

# KARAAGE CHICKEN

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## INGREDIENTS

450gms skin-on chicken thigh, cubed  
1 tablespoon sake  
1 teaspoon sugar  
2 tablespoons soy sauce  
1 tablespoon ginger, grated  
1 clove garlic, minced  
½ egg, beaten  
⅓ cup potato starch (40 g)  
cooking oil, for frying

## METHOD

### Step 1

In a large bowl, combine the chicken, sake, sugar, soy sauce, ginger, and garlic. Mix well. Cover with plastic and marinate for at least 15 minutes in the fridge but better for a few hours.

### Step 2

Coat the chicken pieces well in potato starch and cornflour.

### Step 3

Heat the oil to 170°C. Fry the chicken until golden brown and fully cooked, 5-7 minutes. Serve hot.

THE  
COOKERY

by The Secret Jozi Chef

# SWEET CHILI SAUCE

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## INGREDIENTS

1 cup water  
1 cup rice vinegar  
1 cup sugar  
2 teaspoons fresh ginger root, finely grated  
1 teaspoon garlic, finely grated  
2 teaspoons hot chile, minced  
2 teaspoons tomato sauce  
2 teaspoons cornstarch

## METHOD

### Step 1

Pour water and vinegar into a saucepan, and bring to a boil over high heat.

### Step 2

Stir in sugar, ginger, garlic, chile pepper, and ketchup; simmer for 5 minutes.

### Step 3

Stir in cornstarch. Remove saucepan from stove to cool. Then transfer to a bowl, cover, and refrigerate until needed.

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# CHAO SAN GU & BOK CHOY

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## Ingredients

For the mushrooms

2 tbsp (30g) dried shitake mushrooms, rinsed and soaked (soaking water retained)

1 tbsp oil

3 garlic cloves, thinly sliced

230gms enoki or shimeji mushrooms

80g portabellini mushrooms, washed, trimmed and sliced

2 tbsp rice wine vinegar

3 tbsp oyster sauce

1 tbsp soy sauce

2 tsp sugar

4 tbsp mushroom soaking water

## GARNISH

2 tbsp minced green onions (scallions)

A few sprigs cilantro

For the Bok choy

300gms baby bok choy (280 grams, bottoms trimmed and split in half lengthwise)

1tbsp vegetable oil

1 teaspoon salt

## METHOD

### Step 1

Soak the shitake in warm water, once tender remove, reserve soaking water. Cut larger mushrooms into 3 or 4 and leave small ones complete.

### Step 2

Heat the oil in a pan and fry the garlic slivers until lightly golden, now add the soaked shitake and stir fry for 1 minute.

### Step 3

Now add the remaining mushrooms and continue to fry

### Step 4

Add the rice wine, soy sauce and oyster sauce, sugar and 4 tbsp soaking water.

### Step 5

Reduce the heat and cook for about 8-minutes, stirring constantly, until the mushrooms are cooked and most of the liquid is gone. While this is happening prepare your bok choy.

### Step 6

Serve onto the same platter as your cooked and waiting bok choy, drizzle lightly with sesame oil and garnish with chopped scallions and coriander

## Preparing the Bok Choy

### Step 1:

Wash your cut bok choy in a large bowl of water so the vegetables are fully submerged. Agitating or stirring the vegetables in the water will release any dirt or sand. Repeat this process another 2 times or as necessary, until the water is clean and there is no sand or dirt at the bottom of the bowl.

### Step 2

Bring 6 cups of water, 1 tablespoon vegetable oil, and 1 teaspoon salt to a boil. Blanch the bok choy for 40 seconds, stirring occasionally. They should be just wilted and bright green. Scoop out the bok choy into a bowl and pour 2 cups of cool water over them. The water will stop the cooking process, but you don't want your veggies to be ice cold, so pour the bok choy into a colander right after they've been submerged in the cool water. Drain.

Next, arrange the bok choy into a circle around a large serving plate, with a space in the middle for the mushrooms.

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# RAMEN WITH BEEF & MUSHROOMS

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## INGREDIENTS

8 dried shiitake mushrooms  
2 tablespoon peanut oil  
500 gram beef strips  
4 green onions, sliced thinly  
2 clove garlic, crushed  
2 centimetre piece fresh ginger (10 grams),  
grated  
1 litre (4 cups) beef stock  
3 cup (750 millilitres) water  
1 tablespoon light soy sauce  
2 tablespoon rice wine  
180 gram fresh ramen noodles

## METHOD

### Step 1

Place mushrooms in small heatproof bowl, cover with boiling water; stand 20 minutes, drain. Discard stems; slice caps thinly.

### Step 2

In a large saucepan, heat half the oil; cook beef, in batches, until browned all over. Remove from pan.

### Step 3

Heat remaining oil in same pan; cook half the onion with garlic and ginger, stirring, until onion softens. Add stock, the water, sauce and wine; bring to the boil.

### Step 4

Add mushrooms, beef and noodles; bring to the boil. Reduce heat; simmer, uncovered, about 5 minutes or until noodles are tender.

### Step 5

Divide soup among serving bowls; sprinkle with remaining onion.

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# GOBI MANCHURIAN

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## INGREDIENTS

To make gobi manchurian

250 grams cauliflower florets (gobi cleaned)  
½ cup all-purpose flour (maida, prefer organic or at least unbleached)  
¼ cup cornstarch (white corn flour or yellow corn flour)  
½ to 1 teaspoon red chilli powder or paste (less spicy variety) (optional)  
¼ teaspoon black pepper crushed or ground  
¼ teaspoon salt (adjust to taste)  
½ cup water (more if needed)  
Oil for deep frying as needed

For Manchurian sauce

1 ½ tablespoons oil  
1 tablespoon garlic finely chopped  
½ tablespoon ginger finely chopped  
1 green chili chopped (optional)  
½ cup onions or spring onions finely chopped  
¼ cup bell pepper (capsicum chopped finely) (optional)  
1 tablespoon soya sauce  
2 to 3 tablespoon Red Chilli sauce  
1 to 2 tablespoon tomato ketchup (optional, use if using hot sauce)  
½ teaspoon Red chili powder  
½ tablespoon rice wine vinegar  
1 teaspoon sugar (adjust to taste)  
Salt as needed  
3 to 4 tablespoons water  
½ to ¾ teaspoon black pepper crushed or ground  
⅛ teaspoon salt (adjust to taste)  
2 tablespoons spring onion greens chopped for garnish

## METHOD

Preparing The gobi

1. Clean 250 grams of gobi and cut the florets to medium size.
2. Add them to 3 cups of hot water and rest for 5 minutes.
3. Later drain the gobi completely to a colander or spread on a clean cloth until no moisture remains on the gobi.
4. You can do this ahead and set aside. Any moisture in the gobi will cook it to soft and not crisp.
5. Heat up the oil for deep frying on a medium heat.
6. Meanwhile make the batter by adding cornstarch, all-purpose flour, red chilli powder, black pepper and salt to a mixing bowl.
7. Mix and add water little by little as needed and make a free flowing lump free batter. The consistency has to be medium and not too thick or very runny. Adjust salt as needed by tasting the batter.
8. Then add the gobi florets to the batter in batches, coat them well.

Frying the gobi

1. When the oil turns hot enough, check by dropping a small amount of batter to the hot oil. The batter has to rise without browning. This is the correct temperature.
2. Pick up each cauliflower floret with a spoon or fingers & gently drop them one by one to the hot oil. The flame has to be medium initially and should be increased slightly as more gobi is added. Reduce the flame to medium and fry until the florets turn golden and crisp. Keep stirring in between for even frying.
3. Drain them to a kitchen tissue or a steel colander. Repeat the same steps of adding the rest of the cauliflower florets to the batter, coating them well and then frying them in hot oil until crisp.
4. For extra crisp gobi manchurian, you can also refry the once fried gobi again in oil.

Making the Manchurian Sauce

1. Mix together red chili powder with little water to a paste and keep aside. This step is optional and is used mainly for the red color.
2. Heat 1 ½ tablespoons oil in a wide pan.
3. When the oil turns hot, add garlic, ginger and green chilies. Saute for a minute or two.
4. Then add spring onions & capsicum. Saute them on a high flame for 2 mins.
5. Add soya sauce, red chili sauce, tomato ketchup, red chili paste, sugar and vinegar.
6. Mix and add water. Mix and cook stirring and add pepper.
7. Cook on a medium heat until the sauce thickens.
8. Turn off the stove and check the taste.
9. The sauce has to be slightly sour, sweet & hot. If needed you can adjust the salt & add more sauces as well.
10. Allow the sauce to cool for 1 to 2 mins.
11. Add the fried cauliflower and stir gently to coat the gobi well with the manchurian sauce.
12. Garnish gobi manchurian with spring onion greens.
13. Serve immediately as a appetizer or as a side with noodles or fried rice

# Dakgangjeong

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## Ingredients

1 pound boneless skinless chicken thigh and/or breast  
1/2 cup milk optional  
1/4 teaspoon salt  
pinch pepper  
1/2 teaspoon minced garlic  
1/2 teaspoon minced ginger  
1 tablespoon rice wine if not using milk  
1/3 cup potato starch or corn starch  
oil for deep frying

## Sauce

1 tablespoon soy sauce  
3 tablespoons rice wine or mirin  
2 tablespoons apple cider vinegar or rice wine vinegar  
1 tablespoon gochujang Korean red chili pepper paste  
3 tablespoons honey or corn or rice syrup  
2 teaspoons sesame oil  
2 tablespoons brown sugar  
1 teaspoon minced garlic  
1 teaspoon grated ginger  
pinch pepper  
1 to 2 tablespoons coarsely chopped peanuts or seeds

## Directions

### Step 1

Soak the chicken pieces in milk for at least 2 hours in the fridge. This step is optional.

### Step 2

Drain thoroughly. Remove any visible fat. Cut the chicken into bite sized pieces. Mix with the salt, pepper, rice wine (if you didn't use milk) garlic, and ginger. Let it stand for 20 to 30 minutes.

### Step 3

In a pan, add all the sauce ingredients, and stir well. Bring it to a boil. When it starts to bubble, reduce the heat to medium low, and simmer until it thickens slightly, about 3 to 4 minutes. Turn the heat off.

### Step 4

Add the potato (or corn) starch to the chicken, and mix well to coat evenly.

### Step 5

Pour about 1 inch of oil in to a heavy bottom pan. When the oil is sufficiently hot (180°C or starts smoking), drop the chicken pieces in one at a time. Fry them in two batches. Overcrowding will drop the oil temperature too quickly. Cook until light golden brown, 1 to 2 minutes. Remove and set them on a wire rack or a paper towel-lined plate.

### Step 6

Reheat the oil to 180°C. Deep fry again until golden brown, about 30 to 40 seconds. You can do the second frying in one batch.

### Step 7

Heat the sauce over medium low heat. Add the chicken and stir well until the chicken pieces are evenly coated.

# THE COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

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# Green Tea & Coconut Cake

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## Ingredients

5 eggs separated  
1 cup brown sugar, or 3/4 cup white sugar, OR 2/3 cup agave nectar (sugar substitute)  
pinch sea salt  
1/2 cup coconut oil OR canola oil  
1/3 cup coconut milk  
1 tsp. real vanilla extract  
2 tsp. baking powder  
1 cup white flour, OR light spelt flour, OR gluten-free cake flour  
3 tsp. green tea powder, such as Japanese "macha" (look for this at health food or Japanese import stores, or follow the link to order online)  
1 tsp. or more icing sugar

## Method

### Step 1

Preheat oven to 175C degrees. Prepare an angel food cake pan (or a 9-inch cake pan), either by greasing it well, or lining it with parchment paper.

### Step 2

Crack eggs into 2 separate mixing bowls, with the egg whites in one bowl and the yolks in another. Beat the egg whites until stiff, and set aside. (I use an electric hand mixer.)

### Step 3

Add the salt and sugar (or sugar substitute) to the yolks and stir well until smooth. Add the coconut milk, oil, and vanilla to the yolks, and beat until mixed in (or stir it well).

### Step 4

In a 3rd bowl, stir together the flour, baking powder, and green tea powder. Now add (or sift) this into the yolk mixture. Stir well or beat to incorporate. Note: the batter will turn green from the green tea - this is the effect you want.

### Step 5

Now fold in the egg whites, stirring and mixing by hand and just until egg whites have dissolved into the batter (do not overmix).

### Step 6

Pour the batter into the prepared pan and place in the oven for 25 to 35 minutes (depending on your oven). Check the cake after 25 minutes by inserting a fork into the center of the cake. If it comes out clean, it's done. (Note: the center should form a peak - if it is concave, your cake isn't nearly finished).

### Step 7

Decorate the cake with a sifting of icing sugar. Add toasted coconut or some blueberries and mint, as shown, for extra health benefits. Serve warm or at room temperature and enjoy

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COOKERY

by The Secret Jozi Chef

The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

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# Sesame Udon noodles

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## Ingredients

2 cloves garlic, minced  
1 tablespoon minced fresh ginger root  
1/4 cup soy sauce  
3 tablespoons rice vinegar  
1/4 cup peanut oil  
3 tablespoons sesame oil  
1 dash hot pepper sauce  
1/2 green bell pepper, julienned  
1/2 red bell pepper, julienned  
1/2 yellow bell pepper, julienned  
4 green onions, minced  
2 cups diagonally sliced snap peas  
2 tablespoons sesame seeds, toasted  
1 (7 ounce) package fresh udon noodles

## Method

### Step 1

In a bowl combine the garlic, ginger, soy sauce, rice vinegar, peanut oil, sesame oil and hot pepper sauce. Whisk well until well blended. Set aside to let the flavors blend.

### Step 2

Bring a large pot of water to a boil. Add udon noodles, and cook until tender, about 3 minutes. Drain, and place in a serving bowl.

### Step 3

In a wok or heavbassed frying pan, add a little oil, and then saute the green, red, and yellow peppers with green onion and peas. Fry until they being to collapse. Add to the noodles to the pan and toss to coat.

### Step 4

Now pour the dressing over all. Toss to coat everything in dressing, remove from the heat, and then sprinkle toasted sesame seeds over the top.

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# OI MUCHIM

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## INGREDIENTS

1 cucumber (145 g / 5.1 ounces) - I used Lebanese cucumber. Korean cucumber or other cucumbers that are suitable for pickling or salad can be used.

1/4 onion

1 Tbsp rock salt or Korean coarse sea salt

Seasoning Sauce (Mix these in a small bowl)

1 Tbsp Korean chili flakes (gochugaru)

1 tsp white vinegar (or rice vinegar)

1 tsp white sugar

1 tsp minced garlic

1 tsp toasted sesame seeds

## METHOD

### Step 1

Rinse the cucumber thoroughly in cold running water. Discard both ends of the cucumber. Thinly (about 0.5 cm (0.2 inches) thickness) slice the cucumber and put them into a large mixing bowl. Add the salt and lightly mix them together. Leave it for 15 mins.

### Step 2

While waiting, thinly slice the onion. Prepare the seasoning sauce by mixing them all together.

### Step 3

Fifteen mins later, rinse the cucumber in cold running water (any remaining salt in the mixing bowl should be discarded) and drain the water out using a strainer. Pat dry the cucumber thoroughly with kitchen paper. Put them into a clean and dry mixing bowl.

### Step 4

Add the sliced onion and the seasoning sauce. Mix them lightly but thoroughly with your hand (You will want to wear a food prep glove).

### Step 5

Put the seasoned cucumber into a sealed glass container and keep it in the fridge for 30 mins to chill then serve. Enjoy!

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# SIGEUMCHII NAMUL

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## INGREDIENTS

### Main

250 g English spinach or baby spinach  
1 tsp fine sea salt , to add to the water  
6 cups water to boil

### Seasoning sauce

1 tsp green onion , finely chopped  
1/2 tsp minced garlic  
1/4 tsp fine sea salt or to taste  
1 tsp toasted sesame seeds  
1 Tbsp sesame oil

## METHOD

### Step 1

Trim the spinach roots and wash the spinach in cold water thoroughly.

### Step 2

Boil the water in a pot/sauce pan for 5 to 7 mins. Add the salt (1 tsp). Once the water starts to boil, plunge the spinach into the pot and leave it for 30 seconds.

### Step 3

Drain the boiled water away and run cold water on the spinach for 1-2 minutes.

### Step 4

Squeeze the spinach to remove excess water.

### Step 5

Cut the spinach into 2-3 pieces with a knife. (If you are using baby spinach, you can skip this step.)

### Step 6

Add the seasoning sauce and mix well with your hands.  
Serve it on a plate and enjoy.

# THE COOKERY

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# SESAME HONEY BANANA FRITTERS

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## INGREDIENTS

4 to 5 big ripe bananas , cut into 1-inch chunks  
Oil for deep frying  
Honey & lightly toasted sesame seeds to serve with

### Batter

1/2 cup all-purpose flour  
1/2 cup cornstarch  
2 tablespoons milk (or plant-based milk for a vegan dish)  
1 tablespoon butter , melted  
1 tablespoon granulated sugar  
1/2 cup water

## METHOD

### Step 1

Combine all the ingredients for the batter in a big bowl. Stir to mix well. It should form a runny batter similar in consistency to a pancake batter.

### Step 2

Heat 1 inch of oil in a small deep pot over medium-high heat until hot. Test the oil by inserting a wooden chopstick. If the oil sizzles and you can see small bubbles rising rapidly on the chopstick, the oil is ready.

### Step 3

Line a large plate or baking sheet with a cooling rack. Add the chopped bananas into the batter, a few pieces at a time, and coat well. Gently transfer the bananas into the oil. Fry until all sides turn golden brown. Transfer onto the cooling rack to drain the extra oil. Fry all the bananas this way in batches.

### Step 4

Wait until the bananas cool down slightly. They will continue to crisp.

### Step 5

Serve hot with honey and toasted sesame seeds

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# Vegetable Spring Rolls

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## Ingredients

### Ingredients for filling

3 cups cabbage shredded  
1 medium carrot about ½ cup shredded  
¼ cup bell pepper or capsicum julienned  
2 sprigs spring onions (white & green separated)  
1 to 2 tps olive oil  
1 to 2 tsp soya sauce or soy sauce  
1 tsp vinegar  
¼ to ½ tsp pepper powder or crushed  
salt very little  
1 cup cooked noodles or half noodle cake (optional)

6 spring roll wrappers  
1 cup oil for deep frying or 1 tbsp oil for baking

## Method

### Step 1

Add oil to a hot pan and saute spring onion whites, now add all the veggies except the onion greens.

### Step 2

Fry on a high flame until half done yet crunchy. Add soya sauce and vinegar. Mix well.

### Step 3

Add onion greens, pepper and very little salt. Mix and off the stove.

### Step 4

If you wish to use noodles, boil them al dente. Rinse well and drain completely. Add them to the stir fried veggies and fry for a min. Pour 1 tsp more soya sauce. Sprinkle some salt and pepper.

### Step 5

Cool this completely.

1. Place a damp cloth over the frozen sheets for 5 to 7 mins or follow the instructions mentioned on the pack.
2. Spread one wrapper, place a spoonful of stuffing.
3. Roll one edge towards the inner side covering the stuffing. Bring the sides to the center. Dampen the left over edge and roll the wrapper to seal.
4. Keep them covered otherwise they will dry up..
5. Heat oil until hot enough. To check drop a small piece of wrapper in the oil. If the oil is hot enough It rises in the oil without browning.
6. Add the rolls in hot oil and fry evenly by stirring until golden. Drain them on kitchen tissue.

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# Fried Rice with Shrimp

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## Ingredients

1.5 cups of cooked Jasmine rice cooled (or day old rice works well too) - Or just estimate about 1 normal bowl full  
About 5 - 10 prawns, head peeled, but tail on  
¼ of a big white onion (or ½ of a very small white onion)  
1 cup fresh pineapple cut into 1cm cubes  
½ head broccoli, broken into small florets  
2 cloves garlic  
2 eggs  
½ tablespoon soy sauce  
½ tablespoon oyster sauce  
Pinch of sugar (optional)  
1 tablespoon of oil for frying

## Prik Nam Pla (Chilies in Fish Sauce)

5 Thai chilies  
3 tablespoons of fish sauce  
½ of a lime  
(Combine all ingredients in a bowl)

## Method

### Step 1

If you're using whole fresh shrimp, first pinch off the head, and peel the outer shell of the shrimp, leaving only the tail on (that's Thai style).

### Step 2

Peel 2 cloves of garlic, and then just finely mince them, Slice ¼ of a sweet white onion into medium sized strips, finely dice about 3 - 4 green onions

### Step 3

Take your broccoli head, remove all thick stems, reserving small trimmed heads. Prepare your pineapple.

### Step 4

Turn on your stove to medium high, heat up your wok (or frying pan), and add about 1 tablespoon of oil

### Step 5

Once your oil is hot, add the garlic first, and stir fry continuously for about 15 seconds or so, until it gets nice and fragrant

Next, toss in your shrimp, and fry for about 30 seconds - your shrimp should start to turn pink and feel more firm. Now add the pineapple

### Step 6

Add in a little less than ½ of your rice first. This is going to soak up all those delicious shrimp juices and oils and keep your rice nice and dry. Stir fry for about 10 more seconds - This is a little known trick to make good rice, so it remains nice and dry

### Step 7

Scoot all your rice to one side of the pan, and then crack in the eggs into the empty side. Whirl the egg up, let it cook for a few seconds, and then start to mix it up with the rice and shrimp

Keep stir frying for about 20 seconds until the egg is fully cooked, and then add in the rest of your rice, and give it a quick stir

### Step 8

Add ½ tablespoon of soy sauce, ½ tablespoon of oyster sauce, just a pinch of sugar (optional), and continue stir frying your rice, making sure all the sauce get mixed in

### Step 9

Then add your chopped Chinese broccoli and onions, and stir fry for another 30 seconds until the vegetables wilt, but they can still be crisp and not fully cooked

### Step 10

Lastly, toss in your green onions, stir it a few more seconds, and it's ready

Immediately dish your fried rice onto a plate

Slice off a wedge of lime, and serve it on the plate next to the rice

For the final touch, I like to sprinkle some freshly ground black pepper on top to give some extra flavor

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The Colony Shopping Centre, 345 Jan Smuts Avenue, Craighall, 2024.

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# EGG DROP SOUP

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## INGREDIENTS

4 cups chicken stock  
2 large eggs  
2 tbsp. cornstarch  
3 tbsp. water  
1/4 tsp. ground white pepper  
1 tsp. salt  
1 tbsp. light soy sauce optional  
1/2 tbsp. minced ginger  
3 tbsp. chopped scallion white part and  
green part separately chopped  
1/2 tbsp. sesame oil optional

## METHOD

### Step 1

Mix 2 tablespoons of cornstarch with 3 tablespoons of water in a small bowl. This is our water starch.

### Step 2

Add chicken stock to a pot. Add ginger, scallion whites and light soy sauce. Bring the broth to a boilings. Remove the ginger and scallion whites. Add salt and white pepper.

### Step 3

Stir the starch water again and pour it into the broth. Simmer to boil again.

### Step 4

Turn up the fire and then slightly pour the whisked egg in. Stir the soup with chopsticks. Turn off the fire, add some fresh chopped scallion and serve immediately.

### Step 5

Optionally drizzle some sesame oil.

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# SPICED SALT & PEPPER SQUID

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## INGREDIENTS

1 1/2 pounds squid  
(680g)  
1 tablespoon shaoxing wine  
1/2 teaspoon sesame oil  
5 cups vegetable oil (for frying; plus 1  
tablespoon)  
1/2 cup all-purpose flour  
1/2 cup semolina flour  
1/3 cup plain cornmeal  
1 teaspoon salt (plus more to taste)  
1/2 teaspoon white pepper (plus more to  
taste)  
2 long hot green peppers (cut lengthwise and  
sliced thinly)  
5 cloves garlic (sliced)  
2 teaspoons ginger (minced)

## METHOD

### Step 1

First prepare your squid. Rinse it well in cold water. Cut the squid into equal sizes, having each piece be roughly the same size is important for achieving the same cooking time for each piece of calamari. Drain the squid pieces in a colander and transfer to a bowl.

### Step 2

Marinate the squid in the shaoxing wine and sesame oil. Toss gently and set aside.

### Step 3

In a medium deep pot, add enough oil so that the level of oil reaches 4 inches up the side of the pot. Heat the oil until the temperature reaches 325 degrees.

### Step 4

While you're waiting for the oil to heat, prepare your dry mixture. Combine the all-purpose flour, semolina flour, cornmeal, salt, and white pepper in a medium bowl. Set aside.

### Step 5

When the oil reaches temperature, you're ready to start dredging your squid. Work in batches of small fistfuls of calamari. Gently squeeze off any liquid and dredge the squid in the dry mixture.

### Step 6

Using a long-handled sieve or slotted spoon, lower the calamari into the hot oil. Gently move the calamari pieces back and forth. Let them fry until golden brown, about 2-2 1/2 minutes. Remove all the calamari and let drain on a paper-towel-lined plate. Taste one piece of calamari for saltiness (be careful, it's hot). You can sprinkle more salt immediately after frying to your taste. A necessary step, however, is to crack some fresh white pepper over the freshly fried squid.

### Step 7

Continue frying in these small batches and seasoning with white pepper until you've fried all the squid.

### Step 8

Now the next phase: stir-frying the fried squid. Heat a wok over medium-high heat. Add a tablespoon of vegetable oil. Add the ginger and let it fry in the oil. After about 20 seconds, add the garlic. Stir the garlic around the wok quickly in order to prevent burning. When the garlic gets lightly golden in color, add the peppers. Continue to stir fry for another 30 seconds.

### Step 9

Add the squid to the wok and stir fry quickly in the aromatic mixture for about a minute or so. Plate and serve immediately with white rice! And don't leave those crispy pieces of garlic and pepper behind!

# ASIAN ORANGE & PEAR SALAD

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## INGREDIENTS

1 large orange, cut into segments (8-10)  
1 cups red bell pepper, minced fresh  
1 cup carrots, shredded  
2 cups asian pear, cut into thin slices  
½ cup edamame, shelled, cooked  
1 cup red cabbage, thinly shredded  
1 cup cucumber, cut in half, thinly sliced

### Orange Ginger Dressing

1 teaspoon shallots, minced  
1 teaspoon orange zest  
¼ cup orange juice, freshly-squeezed  
1 teaspoon ginger, finely grated  
2 tablespoons rice vinegar  
2 teaspoons cilantro, finely chopped  
¼ cup grapeseed oil, or other neutral oil  
black pepper, to taste  
kosher salt, to taste

## METHOD

### Step 1

Combine all salad ingredients in a large bowl.

### Step 2

Whisk together all dressing ingredients in a medium-sized bowl, except for the oil. Gradually whisk in the oil, until a slightly thickened dressing is achieved.

### Step 3

Add the desired amount of dressing to the salad and gently combine. Add more salt and pepper as needed. Enjoy immediately once dressing is added.



# CHICKEN & CORN SOUP

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## INGREDIENTS

8 cups good-quality chicken stock or vegetable stock, divided  
3 cups diced or shredded cooked chicken breasts\*  
2 teaspoons ground ginger  
1/2 teaspoon garlic powder  
4 green onions, thinly sliced with the white and green parts divided  
2 medium carrots, finely diced  
1 (15-ounce) can whole kernel corn  
1 (15 ounce) can creamed corn (or see alternative below\*\*)  
1/4 cup cornstarch  
6 large eggs, whisked  
1 teaspoon toasted sesame oil  
sea salt and freshly-cracked black pepper

## METHOD

### Step 1

In a large stockpot, stir together 7 cups stock, chicken, ginger, garlic powder, the white parts of the green onions, carrots, whole kernel corn and creamed corn until combined. Heat over medium heat until the soup reaches a simmer. Then reduce heat to medium-low, cover and simmer for about 10 minutes, or until the carrots have softened.

### Step 2:

In a separate bowl, whisk together the remaining 1 cup stock and cornstarch until combined. Stir the mixture into the soup and cook for 1 minute, or until the soup has thickened.

### Step 3:

Using a spoon, begin to swirl the soup slowly in a continuous motion. Then while you are still swirling the soup, drizzle the eggs into the soup in a steady stream. The hot broth will instantly cook the eggs, and they will form those beautiful egg ribbons.

### Step 4:

Add in the toasted sesame oil, and stir to combine. Then taste the soup, and season with salt and pepper as needed.

Serve warm, sprinkled with the remaining green parts of the green onions.

# PASSIONFRUIT ICECREAM

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## INGREDIENTS

1 cup passionfruit puree  
1 can (400ml) coconut milk  
1 can (400gms) condensed milk  
1 cup heavy cream  
cup milk powder

## METHOD

### Step 1

Blend all the ingredients together in a blender till well combined. Transfer to ice cream maker and freeze according to the manufacturer's instructions.

### Optional:

To make this ice cream without an ice cream maker, after you have blended all the ingredients, either transfer it in into the container that you plan to freeze the ice cream in, or if you have enough freezer space leave the blended ice cream in the blender. After 45min- 1 hour check on it and if you see the mixture freezing at the edges, remove from freezer and give it a whizz. Repeat process 3-4 times and then transfer to the container you want the ice cream to freeze in and let freeze completely.

# PORK & CABBAGE DUMPLINGS

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## INGREDIENTS

1 lb. ground pork  
1 cup thinly sliced napa cabbage, plus extra leaves for lining the steamer  
1/2 cup chopped scallions (both white and green parts)  
1/4 cup chopped fresh cilantro  
1-1/2 Tbs. soy sauce  
1 Tbs. finely chopped garlic  
1 Tbs. rice vinegar  
1 Tbs. cornstarch; more for dusting  
2 tsp. finely chopped fresh ginger  
1-1/2 tsp. Asian sesame oil  
1 tsp. granulated sugar  
1/2 tsp. freshly ground black pepper  
1 large egg white  
55 to 60 shiu mai wrappers or wonton wrappers

## METHOD

### Step 1

In a large bowl, stir together the pork, sliced cabbage, scallions, cilantro, soy sauce, garlic, rice vinegar, 1 Tbs. cornstarch, ginger, sesame oil, sugar, pepper, and egg white.

### Step 2

Separate a single sheet of pastry, moisten the edge and then fill the wrapper with about a tsp of mixture.

# CHICKEN DUMPLINGS

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## INGREDIENTS

150g chicken mince  
1 tsp finely chopped lemongrass  
½ tsp finely grated ginger  
1 cup finely chopped cabbage  
1 spring onion, chopped  
Handful of fresh coriander leaves, chopped  
1 tsp chicken stock powder  
2 tsp cornflour  
1 tsp sesame oil  
1 Tbsp Sweet Chilli Sauce  
25 dumpling wrappers

## METHOD

### Step 1

To make the Dumpling Filling: In a bowl, mix all the ingredients together.

### Step 2

To make the dumplings: Wet the edge of a dumpling wrapper. Place a teaspoonful of the filling in the middle of the wrapper. Fold the wrapper in half to form a semi-circle. Pinch the sides of the wrapper to seal the mixture. Crimp the seal with your fingers to form pleats, or use a fork. Stand the dumpling, seam side up, on a tray lined with baking paper. Repeat with the remaining filling and wrappers, keeping the dumplings separate on the tray to avoid them sticking together.

### Step 3

Line a bamboo or metal steamer with baking paper. Steam the dumplings over boiling water for 10-12 minutes or until they are tender and filling is cooked. Remove from the steamer and stand for 1-2 minutes before serving them with the dipping sauce.

### Step 4

To make the dumplings crispy. Heat a little oil in a non-stick frying pan. Place the steamed dumplings seam side up into the pan and cook over a medium heat until the bases are golden and crispy.

### Step 5

To make the Sweet Chilli Dipping Sauce: Whisk the ingredients together.