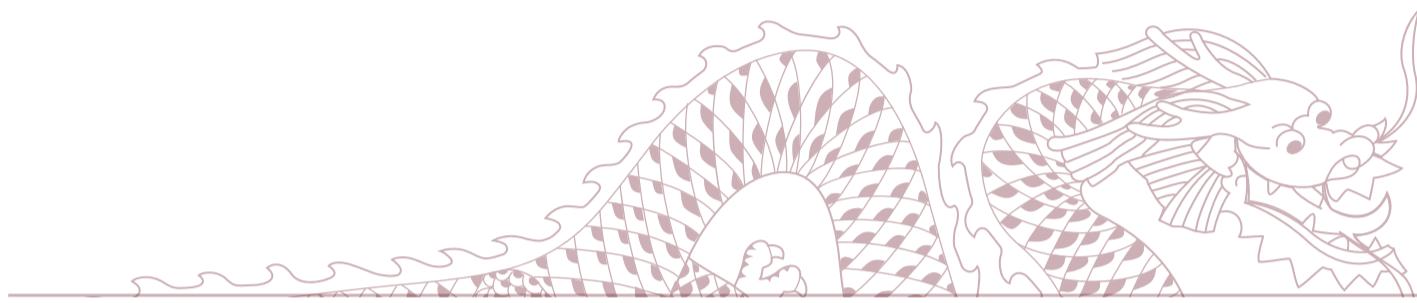




CHOP TO CHOPSTICKS

THE EAST MADE EASY





This cookbook will guide you through a busy weekend market in Bangkok, take you to a roadside stall in Shanghai, and help you barter with the local fishmonger in Tokyo; all in 20 minutes or less. It's the easiest and most authentic way to experience the smells, tastes and textures of Asian cuisine from the comfort of your kitchen.



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Fresh Lobster Spring Rolls



With succulent lobster, sweet mango, crunchy carrots and cucumbers wrapped up in every bite, the genius behind Sweet Chili & Soy will surely serve as a conversation starter during your next dinner party. They are easy to make — leaving you lots of time to mingle.



PREPARATION TIME
15 MINS



COOKING TIME
5 MINS



SERVES
2



Fresh Lobster Spring Rolls

PREPARATION TIME
15 MINS



COOKING TIME
5 MINS



SERVES
2

INGREDIENTS

ROLLS

1 Oz. Blue Dragon
Japanese Soba Noodles

4 Blue Dragon
Spring Roll Wrappers

8 mint leaves

16 cilantro leaves

4 Boston Bibb Lettuce
leaves, shredded

1/2 cup
matchstick-cut cucumbers

1/4 cup
matchstick-cut carrots

1/4 cup
matchstick-cut mango

1 tbsp. finely
chopped chives

1 cup diced
cooked lobster meat

SWEET CHILI MAYO DIPPING SAUCE

1/4 cup mayonnaise

2 tbsp. Blue Dragon
Sweet Chili Dipping Sauce

1 tbsp lime juice

1 tsp soy sauce

INSTRUCTIONS

1. SPRING ROLLS

COOK

the rice noodles according to package directions; refresh under cold water and drain; set aside. Prepare spring roll wrappers according to package directions.

2. ARRANGE

2 mint leaves, 4 cilantro leaves in the middle of the wrapper. Top with lettuce, noodles, cucumber, carrot, mango and chives. Place lobster over top. Fold over the bottom and the sides. Roll wrapper upwards to form a log shape.

3. SERVE

with Sweet Chili Mayo Dipping Sauce or Blue Dragon Sweet Chili Dipping Sauce.

4. DIPPING SAUCE

WHISK

mayonnaise with Blue Dragon Sweet Chili Dipping Sauce, lime juice and soy sauce until smooth.



TIP:

Buy cooked lobster at the seafood counter, at the supermarket or get your local fishmonger to steam a lobster for you.





General Tao Chicken & Rainbow Pepper Stir Fry



Sizzling chicken, a rainbow of crisp peppers, and one hot thai bird* come together in sweet, swift harmony to deliver a plate chock-full of more authentic flavour than a rush hour train in Tokyo.

*note: A thai bird is a very hot and commonly used chili pepper, that ranges from 1-1/2 inches in length.



PREPARATION TIME
10 MINS



COOKING TIME
5 MINS



SERVES
2



General Tao Chicken & Rainbow Pepper Stir Fry

PREPARATION TIME
10 MINS



COOKING TIME
10 MINS



SERVES
2

INGREDIENTS

2 tbsp. vegetable oil

1/2 lb. (225 g)
chicken breast, thinly sliced

1/4 tsp. salt

1 1/2 cups sliced
rainbow peppers

1 cup snow peas,
trimmed

1 green onion,
sliced on the diagonal

1 red hot chili, sliced

2 cloves garlic, minced

1 tsp. minced ginger

1/4 cup orange juice

1 tbsp. hoisin sauce

1 sachet (3.9 fl. Oz./115 mL)

**Blue Dragon General Tao
Stir Fry Sauce**

**Blue Dragon Medium
Egg Noodles** (2 nests)
or **Blue Dragon
Japanese Soba Noodles**
(2 bundles)

1 tbsp. toasted
sesame seeds

INSTRUCTIONS

1. HEAT

oil in a wok and set over high heat.
Season chicken with salt and stir-fry for
2 to 3 minutes and until cooked through.

2. MIX IN

vegetables and stir-fry for 2 to 3 minutes
or until tender. Add wet ingredients and
Blue Dragon General Tao Stir Fry Sauce
into the wok; return chicken to wok
and cook until heated through.

3. SERVE

with Blue Dragon Medium Egg Noodles
or Blue Dragon Japanese Soba Noodles.
Garnish with sesame seeds.







Broccoli Beef & Bok Choy Stir Fry



Broccoli Beef Stir Fry sauce is a fail-safe way to authentic taste, without the travel time, or airfare. This sweet and spicy Broccoli Beef & Bok Choy Stir Fry is especially straightforward to create and sure to satisfy.



PREPARATION TIME
10 MINS



COOKING TIME
5 MINS



SERVES
2



Broccoli Beef & Bok Choy Stir Fry

PREPARATION TIME
10 MINS



COOKING TIME
10 MINS



SERVES
2

INGREDIENTS

- 1 tbsp. canola oil
- 1/2 lb. (225 g) lean ground beef
- 1/4 tsp. each salt and pepper
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 hot chili, sliced into rings
- 1/2 lb. (225 g) baby bok choy, trimmed and quartered
- 2 tbsp. maple syrup
- 1 tbsp. rice wine vinegar
- 1 packet (3.4 fl. Oz./103 mL)
Blue Dragon Broccoli Beef Stir Fry Sauce
- Steamed jasmine rice
- 1/4 cup sliced green onions

INSTRUCTIONS

1. HEAT

the vegetable oil in a wok or large sauté pan; set over high heat. Season beef all over with salt and pepper. Add beef, onion, garlic and hot chilies. Stir-fry for 3 to 4 minutes or until beef is browned.

2. ADD

baby bok choy and stir-fry for 3 minutes. When crisp add maple syrup, rice wine vinegar, Blue Dragon Broccoli Beef Stir Fry Sauce to wok and cook until heated through.

3. SERVE

over rice. Garnish with green onions.



TIP:

Rinse well and dry bok choy before using to remove any sand or dirt. If desired remove seeds from hot peppers to reduce intensity of heat.





Pad Thai Beef Stir Fry



Protein perfection has never been so easily put together.
Sautéed Brussels sprouts, carrots, red onions, fresh garlic
and basil all intertwined with the tenderness of Thai beef.
Seasoned with fresh garlic and eagerly awaiting your
arrival on a soft bed of rice noodles.



PREPARATION TIME
10 MINS



COOKING TIME
5 MINS



SERVES
2



Pad Thai Beef Stir Fry

PREPARATION TIME
10 MINS



COOKING TIME
10 MINS



SERVES
2

INGREDIENTS

- 2 tbsp. canola oil
- 1/2 lb. (225 g) sirloin beef, thinly sliced
- 1/4 tsp. each salt and pepper
- 1/2 lb. (225 g) Brussels sprouts, ends trimmed and halved
- 1 carrot, thinly sliced diagonally
- 1/4 red onion, chopped
- 2 cloves garlic, minced

- 1 packet (3.4 fl Oz./103 mL)
Blue Dragon Pad Thai Stir Fry Sauce

- 1/3 cup Thai basil, roughly torn
- 2 tbsp. lime juice

- 2 nests **Blue Dragon Egg Noodles**, for serving

- 2 tbsp. coarsely chopped peanuts
- 1 tbsp. chopped cilantro
- Lime wedges

INSTRUCTIONS

1. HEAT

oil in a wok or large sauté pan set over high heat. Add beef, salt and pepper. Stir fry for 1 to 2 minutes or until browned. Transfer to plate.

2. ADD

Brussels sprouts, carrot, red onion and garlic. Stir fry for 2 to 3 minutes or until tender crisp. Stir in beef, Blue Dragon Pad Thai Stir Fry Sauce, basil and lime juice; cook until heated through.

3. SERVE

over egg noodles. Garnish with peanuts, cilantro and lime wedges.







Szechuan Pepper & Garlic Clams



“Szechuan” should never be muttered by the meek.
Fresh clams, green onions and garlic only need a few minutes
to swim together in our Szechuan Pepper sauce before they burst
with flavor so big you’ll feel like you went to bed in Beijing and
woke up on a fishing boat off the Hong Kong coastline.



PREPARATION TIME
10 MINS



COOKING TIME
5 MINS



SERVES
2



Szechuan Pepper & Garlic Clams

PREPARATION TIME
10 MINS



COOKING TIME
10 MINS



SERVES
2

INGREDIENTS

2 lbs. (907 g)
little neck clams

2 tbsp. canola oil

4 shallots,
finely diced

4 cloves garlic,
minced

1 bunch
green onions, sliced

1/2 cup (125 mL)
dry white wine

1 sachet (3.7 fl. Oz./110 mL)
**Blue Dragon Szechuan
Pepper Stir Fry Sauce**

1/4 cup fresh
chopped parsley

Jasmine rice

INSTRUCTIONS

1. SCRUB

clams. Discard any clams with cracked shells and that do not close when tapped.

2. HEAT

oil in a wok or large sauté pan set over high heat. Add shallots and garlic and stir-fry for 2 minutes or until fragrant.

3. ADD

green onions and sauté for 3 minutes.

4. POUR

wine and Blue Dragon Szechuan Pepper Stir Fry Sauce over little neck clams. Cover and cook clams for 6 to 8 minutes or until clams are fully open. Stir in parsley. Discard any clams that do not open.

5. SERVE

over Jasmine rice.







Shrimp & Bacon Chow Mein



The only thing better than bacon, is bacon tossed with shrimp and consumed by Chow Mein sauce. Just throw in a few crisp snow peas, bright red peppers, onions and garlic, and this plate will have you singing like a Shanghai cowboy.



PREPARATION TIME
10 MINS



COOKING TIME
5 MINS



SERVES
2



Shrimp & Bacon Chow Mein

PREPARATION TIME
10 MINS



COOKING TIME
10 MINS



SERVES
2

INGREDIENTS

- 4 pieces bacon, roughly chopped
- 1 onion, sliced
- 2 cloves garlic, minced
- 1 red pepper, chopped
- 1 lb. (450 g) peeled, deveined large shrimp, tails removed (26-30)
- 4 green onions, sliced
- 1/2 cup green peas
- 1 cup beans sprouts
- 1 sachet (3.6 fl. Oz./108 mL)
Blue Dragon Chow Mein Stir Fry Sauce
- Blue Dragon Medium Egg Noodles** (2 nests)
- 1/4 cup fresh chopped cilantro
- 1/4 cup cashews

INSTRUCTIONS

1. HEAT

wok or large sauté pan set over high heat. Add bacon and fry for 3 minutes until crisp. Remove bacon. Drain fat, reserving 2 tbsp.

2. ADD

onion, garlic and red pepper to wok. Sauté for 2 to 3 minutes until tender crisp. Then add shrimp, green onions, and peas. Sauté for 3 to 5 minutes until shrimp turn pink and are cooked through. Add reserved bacon.

3. POUR

in the Blue Dragon Chow Mein sauce into the wok and toss until heated through. Throw in bean sprouts and toss.

4. SERVE

on noodles. Top with cilantro and cashews.







Broccoli Beef & Cabbage Stir Fry



Sometimes you just need a little Seoul food. With a hearty combination of crisp vegetables, sirloin beef, and a tablespoon of peanut butter this Broccoli Beef Stir Fry is the easiest way to warm your heart and your belly.



PREPARATION TIME
15 MINS



COOKING TIME
5 MINS



SERVES
2



Broccoli Beef & Cabbage Stir Fry

PREPARATION TIME
15 MINS



COOKING TIME
10 MINS



SERVES
2

INGREDIENTS

- 2 tbsp. vegetable oil
- 1/2 lb. (225 g) steak (tenderloin or sirloin), thinly sliced
- 1 cup shredded cabbage
- 1/2 cup small broccoli florets
- 1 small carrot, peeled and thinly sliced
- 1 rib celery, thinly sliced
- 1/2 small red onion, sliced
- 1 sachet (3.4 fl. Oz./103 mL)
Blue Dragon Broccoli Beef Stir Fry Sauce
- 1 medium tomato, cut into wedges
- 1/4 cup frozen peas, thawed
- 2 tbsp. finely chopped cilantro
- 1 tbsp. peanut butter
- Blue Dragon Medium Egg Noodles** (2 nests)
or **Blue Dragon Japanese Soba Noodles** (2 bundles)

INSTRUCTIONS

1. HEAT

oil in a wok and set over high heat. Season beef all over with salt and pepper. Add beef and stir fry for 2 to 3 minutes or until browned.

2. MIX IN

vegetables and stir fry for 2 to 3 minutes or until tender.

3. POUR

the Blue Dragon Broccoli Beef Stir Fry Sauce into the wok, and add the beef, vegetables, and peanut butter; cook until heated through. Stir in the cilantro and cashews, reserving some for garnish.

4. SERVE

with Blue Dragon Medium Egg Noodles or Blue Dragon Japanese Soba Noodles and with remaining cilantro and cashews.







General Tao Chicken



Tired of the same old weekly staples at the dinner table?
Time to call in General Tao and his tender strips of chicken.
Simply toss with garlic and dried chilis for a surefire karate
chop straight to the taste buds.



PREPARATION TIME
10 MINS



COOKING TIME
5 MINS



SERVES
2



General Tao Chicken

PREPARATION TIME
10 MINS



COOKING TIME
10 MINS



SERVES
2

INGREDIENTS

2 tbsp. canola oil

2 boneless skinless chicken breasts, cubed

1/4 tsp. each salt and pepper

1/4 cup all-purpose flour

2 cloves garlic, minced

2 tbsp. minced ginger

1 fresh chili, sliced into rings

1/2 each red and green pepper, chopped

1 sachet (3.9 fl. Oz./115 mL)

Blue Dragon General Tao Stir Fry Sauce

1/4 cup whole dry roasted peanuts

Steamed jasmine rice

1/4 cup sliced green onions

INSTRUCTIONS

1. HEAT

the vegetable oil in a wok or large sauté pan set over high heat. Season chicken all over with salt and pepper. Dredge in flour.

2. ADD

chicken to pan and stir-fry for 4 to 6 minutes until browned and crisp.

3. ADD

garlic, ginger, chili, red and green pepper and stir fry for 3 minutes, until tender crisp. Add Blue Dragon General Tao Stir Fry Sauce and peanuts to pan and toss until heated through.

5. SERVE

on rice. Garnish with green onions.







Lobster Pad Thai



A simple twist on this bona fide dish will take your taste buds straight to the shores of Thailand. Succulent shares of lobster are tossed with garlic, ginger, egg and rice noodles in an authentic Pad Thai sauce before being topped off with the usual suspects; peanuts, bean sprouts, green onions and coriander.



PREPARATION TIME
10 MINS



COOKING TIME
5 MINS



SERVES
2



Lobster Pad Thai

PREPARATION TIME
10 MINS



COOKING TIME
10 MINS



SERVES
2

INGREDIENTS

2 tbsp. canola oil

1 small carrot,
cut into matchsticks

2 tsp. minced ginger

2 cloves garlic,
minced

1/2 lb. (225 g)
cooked lobster, chopped

2 eggs

2 cups cooked
flat rice noodles

1 packet (3.4 fl Oz./103 mL)
**Blue Dragon Pad Thai
Stir Fry Sauce**

1/4 cup lime juice

1/2 cup bean sprouts

1 green onion, sliced

2 tbsp. chopped peanuts

2 tbsp. chopped
fresh cilantro

Lime wedges

INSTRUCTIONS

1. HEAT

oil in a wok or large sauté pan set over high heat. Add carrots, ginger and garlic, stir fry for 1 minute or until fragrant. Add lobster and eggs. Stir fry for 1 to 2 minutes or until eggs are almost cooked through.

2. ADD

noodles, Blue Dragon Pad Thai Sauce. Stir until heated through. Stir in lime juice, bean sprouts and green onion.

3. SERVE

between 2 plates. Garnish with peanuts, cilantro and lime wedge.







Szechuan Pepper with Ground Pork



This boldly effortless dish features lean ground pork and egg noodles wrapped in fiery spices and sautéed with the perfect blend of garlic, ginger and shiitake mushrooms. A taste so true you'd think you tossed it on a Sichuan sidewalk.



PREPARATION TIME
10 MINS



COOKING TIME
5 MINS



SERVES
2



Szechuan Pepper with Ground Pork

PREPARATION TIME
10 MINS



COOKING TIME
10 MINS



SERVES
2

INGREDIENTS

- 2 tbsp. canola oil
- 2 tsp. minced ginger
- 2 cloves garlic, minced
- 1 onion, sliced
- 1 cup sliced shiitake mushroom caps
- 1 stalk celery, sliced
- 1/2 lb. (225 g) ground pork
- 1/4 tsp. each salt and pepper
- 1 sachet (3.7 fl. Oz./110 mL)
Szechuan Pepper Stir Fry Sauce
- Blue Dragon Medium Egg Noodles** (2 nests)
- 2 green onions, sliced

INSTRUCTIONS

1. HEAT

the oil in a wok or large sauté pan set over high heat. Add ginger, garlic and onion and stir-fry for 1 minute or until fragrant. Add mushrooms and celery and stir-fry for 2 to 3 minutes until celery and mushrooms are tender.

2. ADD

pork and hot pepper flakes and stir-fry until browned, about 4 to 5 minutes.

3. POUR

the Szechuan Pepper Sauce into the wok and cook until heated through.

4. SERVE

over Blue Dragon Medium Egg Noodles. Garnish with green onions.







For more easy ways to bring authentic
Asian meals home visit us at:
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