ml
- Sugar (using Rock Sugar as an example)

### OPERATION

- Turn on the heat and pour 100ml of boiling water into the pan.
- Immediately pour in 100ml of oil. The interval should be as short as possible. Use medium-high heat at this stage.
- Add the rock sugar (crush it beforehand if the pieces are too large).
- Adjust heat to medium.
- **Stir Constantly:**
  - Keep stirring until the mixture turns brownish-tan, then **turn to low heat**.
  - The mixture will thin out and turn the color of black tea, then deep soy-red. Small bubbles will begin to form.
  - The small bubbles will gradually disappear, followed by the appearance of large bubbles. When the large bubbles appear, the caramel coloring is complete.
- **Quick Action Required:** You must proceed immediately to stop the cooking (otherwise it will turn bitter). Choose one of the following:
  - **Step 1:** Directly add 400ml of boiling water to lower the temperature and stop the process.
  - **Step 2:** Add aromatics like scallions, ginger, garlic, or peppercorns and proceed with stir-frying your main ingredients.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Strawberry Jam

You can buy small strawberries sold in bulk; they are usually cheaper. Making them into jam to spread on bread is delicious.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Strawberries
- White Granulated Sugar
- Plastic Wrap

### CALCULATIONS

Per portion:

- Strawberries 1200g
- White Sugar 400g (Can be reduced to 200g for a low-sugar version)

### OPERATION

- Wash the strawberries and remove the leaves.
- Chop the strawberries and place them in a suitable bowl.
- Add the sugar to the bowl and mix well with the strawberries.
- Cover with plastic wrap and let sit for 1 hour.
- Pour the mixture into a non-stick pan and bring to a boil over high heat.
- Once boiling, turn to low heat and stir constantly until the jam becomes thick and viscous.
- Turn off the heat. Let it cool before transferring to sterilized glass jars.

Washed Strawberries Mixed Strawberries Simmering Jam Finished Jam

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Sucrose Syrup

Pre-dissolving sugar makes it easier to sweeten drinks, especially cold ones.

Estimated Cooking Difficulty: ★

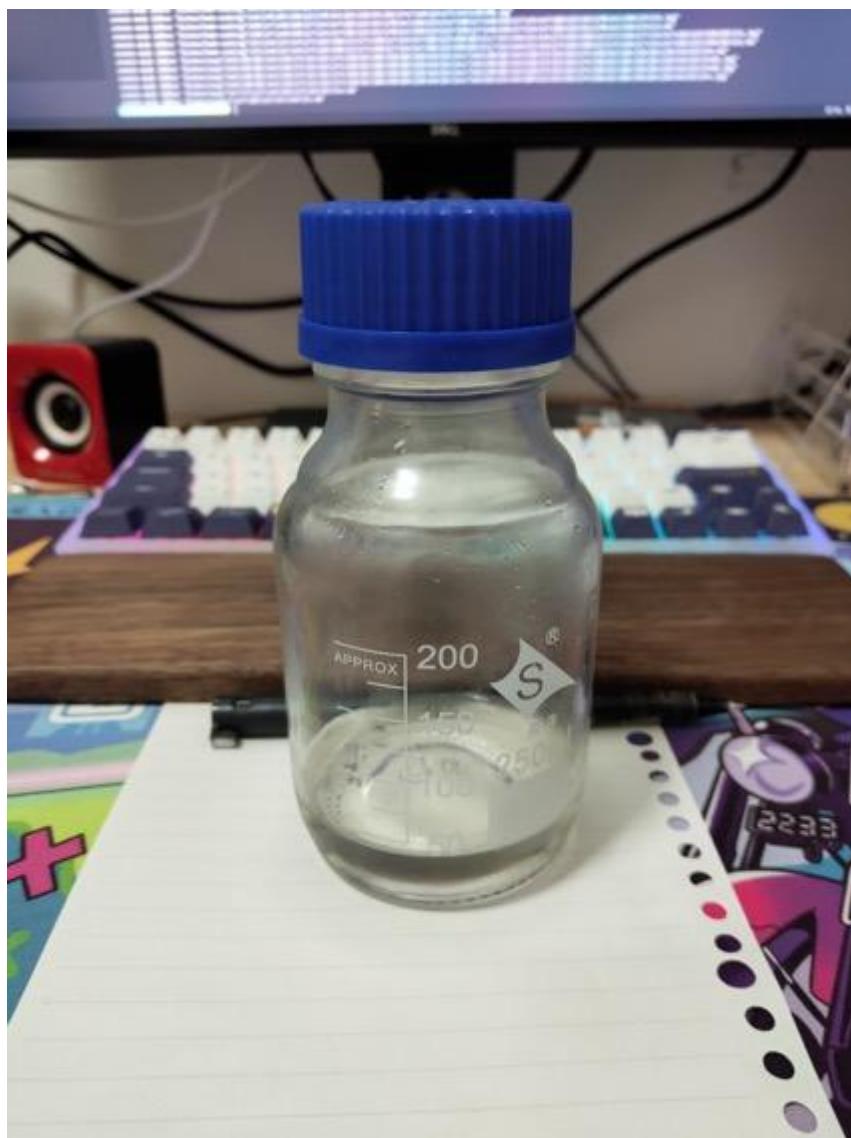
### ESSENTIAL INGREDIENTS AND TOOLS

Ingredients:

- White Granulated Sugar
- Water

Tools:

- Sealable Container (Borosilicate reagent bottles are recommended as they are inexpensive)



### CALCULATIONS

Recommended ratio => Sugar : Water = 1 : 1. This makes it easy to control the sugar amount (e.g., if you want 15g of sugar, measure 30g of syrup).

- Water 100g
- White Granulated Sugar 100g

**OPERATION**

1. Mix the weighed sugar and water in a container until dissolved.
2. Seal the container and refrigerate.

**ADDITIONAL CONTENT**

- You can use either cold or hot water. If you are in a hurry, use hot water to dissolve it and then cool it down.
- Prepared syrup does not spoil easily and can be stored in the refrigerator for at least one week.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Sweet and Sour Sauce (Tang Cu Zhi)

Sweet and sour sauce is typically made from water, sugar, and white vinegar. Some prefer adding ketchup for a different flavor profile or starch to increase the thickness and gloss of the sauce. This sauce is used for dishes like Sweet and Sour Fish, Pork Tenderloin, or Ribs.

The classic ratio for the sauce is **1 : 2 : 3 : 4 : 5**.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Water
- White Sugar
- White Vinegar / Rice Vinegar
- Shaoxing Wine (Cooking wine)
- Light Soy Sauce

### CALCULATIONS (BASED ON THE 1:2:3:4:5 RATIO)

- Water (50ml)
- Light Soy Sauce (40ml)
- White Sugar (30g)
- White Vinegar (20ml)
- Shaoxing Wine (10ml)

### OPERATION

- Mix all ingredients in a small bowl until well combined.
- After preparing your main ingredients according to the specific recipe, pour the sauce into the pan.
- Cook for 5-10 minutes depending on the dish.
- Reduce the sauce over high heat to increase its concentration, aroma, and gloss.

### ADDITIONAL CONTENT

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## 3.1.10 Dessert

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### Baked Egg Tarts

#### Baked Egg Tarts

Baked Egg Tarts are a simple dessert to prepare. You can fill the tart shells and keep them in the freezer to bake whenever you like. Estimated preparation time is about **1 hour**.

Estimated Cooking Difficulty: ★★★★

#### ESSENTIAL INGREDIENTS AND TOOLS

This recipe provides enough filling for a full pack of store-bought tart shells.

- Egg tart shells (Any brand)
- Eggs
- Milk
- Whipping Cream
- White Sugar
- Oven
- Kitchen scale
- Whisk or chopsticks
- Sieve / Strainer (approx. 1mm mesh)

#### CALCULATIONS

Filling for one full pack (approx. 30 shells):

- Egg tart shells (approx. 30 pieces)
- 8 Eggs
- 200ml Milk
- 450ml Whipping Cream
- 80g White Sugar (Use fine sugar for easier dissolving. Range: 60-100g to taste)

#### OPERATION

- Place a bowl on the scale and weigh out 450g of whipping cream (assume density of 1).
- Add 80g white sugar.
- Add 200g milk (assume density of 1).
- Separate 8 egg yolks and add them to the bowl (save the egg whites for another dish).
- Whisk until the sugar is completely dissolved.
- Strain the mixture through a sieve to remove membranes, eggshells, or undissolved sugar. This ensures a smooth filling.
- **Preheat** the oven to 220°C (approx. 10 minutes).
- Space the tart shells evenly on a baking tray (~0.5cm apart).
- Fill each shell with the mixture until about 0.5cm from the top edge. Do not overfill.
- (Optional) You can freeze the unbaked tarts at this stage for 12+ hours to use later.
- **Bake** at 200°C for **25 minutes**.
- Serve hot.

#### ADDITIONAL CONTENT

- Be careful with the hot oven to avoid burns.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Chiffon Cake

Chiffon cake is an introductory baking dish with some operational difficulty. However, once successful, its fine and soft texture is uniquely rewarding. Including baking time, beginners usually take **1.5 - 2 hours** to complete.

Estimated Cooking Difficulty: ★★★★☆

### ESSENTIAL INGREDIENTS AND TOOLS

#### Tools

- Oven (A rice cooker can be an alternative, but often fails due to the pot's material)
- Whisk (Electric is best; manual is exhausting and prone to failure)
- Anodized Aluminum Mold (Do **not** use non-stick molds. Standard sizes are 6-inch or 8-inch)
- Spatula (for folding the cake batter)

#### Ingredients

- Eggs
- White Sugar
- Milk (or water)
- Cooking Oil (or butter, melted)
- Low-Gluten Flour (Cake flour)
- [Optional] Lemon juice or white vinegar

### CALCULATIONS

Per unit (12 area units):

- 1 Egg (medium size, approx. 50g)
- 16g White Sugar
- 8g Cooking Oil
- 10g Milk
- 17g Low-Gluten Flour

For standard molds:

- **6-inch (3 units):** 3 Eggs, 50g Sugar, 25g Oil, 30g Milk, 50g Flour
- **8-inch (5 units):** 5 Eggs, 80g Sugar, 40g Oil, 50g Milk, 90g Flour

### OPERATION

#### 1. Separation

- Take fresh eggs from the refrigerator.
- Prepare two clean, dry containers for whites and yolks.
- The egg white container can have a few drops of water but **must be free of oil**. The egg yolk container must be dry.
- Separate the whites and yolks carefully.
- **Important:** No yolk should leak into the whites, or they will not whip properly. (The white chalaza/string is fine).
- Ensure the egg white container is large enough (whites should not exceed 1/8 of the volume before whipping).

#### 2. Preparing the Yolk Batter

- In a new bowl, combine the oil and flour first—this prevents gluten formation.
- Add the egg yolks, milk, and **1/4** of the total sugar. Mix well with a spatula.
- Continue adding flour gradually while mixing in a "Z-motion" (Z-shape). **Do not** stir in a circular motion.

- Mix until smooth and free of dry powder (a few small lumps are acceptable).
- Set aside.

#### 3. Whipping the Egg Whites (Meringue)

- Prepare the remaining **3/4** of the sugar.
- (Optional) Add lemon juice or vinegar to the whites.
- **Medium speed:** Whip until large, coarse bubbles form. Add **1/4** of total sugar.
- **High speed:** Whip until bubbles are fine and dense. Add **1/4** of total sugar.
- **High speed:** Whip until "soft peaks" form (the tip curls when the whisk is lifted). Add the last **1/4** of sugar.
- **Low-medium speed:** Whip until "stiff peaks" form (the tip stands straight up; the container can be turned upside down without the whites falling out).
- Ensure you whip all the way to the bottom of the bowl.

#### 4. Mixing the Batter

- Stir the yolk mixture briefly.
- Gently fold **1/3** of the meringue into the yolk mixture.
- **Folding Technique:** Use a spatula to cut through the center, scrape the bottom, and lift over the top (like stir-frying). Do not stir circles.
- Pour the yolk mixture back into the remaining **2/3** of meringue. Fold gently until uniform.
- Pour the batter into the mold. Tap the mold on a counter a few times to release large air bubbles.

#### 5. Baking

- Total time: **30-35 mins** (6-inch) or **50 mins** (8-inch). Adjust based on your oven.
- Preheat to **150°C (Top)** and **160°C (Bottom)**.
- Phase 1 (First 3/5 of time): **150°C Top / 160°C Bottom**.
- Phase 2 (Remaining 2/5 of time): Increase to **160°C Top / 170°C Bottom**.
- Carefully remove from the oven when done (use oven mitts).

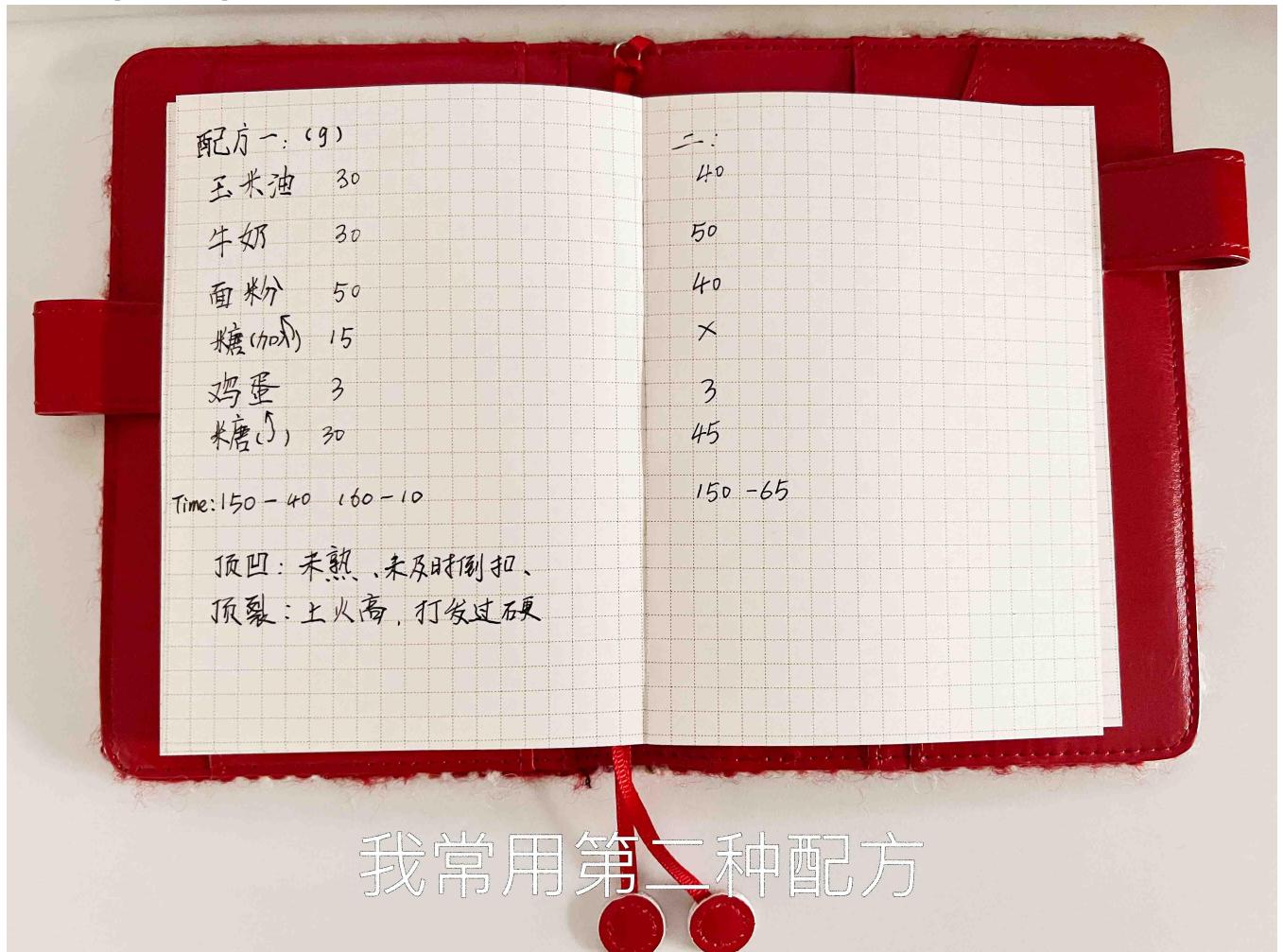
#### 6. Cooling and De-molding

- (Optional) Drop the mold once from a height of ~10cm to release hot air.
- **Invert the mold** and let cool for at least 10 minutes.
- Do not de-mold while hot, or the cake will collapse.
- De-mold and enjoy!

#### ADDITIONAL CONTENT

- Crucial factor: Baking **temperature and time** are more important than just whipping.
- Why water is okay in whites but oil isn't: Whites are 85% water. Oil breaks the bubble structure.

- Reference photos for process:





将蛋黄和蛋清分离开



打发蛋白



If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Coffee Coconut Milk Jelly

Coffee Coconut Milk Jelly

Coffee Coconut Milk Jelly is a simple and elegant dessert. Estimated preparation time is about **1 hour** (excluding refrigeration time).

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- 125ml Whipping Cream (35% fat)
- 250ml Coconut Milk (Yerush Brand or similar)
- 35ml Espresso
- 50ml Coconut Water
- 10g Gelatin powder or sheets
- Sieve / Fine mesh strainer (Optional)
- For plating: Blueberries and/or a dusting of coffee powder (Optional)

### CALCULATIONS

Serves 3-4:

- 125ml Whipping Cream (35% M.E)
- 250ml Coconut Milk
- 35ml Espresso (A chocolatey or nutty roast is recommended over a fruity one)
- 50ml Coconut Water (Vita Coco or fresh coconut water)
- 10g Gelatin
- Sugar (Optional, adjust to taste)

### OPERATION

- Combine the whipping cream, coconut milk, espresso, and coconut water in a saucepan.
- Heat the mixture for about 1 minute until it reaches **50-60°C**.
- (Optional) Add extra sugar if you prefer a sweeter dessert.
- Add the gelatin and stir until completely dissolved. Simmer for 1 minute.
- (Optional) Strain the mixture through a sieve for a smoother texture.
- Pour the liquid into molds or a serving dish.
- (Optional) Skim off any bubbles on the surface for a better appearance and texture.
- Refrigerate for at least **3 hours** until set.

### ADDITIONAL CONTENT

- **Important:** Do not let the liquid come to a boil! Avoid creating large bubbles.
- **Cleaning Tip:** Gelatin can be sticky. Use warm water or a dishwasher for easier cleaning.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## English Scones

### Finished Scones

English Scones are a quick and easy afternoon tea treat. They pair perfectly with jam, tea, or coffee. The flavor profile is centered on rich dairy and eggs, with a moderate sweetness.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Unsalted Butter (e.g., President)
- Low-Gluten Flour (Cake flour)
- Sugar
- Salt
- Baking Powder
- 1 Egg
- Whipping Cream
- Cream Cheese (Optional)

### CALCULATIONS

One batch serves 4-6 people.

Per portion: - Unsalted Butter 40g - Low-Gluten Flour 180g - Sugar 30g - Salt 1g - Baking Powder 5g - 1 Egg (approx. 50g) - Whipping Cream 45g - Cream Cheese 50g

### OPERATION

- Beat the egg. Reserve 20g for brushing. Combine the remaining 30g of egg with the whipping cream and cream cheese in a clean bowl. (If the cheese is too hard, warm it over a water bath to ~40°C before mixing).
- In a separate bowl, whisk together the flour, salt, sugar, and baking powder.
- Cut the cold butter into small cubes. Add to the flour mixture and rub in with your fingers until the mixture resembles coarse cornmeal.
- Pour the egg/cream mixture into the flour/butter mixture. Stir until just combined, then gently press into a uniform dough. Do not overwork.
- Place the dough on a floured surface and roll it out to a thickness of **1.5cm**. Cut into desired shapes using a knife or a cookie cutter.
- Brush the tops with the reserved egg wash.
- **Bake:** Preheat oven to **180°C** and bake for **27 minutes**.

### ADDITIONAL CONTENT

- The simplest cutting method is to roll the dough into a circle and cut it into 6 wedges (like a pizza).

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Fried Milk (Zha Xian Nai)

Finished Fried Milk

Fried Milk is a dessert with a crispy exterior and a tender, milky interior. It is moderately nutritious and has a medium difficulty level. Estimated preparation time is about **20 minutes**.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Milk
- Cornstarch
- Breadcrumbs (Panko)
- Eggs
- White Sugar
- Rectangle mold or a shallow dish

### CALCULATIONS

One portion makes approximately 12 pieces.

Per portion: - Milk 250g - Cornstarch 30g - Breadcrumbs 100g - 2 Eggs - White Sugar 30g

### OPERATION

- Pour the milk into a bowl.
- Add cornstarch and sugar; stir well until dissolved.
- Lightly grease the mold/dish with oil.
- Pour the mixture into a pan and bring to a boil over medium heat.
- Once boiling, turn to low heat and stir constantly.
- When the mixture becomes **thick and paste-like**, remove from heat and pour into the mold.
- Refrigerate for **1 hour** to set.
- Remove from the fridge and cut into uniform rectangular strips.
- Place half of the breadcrumbs in a bowl. Coat the milk strips in the breadcrumbs.
- In another bowl, beat the eggs.
- Dip the coated milk strips into the egg wash, then coat them again with the remaining breadcrumbs.
- Heat a generous amount of oil in a pan (enough to cover the strips).
- Fry until they are **golden brown**. Serve immediately.

### ADDITIONAL CONTENT

- Use low heat when cooking the milk mixture to ensure it heats evenly without burning.
- The oil temperature should be around 160°C (medium heat).
- Reference: [Chef Wang Gang's Tutorial](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Guilinggao (Tortoise Jelly)

Finished Guilinggao

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- 25g Guilinggao (Tortoise Jelly) Powder
- 120ml Cold Water
- 500ml Boiling Water
- 100g White Sugar
- Small Pot
- Stirring tool
- Molds or small bowls

### CALCULATIONS

One batch makes approximately 3-4 small bowls, suitable for 2-4 people.

### OPERATION

1. In a pot, combine 25g Guilinggao powder with 120ml cold water. Stir thoroughly until no lumps remain.
2. In a separate container, dissolve 100g sugar in 500ml boiling water.
3. Slowly pour the hot sugar water into the Guilinggao mixture, stirring constantly to prevent clumping.
4. Place the pot over medium-low heat. Stir continuously as the mixture heats to prevent sticking.
5. Once the liquid thickens and begins to bubble slightly, remove from heat.
6. Quickly pour the liquid into molds and let cool naturally. Refrigerate for **1-2 hours** for the best texture and flavor.

### ADDITIONAL CONTENT

- Do not move the containers while the jelly is cooling, as this can affect the setting process.
- Avoid using high heat, which can cause the mixture to scorch or form lumps.
- Serve with honey, condensed milk, or fresh fruit for added flavor.
- Concentration may vary by brand; adjust ratios according to the packaging if necessary.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Konjac Cake (Low Calorie)

Konjac Cake is a low-calorie, gluten-free dessert that uses erythritol instead of sugar—perfect for health-conscious individuals. Including baking time, it takes about **30 minutes** to complete.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

#### Tools

- Oven
- Electric Mixer
- Metal cake mold (any shape)
- Parchment paper
- Spatula or knife (for folding and smoothing)
- Oven mitts
- [Optional] Egg separator

#### Ingredients

- Eggs
- Erythritol (or another low-calorie sweetener)
- Cocoa powder
- Konjac powder
- Cream of Tartar (or lemon juice)

### CALCULATIONS

Per portion (approx. 9.25 x 5 x 1 inch): \* 3 Eggs \* Erythritol 50g \* Cocoa powder 10g \* Konjac powder 10g \* Cream of Tartar 1g

### OPERATION

#### 1. Preheat

- Start by preheating your oven to **150°C (350°F)**.

#### 2. Separation

- Use clean, dry bowls. Separate the egg whites and yolks.
- **Important:** Ensure the egg white bowl is strictly oil-free. Even a tiny amount of yolk or oil will prevent the whites from whipping.

#### 3. Whipping the Whites

- Add the cream of tartar to the whites.
- Whip on high speed until large bubbles form. Add the erythritol.
- Continue whipping on medium-low speed until **stiff peaks** form (the foam stands upright when the whisk is lifted, and doesn't fall out when the bowl is inverted).

#### 4. Mixing

- Add the yolks to the whipped whites and mix briefly on low speed.
- Sift the cocoa powder and konjac powder over the mixture. Use a spatula to gently fold them in (do not use the mixer yet to avoid a "dust cloud").
- **Folding Technique:** Scrape the bottom and fold over from the edges. Do not stir in circles.
- Once combined, give it a quick mix with the electric mixer on low to ensure no lumps remain.

**5. Baking**

- Line your mold with parchment paper.
- Pour the batter into the mold and smooth the top. Tap it gently on the counter to release large air bubbles.
- **Bake for 25 minutes.**
- Carefully remove from the oven with mitts.

**6. Cooling**

- Let the cake cool in the mold for about 10 minutes before removing it.
- Once cool, slice and serve.

**ADDITIONAL CONTENT**

- Recipe based on: [Keto Konjac Chocolate Cake](#)
- For detailed whipping tips, see the [Chiffon Cake](#) guide.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Margaret Cookies (Ma Ge Li Te)

Finished Margaret Cookies

Margaret Cookies are a classic and popular afternoon tea snack, often enjoyed with hot drinks. Their crumbly texture and rich buttery flavor make them a favorite for many.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Cooked Egg Yolk
- Unsalted Butter
- White Sugar (or Powdered Sugar)
- Salt
- Low-Gluten Flour (Cake flour)
- Cornstarch
- Oven

### CALCULATIONS

Due to the high calorie content of this dessert, it's best to make small batches. One portion is perfect for one person.

Per portion: - 1 Hard-boiled Egg Yolk - 50g Unsalted Butter - 20g White Sugar (30g Powdered Sugar is better if available) - 1g Salt - 50g Low-Gluten Flour - 50g Cornstarch

### OPERATION

- Melt the butter over a water bath (or in short bursts in the microwave). Mash the hard-boiled egg yolk until fine.
- Add the sugar, salt, and mashed egg yolk to the melted butter; mix well.
- Sift in the flour and cornstarch. Knead into a smooth dough.
- Divide the dough into small balls of approximately 8g each.
- Use your thumb to gently press down on the center of each ball to create natural cracks around the edges.
- Preheat the oven to **150°C**. Bake for **20 minutes**.
- Let cool slightly before serving.

### ADDITIONAL CONTENT

- You can subtly adjust the salt and sugar ratios. For a chocolate or matcha version, replace 3g of cornstarch with cocoa or matcha powder.
- Sifting all dry ingredients (including the egg yolk) will result in a much finer texture.
- If you don't have an oven:
- Microwave: High power for 2-3 minutes.
- Air Fryer: 150°C for 20 minutes.
- Reference: [The 100th "Mailable" Cookie](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## No-Mixer Honey Bread

Finished Honey Bread

This recipe doesn't require a stand mixer—only patience! You can prepare the dough in the evening, let it proof in the fridge overnight, and bake it the next day. While the texture isn't quite as airy as mixer-kneaded bread, it's still great—especially when reheated in the microwave for a few seconds. Most of the time is spent waiting for the dough to rise.

Estimated Cooking Difficulty: ★★★★☆

### ESSENTIAL INGREDIENTS AND TOOLS

#### Dough

- Bread Flour (High-gluten): 400g
- Milk: 200g
- Yeast: 4g
- 1 Egg
- White Sugar: 70g
- Salt: 2g
- Butter: 30g

#### Honey Glaze (for the top)

- Honey: 20g
- Water: 20g

#### Optional

- Sesame seeds (for topping)

### CALCULATIONS

This recipe makes enough to fill one large rectangular baking pan (10 x 15 inch / 25 x 38 cm) plus one square pan (9 x 9 inch / 23 x 23 cm). Use parchment paper. Scale down if needed. This amount provides breakfast for about two weeks; the bread will harden in the fridge, so microwave for 10-20 seconds before eating.

### OPERATION

- **Mixing:** Combine the flour, milk (heated to ~40°C, about 15-20s in microwave), yeast, egg, sugar, and salt.
- Mix until a cohesive dough forms.
- Incorporate the butter and knead by hand until evenly distributed.
- **First Proof:** Cover the bowl with plastic wrap. Let it sit at room temperature (10-20°C) for 1-2 hours. Longer is fine.
- Once the dough has doubled in size and is no longer very sticky, start dividing.
- **Division:** Divide into portions of ~60g each for an aesthetic look.
- **Shaping:** Roll each portion into a long tongue shape with a rolling pin, then roll it up like a cigar. Let rest for 10 minutes.
- **Secondary Shaping:** Repeat the rolling and cigar-shaping. Cut each roll in half (one becomes two).
- (Optional) Repeat the roll-and-shape process a few more times if you have time for more layers.
- **Baking Prep:** Line the pans with parchment paper and grease with a little peanut oil. Dip the bottom of each piece in water, then flour, and place in the pan.
- **Final Proof:** Cover with plastic wrap and let rise again. (This can be done overnight in the fridge).
- Brush the tops with egg wash.
- **Bake:** 180°C (355°F) for **18 - 20 minutes**.
- Once out of the oven, brush with honey water and sprinkle with sesame seeds.

**ADDITIONAL CONTENT**

- Proofing time varies; check every hour. It should be 2 to 2.5 times its original size.
- Dough size won't drastically affect flavor—adjust to your preference.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Oreo Ice Cream

Oreo Ice Cream is a simple yet delicious treat. Using 100% dairy cream ensures a rich flavor without being greasy. Estimated preparation time is **30 minutes** (mostly spent on whipping the cream and removing the Oreo filling).

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Whipping Cream (Animal-based cream recommended, e.g., Anchor)
- Original Oreo Cookies
- Electric Hand Mixer
- A deep container with a capacity of at least 600ml and a small diameter (ensure the mixer fits). If using ice cream molds, a container with a spout is helpful for easy pouring.
- A small knife (or a tool for removing the filling)
- Ice cream molds (Optional)

### CALCULATIONS

Per portion:

- 6 Oreo Cookies
- 18g White Sugar
- 250ml Whipping Cream

### OPERATION

- Twist the Oreos open and scrape off the white filling (discard or keep for other use).
- Crush the chocolate biscuits with a rolling pin or in a bag. Half should be fine powder, and the other half should have small chunks (less than 0.5cm). (Tip: You can find "Oreo Cookie Crumbs" online to save time! ^-^)
- Pour the cold cream into your deep container and add the sugar.
- Whip with the electric mixer on high speed until it forms **stiff peaks**. When you lift the mixer, the cream should hold its shape (about 0.5cm - 1cm) rather than dripping back like a liquid.
- Gently fold the Oreo crumbs into the whipped cream until evenly distributed.
- (Optional) Pour the mixture into ice cream molds.
- Place in the freezer (-18°C) for at least **4 hours** before serving.

### ADDITIONAL CONTENT

- Do not use fragile containers when crushing the cookies.
- Be careful with the knife when removing the Oreo filling.
- Reference: [5-minute Oreo McFlurry](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Basque Cheesecake (Oven Baked)

Finished Basque Cheesecake

The top of the cheesecake might not be as dark as some professional photos if your oven lacks a convection fan or a top broiler function. If available, use those for better browning.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Cream Cheese: 212g (One standard block is roughly this size; original recipe calls for 250g)
- White Sugar: 60g
- 2 Eggs
- 1 Egg Yolk
- Whipping Cream: 120g
- Low-Gluten Flour (Cake flour): 10g

### Optional (Chocolate Version)

- Chocolate: 38g (Melt the chocolate and stir it into the whipping cream before mixing)

### CALCULATIONS

This recipe is sized for a **7-inch** round cake mold (the original recipe uses a 6-inch mold).

### OPERATION

- Soften the cream cheese (microwave for 10s + 10s).
- Cream the cheese with white sugar using a whisk/mixer until smooth.
- Add the 2 eggs and 1 egg yolk; mix well.
- Stir in the whipping cream.
- Fold in the flour until just combined.
- **Bake:** 220°C (425°F) for **20 - 25 minutes**. (20-22 minutes is usually perfect).
- Let it cool completely, then refrigerate—preferably overnight.

### ADDITIONAL CONTENT

- It is normal for the cheesecake to "jiggle" when it first comes out of the oven. It must be chilled to develop the proper flavor and texture!
- Reference: Xiachufang - Basque Cheesecake "The Easiest Cake"

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Pomelo Cake

Pomelo Cake is a basic air fryer dessert. One portion is suitable for one person. Prep time: 10 minutes; Cooking time: 25 minutes.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Air Fryer
- Eggs
- Red Pomelo Pulp
- Flour
- Foil Tray (approx. 18cm diameter)
- Oil
- Sugar
- Water

### CALCULATIONS

This recipe is for a single serving. For more people, increase the ingredients proportionally. If using a larger foil tray, increase measurements accordingly.

Per portion:

- 2 Eggs
- 80g Flour
- 20g Pomelo Pulp
- 15ml Oil
- 80ml Water
- 15g Sugar

### OPERATION

- Crack 2 eggs into the foil tray and add 20g of pomelo pulp.
- Pour 15ml of oil into the tray and tilt it to ensure the bottom is evenly coated.
- Add 10g of sugar, 40g of flour, and 40ml of water.
- Stir with chopsticks in a clockwise direction until it forms a smooth, pale yellow paste.
- Add the remaining 5g of sugar, 40g of flour, and 40ml of water.
- Continue stirring until perfectly smooth.
- Place the tray in the air fryer basket. Bake at **180°C for 15 minutes**.
- Carefully open the air fryer, take out the tray, and flip the cake over using a spoon or chopsticks.
- Bake for an additional **8 minutes at 180°C**.
- Remove and serve.

### ADDITIONAL CONTENT

- If you prefer a sweeter taste, add an extra 10g of sugar.
- Do not exceed 40g of pomelo pulp per portion, as too much fruit can affect the cake's structure.
- "Smooth paste" means no lumps and an even color.
- **Caution:** The foil tray will be very hot. Use tongs or heat-resistant mitts.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Snowflake Crisp (Xue Hua Su)

Finished Snowflake Crisp

Snowflake Crisp is a quick and easy dessert, perfect for gifting in pretty boxes. Total preparation time is approximately **30 minutes**.

Estimated Cooking Difficulty: ★ review

### ESSENTIAL INGREDIENTS AND TOOLS

#### Tools

- Non-stick pan
- Silicone spatula (Avoid metal to protect the pan coating)
- Disposable gloves
- Snowflake Crisp / Nougat mold
- Rolling pin

#### Ingredients

- Unsalted Butter
- Marshmallows
- Full-Cream Milk Powder
- Mixed Nuts
- Biscuits (Plain/Cracker type, e.g., Ritz or specialized baking biscuits)

### CALCULATIONS

Per portion: - Unsalted Butter 20g - Marshmallows 75g - Full-Cream Milk Powder 40g (plus extra for dusting) - Mixed Nuts 60g - Biscuits 75g

### OPERATION

- Break the biscuits into pieces roughly the size of a coin.
- Melt the butter in a non-stick pan over low heat until completely liquid.
- Add the marshmallows and stir with a spatula until fully melted and combined with the butter.
- Add 20g of the milk powder. Stir until just combined, then **immediately turn off the heat**.
- Quickly add the nuts and biscuits to the warm mixture and fold together with the spatula.
- Once the mixture is cool enough to handle, wear gloves and knead/stretch the mixture to ensure the marshmallow-butter base is evenly distributed around the biscuits and nuts.
- Press the mixture firmly into your mold. Use a rolling pin to flatten the top and ensure a tight pack.
- Let it cool to room temperature. Once set, remove from the mold and cut into squares.
- Dust the squares with the remaining milk powder until all sides are coated.

### ADDITIONAL CONTENT

- The longer you heat the marshmallows, the harder the final texture will be.
- Reference: [10-minute Snowflake Crisp Tutorial](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Strawberry Ice Cream (No-Churn)

Strawberry ice cream is a simple and versatile treat. This recipe uses fresh seasonal strawberries to create a delicious, **no-churn** ice cream that doesn't require constant stirring.

Estimated Cooking Difficulty: ★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Sweetened Condensed Milk
- Fresh Strawberries
- Heavy Cream
- Vanilla Extract
- Ice cream molds (Optional)

### CALCULATIONS

Per portion:

#### Strawberry Syrup:

- Strawberries 500g
- White Sugar 45g
- Vanilla Extract 1g
- Salt 1g

#### Ice Cream Base:

- Vanilla Extract 5g
- Salt 1g
- Heavy Cream 600g (Note: Original said 6g, assuming 600g for a standard batch with 400g condensed milk)
- Sweetened Condensed Milk 400g

### OPERATION

- **Strawberry Syrup:** Wash and hull the strawberries. Dice them into **5mm** pieces. Set half of the diced strawberries aside to be folded in later.
- Place the other half of the strawberries and the sugar in a saucepan. Cook over medium heat, stirring until the strawberries release their juices and form a syrup.
- Simmer, stirring occasionally, until the strawberries break down and the syrup thickens slightly.
- The syrup is ready when it stays separated for **3 seconds** after drawing a line through it. Remove from heat, stir in vanilla and salt, and let cool completely.
- **Ice Cream Base:** While the syrup cools, whip the cold heavy cream, condensed milk, vanilla, and salt together using a hand mixer until the mixture is light, fluffy, and forms soft peaks.
- Gently fold the reserved fresh strawberry pieces into the base.
- Transfer the ice cream base to a freezer-safe container. Drizzle the cooled strawberry syrup over the top and gently swirl it in with a knife for a marbled effect.
- Cover and freeze for at least **8 hours** before serving.

### ADDITIONAL CONTENT

- Be careful of burns when making the syrup and sharp edges when dicing fruit.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Sugar Glazed Taro (Fan Sha Yu Tou)

Finished Sugar Glazed Taro

Sugar Glazed Taro is a famous Chaozhou snack and a perfect afternoon tea treat. It is very convenient to make. Estimated preparation time is **20 minutes**.

Estimated Cooking Difficulty: ★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Lipu Taro (available at most Asian supermarkets—fresh and affordable)
- White Sugar or Rock Sugar
- Water
- Scallion

### CALCULATIONS

- Lipu Taro 200g
- White Sugar 30g
- Water 15g

### OPERATION

- Cut the taro into long strips (keep them slightly thick so they don't break during stir-frying).
- Heat enough oil in a pan to submerge the taro. Check the temperature by inserting a chopstick; it's ready when small bubbles form around it.
- Deep-fry the taro until the strips float. They should be slightly golden and you should be able to easily pierce them with a chopstick.
- Remove the taro and set aside. Don't waste the oil; it can be reused for other cooking.
- **The Critical Step:** Combine sugar (30g) and water (15g)—a 2:1 ratio. Heat until the mixture bubbles but **does not** change color.
- Add chopped scallions and the fried taro strips. **Turn off the heat** and quickly toss to coat. As the temperature drops, the sugar will crystallize into a white frosty coating (the "sand" effect).
- Plate and serve!

### ADDITIONAL CONTENT

- Freshly made sugar glazed taro is very hot; watch your mouth!
- It's even better when paired with a cup of tea. Pure bliss!

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Taro Paste Daifuku (Yumee Niang)

Finished Taro Paste Daifuku

Taro Paste Daifuku (Xue Mei Niang) is a delightful dessert that requires no oven—perfect for making with kids! Estimated preparation time is **2 hours**.

Estimated Cooking Difficulty: ★★★★☆

### ESSENTIAL INGREDIENTS AND TOOLS

- Lipu Taro (Fresh and affordable)
- Purple Sweet Potato Powder (for color)
- Milk
- Glutinous Rice Flour
- Cornstarch
- Unsalted Butter
- Whipping Cream (e.g., Anchor)
- White Sugar
- Blender or Electric Mixer
- Sieve / Strainer
- Plastic Wrap

### CALCULATIONS

- Lipu Taro 200g
- Purple Sweet Potato Powder 3g
- Milk 165g
- Glutinous Rice Flour (A - for dusting) 50g
- Glutinous Rice Flour (B - for dough) 75g
- Cornstarch 22g
- Unsalted Butter 30g
- Whipping Cream 145g
- White Sugar 26g

### OPERATION

- **Taro Filling:** Cut the taro into chunks and steam or boil until soft (approx. 40 minutes). Place in a blender.
- Add 30g milk and 25g whipping cream; blend until smooth.
- Add 3g purple sweet potato powder and 18g sugar; blend again until you have a fine, vibrant taro paste.
- **The Dough:** In a bowl, combine 75g glutinous rice flour (B), 22g cornstarch, 135g milk, and 50g sugar. Mix well and strain through a sieve.
- Cover with plastic wrap, poke a few small holes, and steam over medium heat for **30 minutes**.
- **The Dusting Powder:** While the dough steams, toast the remaining 50g glutinous rice flour (A) in a dry pan over low heat until slightly yellow. Set aside as "hand powder" to prevent sticking.
- **Mixing the Dough:** Once the dough is steamed (it should be jelly-like), add 30g butter while still hot. Knead until the butter is completely absorbed and the dough is smooth. Refrigerate for **1 hour**.
- **Whipped Cream:** Whip 120g cream with 8g sugar until stiff peaks form. Place in a piping bag.
- **Assembly:** Knead the chilled dough for 5 minutes. Divide into 30g portions.
- Dust with the toasted flour. Roll each portion into a circle. Pipe 5g of whipped cream in the center, top with 30g of taro paste, and wrap it like a bun (trim any excess dough).

- Dust with more toasted flour to finish. Repeat until all ingredients are used.

**ADDITIONAL CONTENT**

- It is best to wear non-stick gloves during assembly.
- Ready to serve immediately; no further heating required.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## Tiramisu

Finished Tiramisu

Tiramisu is a classic Italian dessert. It requires no oven and is easy to assemble—perfect for baking beginners to achieve a flawless, delicious result.

Estimated Cooking Difficulty: ★★★★

### ESSENTIAL INGREDIENTS AND TOOLS

- Mascarpone Cheese
- Ladyfingers (Savoiardi)
- Chilled Espresso
- Pasteurized/Sterilized Eggs (Safe for raw consumption)
- White sugar
- Cocoa powder
- Rum (Optional, adjust to your taste; can be omitted)
- A container for the final product (e.g., a glass dish or Lock&Lock)
- Whisk or electric mixer

### CALCULATIONS

- Mascarpone Cheese 450g
- 1 pack of Ladyfingers
- Chilled Espresso 350ml
- 4 Pasteurized Eggs
- White Sugar 50g
- Cocoa Powder 10g
- Rum 35ml

### OPERATION

- Separate the egg yolks and whites.
- **Egg Whites:** Add 10g of sugar and whip until soft peaks form.
- **Egg Yolks:** Add 40g of sugar in three batches and whisk until light and creamy.
- **Fold:** Add the mascarpone cheese to the yolk mixture in three batches, stirring until smooth.
- Add the rum to the yolk-cheese mixture and mix well.
- Gently fold the whipped egg whites into the cheese mixture in three batches.
- **Assemble:** Briefly dip both sides of each ladyfinger into the cold espresso and layer them in the container.
- Alternate layers of the cheese mixture and soaked ladyfingers (usually two layers each, depending on your container).
- Refrigerate for at least **4 hours** (longer is better for flavor development).
- Just before serving, sift a layer of cocoa powder over the top.

### ADDITIONAL CONTENT

- [Detailed Guide for Whipping Egg Whites](#)

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## **Yogurt Panna Cotta**

Finished Panna Cotta

Panna Cotta is an ideal dessert for after dinner, pairing beautifully with jam, fresh fruit, or herbs. This version includes plain yogurt for a lighter, less cloying flavor.

Estimated Cooking Difficulty: ★★★★

### **ESSENTIAL INGREDIENTS AND TOOLS**

- Whipping Cream
- Sugar
- Plain Yogurt
- Gelatin sheets
- Fine mesh sieve

### **CALCULATIONS**

One batch serves 3-6 people.

Per portion: - Whipping Cream 200g - Sugar 40g - Plain Yogurt 250g - Gelatin Sheets 6g

### **OPERATION**

- Snip the gelatin sheets into small pieces and soak in cold water until softened.
- Combine the whipping cream and sugar in a saucepan; heat to **60°C**.
- Remove from heat. Drain the gelatin well and stir it into the hot cream until completely dissolved.
- Let the cream cool down to **40°C**, then stir in the yogurt until smooth.
- Strain the mixture through a sieve twice to ensure a perfect texture.
- Pour into individual glasses or molds and refrigerate for at least **4 hours**.

### **ADDITIONAL CONTENT**

- Traditional Panna Cotta uses only cream and much more sugar. This updated version is much lighter and more refreshing.

If you find any issues with the production process of this guide or have improvements, please raise an Issue or Pull request.

## 4. Advanced Learning

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### 4.1 Auxiliary Ingredients Tips

- The order of adding auxiliary ingredients is basically as follows: first add ginger, then add scallions and garlic, chili, then add dry spices (star anise/Sichuan peppercorns/numbing peppers), and then add dried chili. Each step above can remove unnecessary auxiliary ingredients from the queue according to the different dishes being made.
- Ginger has the highest water content, which means we need more time to sauté the juice out of the ginger.
- If you use scallion sections (it is best to pat the scallion sections twice with a kitchen knife), then I recommend that you put the scallion sections in first, then the minced garlic. If you use chopped green onions (scallion flowers), you can put these two ingredients into the pot together. Note: The juice in scallion sections is more difficult to fry out.
- If you are making a stir-fry, then I recommend that you put the dry spices in before adding the ginger. This can make the oil more flavorful, so that the fried dish is more fragrant. The reason why stewed and braised dishes do not do this is because you may need to stir-fry many auxiliary ingredients, and the frying time of auxiliary ingredients is too long, causing the dry spices to turn black and bitter.
- Putting dried chili at the end is because dried chili easily turns black due to the temperature of the pot. Dried chili only needs to be stirred for a few seconds.
- Note: No matter what cuisine you like to cook, frying these auxiliary ingredients until golden brown over low heat can make the whole dish more fragrant, which seasonings cannot give.

#### 4.1.1 Timing of Adding Salt and Salt Control

- For quick stir-fry dishes, add salt first. Salt amount = total weight of ingredients x 0.9%;
- For meat dishes, add salt when 80% cooked. Salt amount = (total weight of ingredients + 30mL juice) x (1~1.2%);
- For soup dishes, add salt at the very end. Salt amount = initial water amount x 0.8%.
- The total daily salt intake is recommended not to exceed 5g, refer to [WHO](#).

## 4.2 Professional Cooking Terminology

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Just like learning programming, cooking first requires knowing professional terminology. It is like learning basic syntax; only by combining terms can a dish be completed.

**【Chǎo (Stir-fry)】** Anciently written as "燂", it is currently one of the most basic cooking methods; that is, the method of cutting food into small pieces, putting them into an iron wok with hot oil, stirring quickly until cooked, and adding seasonings.

**【Qiàng (Hot-oil/Quick-boil Dressing)】** A cooking method where food is cut and treated by "blanching" or "soaking" in boiling water or hot oil, and then mixed with dried chili and Sichuan peppercorn oil exploded in a hot wok.

**【Chuī (Steam/Cook)】** The method of using steaming, boiling, etc., to cook food. Often seen in Chaozhou cuisine names.

**【Zhǔ (Boil)】** One of the simplest cooking methods; the method of cooking food in a wok with an appropriate amount of boiling water or soup and seasonings.

**【Jiān (Pan-fry)】** Heat an iron wok, put in a little raw oil, then spread the food flat and stick it closely to the wok, using slow fire and hot oil to make the surface of the food golden yellow and cooked.

**【Bào (Quick-fry/Explode)】** A cooking method using a hot wok and hot oil, splashing in an appropriate amount of adjusted sauce or soup, to quickly cook small pieces of food and infuse them with aroma.

**【Zhá (Deep-fry)】** Anciently written as "燂", one of the most commonly used cooking methods; refers to the cooking technique of putting food into a large amount of hot oil to cook until crispy.

**【Xiá (Boil/Poach)】** Anciently written as "燂", a processing method using a large amount of boiling water to steam soft and cook tough meat ingredients on the stove fire.

**【Gǔn (Rolling Boil)】** A processing method using the surging of a large amount of boiling water to bring out the bad taste (off-flavor) of food.

**【Cuān (Quick Boil)】** Northern cooking term, anciently "Chuan"; similar to Cantonese "Lù", a cooking method where food processed into balls or slices is cooked in boiling water, fished out into a bowl, and then added with boiling soup.

**【Zhuó (Scald/Blanch)】** Written as "Chao" in the North; refers to cutting food into thin slices, etc., using boiling water to quickly cook, and then dipping in sauce to eat.

**【Dá (Vegetable Blanching)】** A processing method of putting vegetables into boiling water with lye water or raw oil added, cooking thoroughly over slow fire, making the product soft and keeping it emerald green.

**【Shuàn (Instant Boil/Rinse)】** Northern cooking term; a cooking method of putting food sliced into thin slices into spicy soup to cook and then dipping in sauce to eat.

**【Kuò (Braise with Spices)】** Anciently written as "燶"; refers to putting food directly into a wok or clay pot, adding a large amount of ginger, scallion, and other spice ingredients, covering the lid, and using a large amount of spice ingredients to fragrance and reach maturity.

**【Jú (Salt Bake/Steam-Bake)】** A cooking method of cooking food wrapped in tin foil or jade button paper in a sealed condition using hot coarse salt, etc.

**【Mèn (Braise)】** Northern cooking method; refers to putting tough food into a wok, adding an appropriate amount of soup, covering the lid, and using gentle fire to cook soft and cooked.

**【Wén (Simmer)】** Similar to the "Shao" of Northern cooking methods, hence the saying "South Wen North Shao"; refers to putting tough food into a wok, adding an appropriate amount of soup, using gentle fire to cook soft and cooked.

**【Huì (Braise/Stew)】** A cooking method of cooking various meat ingredients and vegetables together with an appropriate amount of soup.

**【Zhēng (Steam)】** A cooking method using the heat of water vapor to cook food.

**[Dùn (Stew/Double Boil)]** A cooking method where food is added with clear water or soup, put into a covered container, covered, and then cooked using the heat of water vapor to produce soup. In Northern cuisine, it refers to a cooking method using a large amount of soup and gentle fire to cook food soft and cooked.

**[Kǒu (Steam in Bowl and Invert)]** A cooking method where food is seasoned and pre-processed, arranged neatly in a bowl, steamed over water, then inverted onto a plate, and poured with a glass sauce (glaze) hooked with original juice.

**[Bāo (Boil/Stew in Pot)]** A cooking method of putting food into a large amount of clear water, placing it on the stove fire, and cooking it over slow fire to produce soup.

**[Áo (Stew/Simmer)]** A processing method of using slow fire for a long time to melt the fresh taste of meat ingredients into the soup and concentrate the soup.

**[Kào (Slow Braise)]** A processing or cooking method of using strong-flavored raw materials and fresh soup, using gentle fire and a long time to infuse the fresh taste into another tasteless main ingredient.

**[Wēi (Roast in Ashes/Simmer)]** Anciently meant burying in charcoal ash to cook. Now refers to a processing method using ginger, scallion, and soup to make food flavorful and remove its own peculiar smell. In Northern cuisine, it also refers to a cooking method where food is put into a sealed clay jar together with soup and cooked in gentle fire.

**[Wù (Warm/Bake)]** Substitute for the ancient meaning of "Wei", refers to a cooking method where food is marinated, wrapped in lotus leaves, etc., then sealed with wet mud or dough, and placed in charcoal fire to cook.

**[Hōng (Bake)]** A cooking method where dim sum or food is seasoned or processed and then put into an oven to cook.

**[Biān (Stir-fry/Sauté)]** Same as "Bì", formerly erroneously written as "Whip" or "Fire Convenient", similar to "Rǎn", refers to a processing method of putting food into a hot wok, stirring constantly, making the moisture in the food slightly dry and removing the bad taste; or a cooking method of collecting strong fresh taste after this.

**[Liū (Sauté with Sauce)]** Northern cooking term, similar to Cantonese "Dǎ Qièn", a cooking method of using sweet and sour juice with cornstarch to thicken, making deep-fried food smooth and delicious.

**[Gēng (Thick Soup)]** One of the ancient cooking methods, refers to a cooking method where diced food is boiled in boiling soup, and wet cornstarch is gradually added to make the soup into a paste.

**[Zǎn (Splash/Sizzle)]** Once written as "Splash" or "Zàn", etc., divided into "Zan Oil" or "Zan Wine"; the former refers to splashing boiling hot oil on steamed food to remove fishiness and increase smoothness; the latter refers to splashing Shaoxing wine into food being cooked to make the food have more "Wok Hei" (breath of the wok).

**[Tàng (Scald)]** Refers to a processing method of tightening the skin of meat ingredients with boiling water. In the North, it commonly refers to a cooking method of cooking sliced or cut raw materials in boiling soup or spicy soup.

**[Shāo (Roast/Braise)]** Ancient "Zhì", in Cantonese cuisine refers to the cooking method of cooking food on charcoal fire or open fire. Now in Northern cuisine, it refers to a cooking method of slightly drying the juice and cooking the food through slow fire.

**[Kǎo (Roast)]** Northern cuisine used to replace the old meaning of "Shao", hence "South Shao North Kao". Refers to the cooking method of cooking food on an open fire.

**[Lǔ (Marinate/Stew in Soy Sauce)]** A cooking method of using "Lu Shui Juice" (marinade) made of light soy sauce and spice herbs to cook food or make it flavorful.

**[Jiàng (Sauce)]** A cooking method of using a large amount of sauce or light soy sauce to flavor or cook.

**[Jìn (Steep/Poach)]** A cooking method of using a large amount of boiling water or soup to cook food within a certain period using "Chrysanthemum Heart" degree heat. Similar to Northern "Tǔn", a cooking method where materials are scalded cooked, then filled with soup covering the surface to eat.

**[Fēng (Air Dry)]** A processing method of hanging marinated food in a ventilated place all year round to let it dry naturally in the shade or wind.

**[Là (Cure/Preserve)]** A processing method of hanging marinated food in a ventilated place around the 12th lunar month to let it dry naturally in the shade or wind.

**[Yān (Smoke)]** A cooking method where tea flavor or spice herbs are ignited in a sealed condition, allowing the food to be infused with its fragrant smoke smell.

**[Xūn (Smoke)]** Formerly written as "Smoke", divided into "Dry Smoke" and "Wet Smoke", "Dry Smoke" is similar to "Yan"; "Wet Smoke" is a cooking method where food is infused with fragrance using fresh flowers or Shaoxing wine, etc.

**[Zāo (Pickle with Wine Grains)]** A cooking method of putting food into wine grains (lees) to flavor or cook.

**[Zuì (Drunken)]** A cooking method of using a large amount of liquor to flavor or cook.

**[Zèng (Steam)]** Ancient "Zheng"; a cooking method where food is chopped and seasoned, put into a clay bowl, and then cooked using strong steam.

**[Dòng (Jelly)]** Also called "Crystal", refers to a cooking method where boiled rotten food is added with agar or pig skin etc., boiled into thick soup, and then put into the refrigerator to freeze and coagulate to eat.

**[Fei Shui (Blanch usually in boiling water)]** A processing method of putting food into boiling water to pass through water until half cooked and quickly fish up, providing a good forefront basis for subsequent cooking.

**[Bing Jin (Ice Soak)]** A processing and cooking method where food is cut into shreds and quickly thrown into ice water to make the food have a crisp effect. This method originated from Japan.

**[Ba Si (Pulling Silk/Candied)]** A cooking method where food is battered and deep-fried, then mixed into melted sugar syrup, so that fine threads can be pulled out when the food is picked up.

**[Gua Shuang (Frosting)]** A cooking method where food is deep-fried, then put into melted sugar syrup to mix and scatter, or sprinkled directly with powdered sugar.

**[Jiao Yan (Salt and Pepper)]** A cooking method where food is deep-fried until cooked and dry, and then stir-fried and mixed with "salt and pepper" prepared in advance with pepper husks and refined salt.

**[You Pao (Oil Poach)]** A cooking method of using a large amount of hot oil to quickly cook food.

**[Zou You (Pass Oil)]** Also called "Tuo You", "Zou You", "Pao You"; refers to a processing method where processed raw materials are quickly passed through boiling oil to provide a forefront basis for subsequent cooking.

**[Huo Yan (Flame)]** A cooking method where lively fresh seafood is put into a glass vessel, and cooked using the heat generated by igniting high-degree white liquor.

**[Zé Zé (Sizzling Clay Pot)]** A cooking method where food and ginger, scallion, etc., are put into a clay pot heated to extremely heat, making the food emit "Ze Ze" sounds and spray aroma.

**[Chuan Shao (Skewer Roast)]** A cooking method where meat ingredients are sliced and marinated, skewered with bamboo sticks, and put into hot oil to "poach" and eat. Or meat ingredients are sliced, skewered with iron skewers, roasted on charcoal fire, and then sprinkled with cumin and other seasonings.

**[Tie Ban (Iron Plate/Sizzling Platter)]** Originally a Western cooking method; refers to a cooking method where food "passes oil", then together with spice ingredients dominated by onions and sauce, is put into an extremely heated iron plate to cook and make the food spray fragrance.

**[Sang Na (Sauna)]** Also called "Stone Cooking", etc.; a cooking method where food passes oil, is thrown onto scorching hot stones (mostly rain flower stones), and then splashed with adjusted sauce or soup, using steam to cook the food or spray aroma.

**[Jian Feng (Pan-fry and Braise)]** Northern also called "Jian Peng", generally suitable for fish; a cooking method where fish is marinated with seasonings, pan-fried thoroughly with hot oil and slow fire, and then sealed with ingredient thickener to make it permeable to flavor.

**[Wo Tie (Pot Sticker)]** Belongs to "Semi-fry method", a cooking method where marinated meat ingredients are coated with "Pot sticker paste" and stuck on fat meat, using "Fierce Wok Yin Oil" to make the meat ingredient crispy on one side and soft and smooth on the other.

**【Wo Ta (Pot Collapse/Omelet)】** A cooking method where marinated food is coated with "Egg powder paste", using the method of frying first and then deep-frying to cook the food, and then adding seasoned fresh soup to boil thoroughly.

**【Ruan Jian (Soft Fry)】** Belongs to "Semi-fry method", a cooking method where marinated meat ingredients are mixed with "Egg powder paste", using the method of frying first and then deep-frying to cook the meat ingredients, and then cutting into pieces and pouring sauce.

**【Dan Jian (Egg Fry)】** A cooking method where meat ingredients are pre-cooked by "Blanching" or "Oil Poaching", then put into seasoned egg liquid and mixed well, and then the top and bottom of the meat ingredient egg liquid are fried to golden yellow with gentle fire.

**【Ji Lie (Cutlet)】** Transliteration of English CUTLET; a cooking method where food is coated with egg liquid, then coated with breadcrumbs, and then bathed/deep-fried in hot oil. This practice originated from Western chefs.

**【Su Zha (Crispy Fry)】** A cooking method where food is marinated with seasonings, first coated with wet powder paste, then patted with dry cornstarch, then deep-fried in hot oil until cooked, and then fished into sauce.

**【Huo Guo (Hot Pot)】** Also called "Shuan Guo", Guangdong calls "Da Bian Lu", an eating method where fresh meat ingredients are "sliced", "cut" into thin slices, or meat ingredients are beaten into pills, balls, fillings, etc., sent to the guest's side together with vegetables, etc., allowing the guest to put them into boiling water or boiling soup to cook.

**【Qi Guo (Steam Pot)】** A cooking method where meat ingredients are marinated, put into a special "Steam Pot" together with medicinal materials and boiled seasoned soup, and stewed finely to eat.

**【Liang Ban (Cold Mix)】** A cooking method where cooked food or vegetables and fruits are cut, added with seasonings, and mixed evenly.

**【Yu Sheng (Raw Fish/Sashimi)】** A cooking method where fresh and lively aquatic products are drained of blood, cut into thin slices, mixed with ginger shreds, scallion shreds, thin crisp, lemon shreds, etc., and then dipped in light soy sauce to eat.

**【Ci Shen (Sashimi)】** Originally a Japanese cuisine practice, originally referred to eating raw meat slices. Quoted by Chinese cuisine, it refers to the cooking method where fresh aquatic products or seafood are descaled and drained of blood, cut into thin slices, dripped with lemon juice, and dipped in Japanese wasabi (mustard) to eat.

**【Zhu Tong (Bamboo Tube)】** Anciently called "Zeng", refers to the cooking method using bamboo tubes as vessels, and then using "Roast", "Burn", "Steam", "Stew" and other methods to cook food.

**【Mi Zhi (Honey Juice/Glazed)】** Refers to a cooking method where white sugar, honey, maltose, etc., are melted into thick juice, put into processed raw materials, and subjected to "Stewing", "Steaming" and other methods to make the texture soft and glutinous, sweet taste separated, and moist through sugar juice.

**【Chao Shui (Blanch)】** Also called "Chu Shui" (Out Water), is a method of preliminary cooking treatment by placing raw materials in boiling water or cold water pots.

**【Guo You (Pass Oil)】** A method of preliminary cooking treatment of cooking raw materials using oil as a heat transfer medium. Small raw materials passing through warm oil is also called "Hua You" (Slip Oil); large raw materials passing through hot oil is also called "Zou You" (Walk Oil).

**【Gua Hu (Coating Paste/Batter)】** The process of evenly wrapping a layer of paste liquid on raw materials before cooking.

**【Shang Jiang (Sizing)】** The process of mixing starch, eggs, salt, etc., with raw materials to make the outer layer of raw materials wrapped with a thin layer of slurry.

**【Shang Jin (Developing Gluten/Texture)】** A processing method where animal raw materials processed into minced puree are added with refined salt, water, starch, and other auxiliary materials and stirred repeatedly to achieve a state of bright color, fine and tender meat quality, not sinking into water, and not scattering.

**【Gou Qian (Thickening)】** The process of adding starch water solution to the pot during cooking to make the dish soup have a certain consistency. Also called "Zhuo Ni", "Zhuo Qian", "Long Qian".

**【Wen You (Warm Oil)】** Commonly known as 30-40% hot, temperature generally at 70°C~100°C.

【Re You (Hot Oil)】 Commonly known as 50-60% hot, temperature generally at 110°C~170°C.

【Wang You (Fierce/High Heat Oil)】 Commonly known as 70-80% hot, temperature generally at 180°C~220°C.

【Hua Guo (Slip Pot)】 A method of heating the pot, pouring a little oil to slide over the whole pot, and then pouring out the oil.

【Qiang Guo (Temper Pot)】 Also called "Zha Guo" (Explode Pot), refers to a method of putting ginger, scallion, chili powder, or other fragrant seasonings into the heated base oil and pan frying/stir frying to produce aroma, and then timely putting in vegetable materials.

【Gao Tang (High/Stock Soup)】 Also called "Clear Soup", "Superior Soup", "Top Soup", refers to the hairy soup (unclarified soup) boiled with pig bones, chicken bones, duck racks, minced meat heads, and other raw materials, added with chicken puree or meat puree mixed into thin paste without salt added for processing, making it clear as water, strong and fresh in taste.

【Nai Tang (Milk Soup)】 Also called "White Soup", soup with milky white color made by simmering raw materials with clear water.

## 4.3 Oil Temperature Judgment Tips and Common Temperature Conversion Table

- **Oil temperature between 120°C-140°C:** Suitable for soft frying<sup>[^1]</sup>, slippery stir-frying<sup>[^2]</sup>. Put chopsticks into the oil pot, there are basically no bubbles around, no green smoke, no sound, and the oil temperature is calm.
- **Oil temperature between 150°C-160°C:** Best cooking temperature. Put chopsticks into the oil pot, a few oil bubbles will appear around, slightly green smoke, and the oil moves from the surroundings to the center.
- **Oil temperature between 160°C-180°C:** Suitable for frying until crispy and coloring. Put chopsticks into the oil pot, a lot of green smoke rises, and the oil surface is relatively calm.
- (Note) It is best to buy an oil temperature gun, use a thermometer with caution.

The so-called "X0% oil temperature" (several tenths) in online video tutorials refers to relative to 100% oil temperature, which is 300°C. That is, n tenths oil temperature  $T_n = 30n$  [degree Celsius] Temperature conversion formula  $C = 5/9 (F - 32)$  Or  $F = 9/5C + 32$

### 4.3.1 Appendix: Oil Temperature Comparison Table

Table made according to the above description. Errors are non-professional data.

Celsius °C	Common Name	Fahrenheit °F
-18±4	Quick Freeze (Frozen)	-0.4±4
4±2	Keep Fresh (Refrigeration)	40±4
30±10	Room Temperature	86±18
60±10	20% Hot (Er Cheng)	140±18
90±10	30% Hot (San Cheng)	194±18
120±10	40% Hot (Si Cheng)	248±18
150±10	50% Hot (Wu Cheng)	302±18
180±10	60% Hot (Liu Cheng)	356±18
210±10	70% Hot (Qi Cheng)	410±18
240±10	80% Hot (Ba Cheng)	464±18
270±10	90% Hot (Jiu Cheng)	518±18
300±10	100% Hot (Shi Cheng)	572±18

- ^1: Soft frying is a frying method where small pieces, slices, or strips of materials are coated with paste, put into the oil pot, and fried until 70-80% cooked.
- ^2: Slippery stir-frying (Hua Chao) creates a smooth texture. Select tender animal raw materials, cut them into shreds, slices, cubes, strips, etc., coat with egg white and starch, slide them apart in warm oil, and pour into a colander to drain excess oil.

## 4.4 Stir-frying Sugar Color (Tang Se)

Principle: Sugar melts at high temperatures and assumes different properties after heating for different times.

Taking stir-frying 200ml sugar color as an example:

### 4.4.1 Water Stir-frying

1. Take a pot with a **curved bottom** or a **flat bottom area less than 1/3**.
2. Add 8g of rock sugar, white granulated sugar, or soft white sugar to the pot. Rock sugar is better. If you want the sugar color to be sweeter, you can add about 2g more.
3. Add 50ml of 70°C hot water to the pot.
4. Place the pot on the stove.
5. If using a gas stove, adjust the fire from high to small to the minimum, so that the flame range does not exceed the water surface area. If using an induction cooker, turn it to the minimum and be ready to turn off the power at all times.
6. Use a spatula to constantly stir the sugar-water mixture. If it is rock sugar, you can use the back or edge of the spatula to gently tap it until it is crushed to accelerate melting. In this process, if the sugar has not melted but has started to change color, you need to continue adding hot water up to 50ml.
7. After the sugar is completely melted, the sugar-water mixture presents a viscous state and the color is transparent and whitish, like mica color. At this time, continue stirring.
8. Continue to stir the sugar-water mixture, the color of the mixture gradually turns white.
9. Continue to stir the sugar-water mixture, the color of the mixture starts to appear light brown.
10. Continue to stir the sugar-water mixture, the brown color of the mixture is very obvious.
11. Continue to stir the sugar-water mixture, the color of the mixture is brown and dense bubbles appear.
12. Continue to stir the sugar-water mixture, the color of the mixture is brown with dense bubbles, and larger bubbles appear in the dense small bubbles.
13. Add 150ml of 70°C hot water to the pot. At this time, the liquid in the pot presents a dark reddish-brown color, transparent and clear, with a faint smell of caramel.
14. Pour into a bowl to obtain 200ml of sugar color.

[!Note] Supplement to Step 13: It is not recommended to use cold water instead of 70°C hot water because low temperature will cause the sugar to solidify and stick to the pot.

### 4.4.2 Oil Stir-frying (Recommended)

1. Same as water stir-frying.
2. Same as water stir-frying.
3. Add 10ml of room temperature cooking oil to the pot.
4. Same as water stir-frying, the sugar-water mixture changes to a sugar-oil mixture. Finally, add 190ml of hot water. The rest is omitted.

#### 4.4.3 Appendix: Syrup States and Use Description

State	Preparation Method	Use (Example)
Incompletely Melted Syrup	Water (Oil) Stir-frying Step 8	Frosting Hawthorn
Completely Melted Syrup	Water (Oil) Stir-frying Step 9	Candied Haws (Tanghulu)
Caramel	Naturally cooled after Water (Oil) Stir-frying Step 11	Caramel
Sugar Color (Tang Se)	Water (Oil) Stir-frying Step 13	Sugar Color

- When using sugar color to cook food with small unit volume such as Braised Pork Belly, you can directly add ingredients before step 13 and quickly stir-fry until there is no obvious liquid accumulation at the bottom of the pot, then add water. This allows for faster coloring.

#### 4.4.4 Additional Content

If you follow the production process of this guide and find problems or processes that can be improved, please submit an Issue or Pull request.

## 5. CONTRIBUTING

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```
# How to Contribute
```

```
## Introduction
```

Simply modify or add cooking guides and submit a Pull Request on the [\[original repository\]](https://github.com/josem/HowToCook)(<https://github.com/josem/HowToCook>). Please use Simplified Chinese for your contributions as it is its primary language.

When writing a new recipe, please copy and modify the existing template: [\[Template Dish\]](#)(./dishes/template/%E7%A4%BA%E4%BE%8B%E8%8F%9C/%E7%A4%BA%E4%BE%8B%E8%8F%9C.md).

We recommend reading the original repository's [\[Code of Conduct\]](#)([https://github.com/josem/HowToCook/blob/main/CODE\\_OF\\_CONDUCT.md](https://github.com/josem/HowToCook/blob/main/CODE_OF_CONDUCT.md)) before contributing.

## 6. 行为准则

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### 6.1 我们为什么坚持维护这个仓库

有很多朋友问我，为什么要维护这个仓库？为什么坚持精准的菜谱？未来这个仓库打算怎么发展？有没有想流量变现？我想在这里给出我(@Anduin2017)自己的答案，并明确贡献的价值观。

我们有很强的基础设施建设能力。例如：我们有健身 App，有手环，有医疗平台，有买菜平台，有外卖平台，有智能冰箱，有智能体重秤、智能跑步机等等……但是我却总需要花费特别多的精力周旋和计算于它们之间。这些基础设施彼此之间沟通能力特别差。

曾经幻想在未来的世界，人类不再需要关心柴米油盐，吃什么的问题将彻底得到解决。我们每天的行为可以完全由计算机给出最佳方案。

例如：医生建议我在 50 天内减肥 15 斤。那么这些应用收到了医疗平台的结论，会联动起来。为我设计健身计划，自动计算我应该吃的饭菜，自动把冰箱里缺的东西点过来，自动避免过期，自动计算推荐建议的饭菜，自动帮我计算热量的摄入和消耗，自动确保我吃的足够多样好吃而且能够满足我的健康要求，并且自动根据我的体重秤测量的结果矫正等。

这是一个理想的生命管理体系。需要非常多的基础设施联合，来让人真正实现不需要操心这些柴米油盐，只专注于自己的喜爱的事情就行了。至于每天吃什么、几点吃、吃多少、怎么好吃、怎么健康、怎么完成我的健身要求，怎么符合医生的建议等等……完全由计算机帮人全部搞好就行了。

或许，建设这种生命健康的系统，成本极高，而且很难盈利。我们现在还是在专注于解决问题：遇到疾病之后再去医院，而没有一个程序真正帮我管理了健康。

当然理想还是要有的，希望有一天计算机能够帮助人类消灭疾病。而那时，我希望我的仓库，能够是这一整套复杂的生命系统中的一块可靠又强大的螺丝钉，忠实的承担它那最初的使命：

提供一份足够精准的菜谱。

对于额外的附加功能开发、可视化、智能化、平台对接、饮食产业等，均可以引用这个仓库中的菜谱，二次开发。

### 6.2 仓库原则

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仓库的发展原则：维持其精准的特点，尽可能在保证阅读的同时，统一格式，方便二次开发。

#### 6.2.1 弱协议

我希望能够有商业公司、饭店、企业或科研机构能够引用这个仓库。因此它将始终坚持一个较弱的许可协议。它会作为一个基础设施，未来应用在更多更复杂的产品和场景中。

任何人都可以自由复制，修改，发布，使用，编译，出售或以菜谱的形式或菜的形式分发，无论是出于商业目的还是非商业目的，以及任何手段。

#### 6.2.2 尽可能形式化

尽可能形式化，包括统一菜谱的文件格式，避免不精准（尤其是计算机无法理解）的单位和操作，保持清晰的目录结构等。

很多贡献者抱怨：想签入菜谱太难，要求太繁琐。但实际上这份菜谱更多的不是给人类阅读的，而是更多的可能会被机器处理。

我们一定要保证，按照同一份菜谱做菜，不同的人也能得到几乎相同的结果。

#### 6.2.3 非商业

HowToCook 将永远不插入广告，尽可能避免菜谱中的材料耦合特定品牌，尽可能使用容易取得的原材料。

HowToCook 将永远不讨论变现问题。并且永远由社区驱动的维护下去。

#### 6.2.4 AI 友好

社区可以使用这个仓库训练任何类型的 AI， 并且允许商业使用。

### 6.3 衍生产物

目前社区中有许多基于 HowToCook 二次开发的小程序、App、网站等。

HowToCook 仓库与任何衍生产物没有任何合作关系和知情义务。所有衍生产物的行为准则并不受 HowToCook 的行为准则约束，也不代表 HowToCook 仓库的价值观。