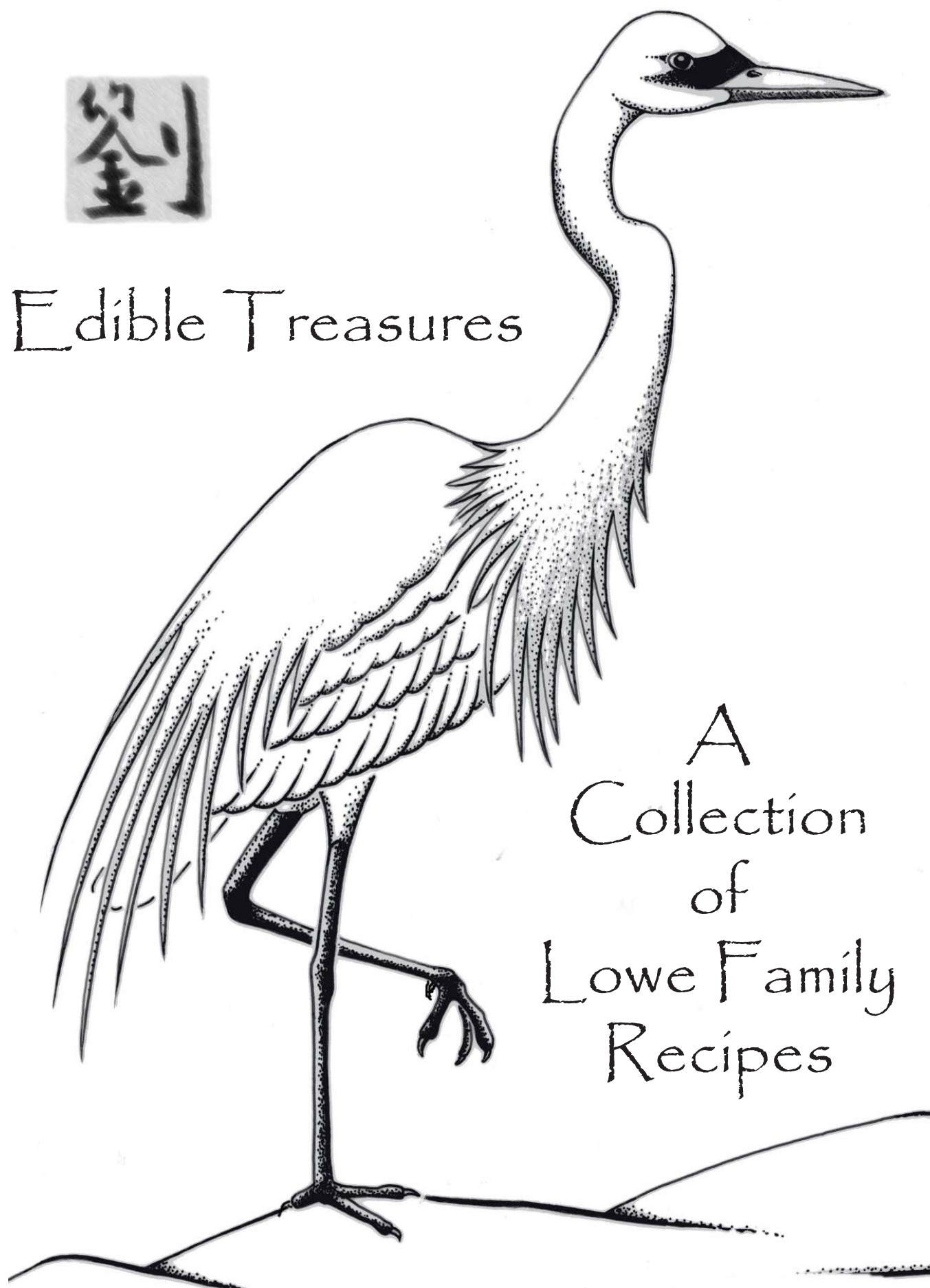


劉金

Edible Treasures

A
Collection
of
Lowe Family
Recipes



Ten years ago, we gathered in Santa Barbara, California and decided to collect favorite and treasured family recipes into a historical keepsake cookbook filled with recollections and delectable delights. We began in earnest -- collecting recipes from parents and relatives, capturing details of their cooking memories and techniques, and scanning photos of family gatherings. However, the naturally all-encompassing demands of life eclipsed the cookbook project, and soon ten years elapsed. During the decade interim, we witnessed new births, deaths of loved ones, marriages and friendships, separations and illnesses. Nevertheless, our special family meals remained reassuringly constant. At family reunions, we relished the recipes which link us to our past, and we cherished the love expressed through cooking. Thus, we decided to reunite and complete the cookbook as a loving tribute to our family.

We searched endlessly through bulging, old recipe books and boxes, overflowing with yellowed newspaper clippings and scraps of paper with recipes scribbled in shorthand. Some recipes omitted measurements, and we had to experiment. However, we adhered to the original recipes in style and wording to maintain a sense of authenticity. Although the multiple versions of some recipes, such as those for fried chicken, may appear redundant, their inclusion reflects not only our families' assimilation to American society but also our pure affection for hearty, comfort foods. Moreover, the numerous dessert recipes honor the great bakers in our family and remind us that no family gathering is complete without sweets.

We hope you will enjoy these recipes, for they illustrate the deep and growing roots of our family and its history in food.

Cheryl

Cheryle Miyao-Quock



Diane

Diane Wong



Annette

Annette Chan



Yvonne

Yvonne Chan Cheng



Email us with comments or questions: Lowecookbook@yahoo.com

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This book is dedicated to the great cooks in our family.



Ching Lowe Family

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Appetizers





Appetizers

Crab Wonton

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Easy Cha Siu Bow for a Party

Mini Shrimp Rolls

Lumpia

Paper Wrapped Chicken

Art's Onion Pancake

Minced Clam Dip

Spinach Dip

Salsa

Crab Wonton

Source: Gladys Louie

Submitted by: Mary Lowe

Use sweetened chili sauce for dipping.

Two 8 oz. pkgs cream cheese, softened

4 stalks chopped green onions

1 small can water chestnuts, chopped

Dash Worcestershire sauce

6 oz. - 8 oz. crab meat or imitation crab, shredded

1 package wonton skins

Mix together cream cheese, green onions, water chestnuts, Worcestershire sauce, and crab. Fill wonton skins with filling and fold accordingly. Deep fry and drain on paper towel.

Fried Wonton

Source: Gladys Louie

Submitted by: Mary Lowe

Got the filling recipe from Auntie Gladys, who originally got the recipe from Parks & Recreation.

2-3 lbs. ground pork

½ lb. shrimp, cleaned and chopped

2-3 Chinese black mushrooms, finely chopped

1 can water chestnuts, finely chopped

2 packages wonton skins

Dash powdered garlic, salt and pepper

1 t. soy sauce

½ t. sesame oil

Combine all ingredients, except wonton skins. Place about 1 teaspoon meat mixture on a wonton skin; fold the square diagonally and use egg whites or water to seal. Deep fry and drain on paper towel.

Fried Stuffed Chicken Wings

Source: *Treasured Recipes From Two Cultures - American and Chinese*, St. Mark's United Methodist Church, 1969

Submitted by: George Louie

16 chicken wings, boned (about 3 lbs.)

¼ lb. ham (preferable Virginia Ham), cooked and sliced matchstick thin

OR 3 Chinese sausages (lop cheung), pre-steamed 15 minutes and sliced in matchstick slivers

¼ c. (1 lb. size) bamboo shoots (jook soon), cut into matchsticks

AND/OR ⅓ c. celery, cut into matchsticks

8 large dried Chinese mushrooms (shitake), pre-soaked for 2 hours and sliced fine

Green onions or scallions, white part, sliced thinly

To bone chicken wings:

Wing portion is in three sections, i.e. little drumstick, wing, and tip. Start with the little drumstick, cut tendons at top, cut down with sharp boning knife, removing meat from bones and continue on to the wing section. Leave the tip as it is because it is used as a handle. This is not difficult to do and improves with practice. A few small holes may occur but keep to as few as possible.

Marinate boned chicken wings for several hours with:

2 T. or more soy sauce

½ t. garlic powder or chopped garlic

2 t. rice wine

Hoisin sauce

1 t. fresh or ground ginger (optional)

Stuff marinated chicken wings with sliced ingredients. Dip chicken wings into the "Jow" brand fry mix batter or any deep fry batter. Fry in hot oil until golden brown. OR if prefer not to have batter, dip wings in flour, then in milk, then in an unseasoned flour and cornstarch mixture. May be fried in an inch of oil in electric skillet.

Variations: The stuffed chicken wings may be steamed about 25 minutes (no batter), then pan fry in a little oil until lightly brown. Serve with thickened gravy.

Curry Crescents for a Party

Source: Evelyn Wong

Submitted by: Diane Wong

Pillsbury crescent dough (in the refrigerator section at the grocery store)

Ground beef

Curry

Onion (chopped)

Salt and pepper (to taste)

1 egg (beaten)

Oil for frying

Add 1 tablespoon oil to pan and cook onion until translucent. Add beef and brown meat. Add spices to taste. Cool mixture. Spoon into pre-made dough. Roll into crescents according to package instructions. Brush tops with egg for a shiny glaze. Bake on cookie sheets in oven at 350°F for ~10 minutes or until golden brown.

Easy Cha Siu Bow for a Party

Source: Evelyn Wong

Submitted by: Diane Wong

Pillsbury biscuits (in the refrigerator section at the grocery store)

Cha siu (Chinese BBQ pork)

Green onion (chopped)

Hoisin sauce

Soy sauce

Sugar (not too much)

Cornstarch (just enough to thicken the sauce)

1 egg (beaten)

~ 2" cut wax paper squares

Cook cha siu, green onion, hoisin, soy sauce, a little sugar and cornstarch in a pan until sauce is thickened. Cool. Meanwhile, peel off pre-made biscuit dough and flatten into circles. Put a spoonful of meat into the center of each dough circle. Fold up the sides of the dough and pinch closed. Put wax paper squares on a cookie sheet and put the bow on the wax paper. Brush top of bows with egg glaze. Bake at 350°F for ~10 minutes or until golden brown.

Mini Shrimp Rolls

Source: Unknown

Submitted by: Mary Lowe

These are good--and you don't have to fry them.

1 pound medium cooked shrimp, peeled and deveined
6 oz. reduced-fat cream cheese
1 c. shredded part-skim mozzarella cheese
1½ c. finely chopped cabbage
3 green onions, finely chopped
½ c. shredded carrot
1 T. reduced sodium soy sauce
2 garlic cloves, minced
48 wonton wrappers
2 T. flour
3 T. water

Chop shrimp; set aside. In a mixing bowl, beat cream cheese until smooth. Add mozzarella cheese, and mix well. Stir in the cabbage, green onions, carrot, soy sauce, garlic and shrimp. For each shrimp roll, place 1 T. of shrimp mixture across the bottom third of a wonton wrapper to within ¼ inch of bottom and side edges. Combine flour and water until smooth, brush a ¼ inch wide strip on side edges and fold side edges over 1/4 inch. Brush side edges and top edge with water mixture. Fold bottom third of wonton wrapper over filling, then bring top over and pinch edges to seal completely.

Lightly spray rolls with nonstick cooking spray. Place on a baking sheet coated with nonstick cooking spray. Bake at 400°F for 15-18 minutes or until golden brown, turning once. Serve warm. Yield: 4 dozen.

Lumpia

Source: Shirley Wong-Jose

Submitted by: Shirley Wong-Jose

They always disappear fast at any potluck party. Tim and Jessica love this Filipino version of Chinese egg rolls!

1 package eggroll skins

~1 lb. ground beef (ground turkey or chicken may be substituted.)

1 package frozen vegetables (mixed peas, corn, and carrots work well.)

1 diced potato

oil for frying

soy sauce, oyster sauce, salt and pepper for seasoning

Brown meat in skillet. Season with salt, pepper, oyster sauce, and soy sauce to taste. Add potato. Just before removing from heat, add frozen vegetables. Note: The vegetables will still look semi-frozen when filling is removed from the heat, but will finish cooking during the frying of the lumpia. Let filling cool. Wrap in egg roll skins. Heat oil in wok or skillet and fry lumpia until golden brown. Serve with soy sauce or sweet and sour sauce.

Paper Wrapped Chicken

Source: Lydia Lowe

Submitted by: Mary Lowe

2 lbs. chicken thighs and breast meat, cut into pieces

5 whole green onions, cut 1" length

Coriander leaves

Marinade:

3 T. soy sauce

3 T. dry sherry

3 T. hoisin sauce

1 T. sesame oil

1 T. sugar

Dash pepper

Mix together marinade - marinate chicken in marinade for at least 30 minutes. Wrap in foil or parchment with coriander and green onions. Deep fry 6-8 packets at a time for about 3 minutes or oven bake at 400°F for about 12 minutes.

Useful hint: wrap and freeze into batches. Whenever needed, defrost (30 min.) and cook.

Art's Onion Pancake
Source: Art Wong
Submitted by: Diane Wong

Art made these for his kids, Nat and Courtney, when they were growing up. They make a great, quick snack.

flour tortillas
green onions
oil for frying

Drizzle a little oil in heated pan and place 1 tortilla in pan. Sprinkle a generous amount of chopped green onion on top. Fold tortilla in half. Brush with oil. Flip and fry until crisp. Cut into wedges. Serve immediately.

Minced Clam Dip
Source: Unknown
Submitted by: Karen Miyao

Our family loves this dip. Whenever I make this for a party, I have to make a separate serving for our family or else it will disappear before our guests have arrived!

2 (3 oz.) pkgs of cream cheese
1 (7 oz.) can minced clams
½ clove garlic, grated fine
2 t. lemon juice
4 T. clam juice
Salt to season

Allow cream cheese to soften to room temperature. Drain juice of clams and reserve 4 tablespoons. Blend all above ingredients. Season with salt. Refrigerate. Serve with plain potato chips. Makes 1 cup.

Spinach Dip

Source: Knorr's

Submitted by: Mary Lowe

This is a great party/potluck dip. This recipe is from the Knorr's Leek Soup box and has been around for years.

1 round French bread
1 baguette French bread
1 (10 oz.) package frozen chopped spinach
1½ c. sour cream
1 c. mayonnaise
3 chopped green onions
8 oz. chopped water chestnuts
1 pkg Knorr Leek or Vegetable soup mix

Thaw and squeeze chopped spinach until dry. Stir together spinach, sour cream, mayonnaise, soup mix, water chestnuts, and green onions. Blend well. Cover and refrigerate two hours. Stir before serving.

Cut off the top of the bread similar to a lid. Spoon out inside of bread. Pour mixture into bread shell. Put lid back on bread until ready to serve.

Slice baguette French bread and cut into halves. Bread that was spooned out can be toasted and used for dipping.

Salsa

Source: Karen Miyao

Submitted by: Cheryle Miyao-Quock

This is Mom's classic salsa. Remove the veins and seeds from the jalapeno for a milder salsa.

½ medium red onion, chopped
1 large can stewed tomatoes, chopped
2 fresh tomatoes, chopped
2 stalks green onions, chopped
4 cloves garlic, chopped
1 jalapeno, chopped
1 Anaheim chili, chopped
½ c. cilantro leaves, chopped
Salt & pepper to taste

Combine all ingredients. Serve with tortilla chips. Food processor can also be used to create this salsa.



Breads





Breads

Armenian Bread

Banana Nut Bread

Zucchini Bread

Chinese Bow (Steamed)

Bow

Baked Barbeque Pork Bun

Green Onion Buns (Hua Juan, Flower Rolls)

Pumpkin Pancakes

Snack Rolls

Perfect Biscuits

Chinese Donuts (Yow Til or Fried Ghost)

French Toast

Armenian Bread

Source: Becky Ferguson

Submitted by: Karen Miyao

Makes beautiful loaves.

5 lbs. flour
2 c. sugar (save ½ c. to mix with yeast/warm water)
2-3 t. Mahleb*
1 dozen eggs
1 12 oz. can evaporated milk
1 can warm water (12 oz.)
2 t. vanilla
2 pkgs dry yeast
1 lb. butter

Sesame seeds

Dissolve yeast in warm water with ½ c. sugar (let it get a fair amount of foam on it). Melt butter. Beat eggs slightly.

Put flour in a large bowl and make a hole in center. (I mix up all the dry ingredients first—flour, 1½ c. sugar, Mahleb, and then make a hole in center and put in liquids). Add all the rest of the ingredients (dump in the hole) and mix well. Knead for 30 minutes or until dough is no longer sticky. Let rise for 3-4 hours.

Roll into strands, approximately 12"-14" long and ¾" thick. Braid three strands to make a loaf (cover and let rise in warm place); can get 3 loaves to a jelly roll pan (grease the pans). Makes 12-14 loaves. You can make smaller strands and get more loaves, if you wish. By the time you get the last loaves made, the first pan should be ready for the oven. Just before baking, brush lightly with beaten egg and sprinkle with sesame seeds.

Bake 325°F for 20-25 minutes.

*Mahlab is a spice made from dried and ground sour black cherry pits, used in the Middle East (Greece, Turkey, Syria). Mahlab has a highly fragrant nutty, bittersweet, sour taste. Can be purchased at Middle Eastern stores or on-line.

Banana Nut Bread

Source: Daisy Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

You can add raisins with the nuts. This bread tastes very good sliced and toasted.

½ c. shortening
1 c. sugar
2 eggs
2 c. flour
1 t. salt
½ t. soda
½ t. baking powder
1 c. chopped nuts
3 very ripe bananas mashed

Cream shortening and add sugar; beat eggs and add to creamed mixture. Sift dry ingredients and add to creamed mixture. Add mashed bananas and mix well. Add nuts and put in greased loaf pan. Bake in 350°F oven for 1 hour.

Zucchini Bread

Source: Lydia Lowe

Submitted by: Mary Lowe

1 c. oil
2 c. sugar
3 eggs
2 c. peeled/shredded zucchini
3 t. vanilla
3 c. flour
1¼ t. salt
1 t. baking soda
¼ t. baking powder
1 t. cinnamon
½ c. chopped walnuts or raisins

Mix oil, sugar, eggs, zucchini and vanilla. Sift together flour, salt, baking soda, baking powder and cinnamon. Add to first mixture. Stir in nuts or raisins until blended. Bake in two greased and floured 9x5-inch loaf pans at 325°F for 1 hour. Makes 2 loaves.

Chinese Bow (Steamed)

Source: Lydia Lowe

Submitted by: Evelyn Wong

8 c. flour
1 yeast cake or dry yeast
1 c. sugar
1 c. warm milk
1 c. warm water. If not enough, add more water
3 T. Crisco

Dissolve yeast in warm milk. Then add flour, Crisco, and sugar. Mix and knead a few times until smooth. Add more water if dough is stiff. Let dough rise in a warm place for about 1½ hours. Dough should be double in size. Punch dough down and pinch off a piece, about 2 inches in diameter. Spread out dough and fill with filling (see Edith Lowe's Bow recipe). Let buns rise again. Steam about 15-20 minutes.

Bow

Source: Edith Lowe

Submitted by: Evelyn Wong

Not quite 5 lbs. flour
1 rice bowl (about 1½ c.) lukewarm water
Dissolve 1½ cake yeast in above water
1 egg
1 c. sugar

Knead for 20 minutes. Let rise for 1-2 hours.

Stuffing:

1 lb. pork, minced
1 lb. char siu (Chinese BBQ pork)
Parsley
Onion
Mushroom
Lom yuey (fermented red bean curd)
Soy sauce
Salt

In a frying pan or wok, cook pork until done. Add onion and cook until translucent. Add mushroom and the rest of the ingredients. When done cooking, cool and use to fill the bow.

Baked Barbecue Pork Bun
Source: Daisy Chan and Denise Chan
Submitted by: Annette Chan & Yvonne Chan Cheng

When our mother finished making these buns for dinner, we could never wait to eat them, and we often ate more buns before dinner than during the meal. The recipe for the char siu (Chinese BBQ pork) was from Man Lung Grocery Store in Oakland Chinatown. The store made excellent char siu, and our grandmother (Daisy Chan) got the recipe from them.

Filling:

3-3 ½ lbs. pork butt, shoulder or tenderloin
4 T. dark soy sauce
2 T. light soy sauce
5 T. sugar
3 T. honey
2 T. hoisin sauce
1 T. grated fresh ginger
1 T. Shao Hsing rice wine or dry sherry
1½ t. salt
½ cube wet red bean curd (manufactured by Chan Moon Kee, Hong Kong)
⅛ t. saltpeter (potassium nitrate)*

Remove excess fat from the pork. Cut the pork into 2-inch-wide strips (with the grain).

Combine the dark soy sauce, light soy sauce, sugar, honey, hoisin sauce, ginger, rice wine or sherry, salt, bean curd, and saltpeter. Rub mixture over the pork. Cover and marinate in the refrigerator at least overnight or up to 3 days, turning several times.

Place the pork on a pan lined with foil. Roast for 30 minutes at 350°F, turning once halfway through. Increase the heat to 425°F and roast 10 minutes.

Let cool and dice.

Dough:

1 c. warm milk (105-110°F)
½ c. unsalted butter or ⅓ c. vegetable oil
¼ c. sugar plus 1 T. sugar
½ t. salt
1 package active dry yeast
¼ c. warm water (105-110 °F)
4. c. unbleached all-purpose flour
2 large eggs, room temperature

Mix together ¼ cup sugar and vegetable oil or cut the butter into the ¼ cup sugar. Mix together the yeast, ¼ cup warm water, and 1 tablespoon sugar. Mix together warm milk

and 2 eggs. Add the milk mixture to the oil/butter mixture. Add the yeast mixture.

Add 2 cups of flour and the salt. Mix together. Slowly add the remaining 2 cups of flour. Add just enough flour to keep dough from sticking to your hands. If dough is too sticky, add more flour (you can add up to 1 cup of extra flour). Dough should be very soft, but it should not stick to your hands.

Oil a pot. Put dough in pot. Coat the dough with a thin layer of oil. Cover the dough, and let it double in size in a warm location. Punch down the dough. Knead it into a ball. Cover the dough, and let it double in size again in a warm location.

Making the bow:

Egg wash:

1 egg yolk

½ t. sugar

1 t. water

Flatten a piece of dough, fill it with pork filling, seal the bow bottom, and invert the sealed end onto a greased pan. Repeat with the rest of the dough. Place the bow about ½ inch apart from one another. Let rise again. Bake at 375°F for 20 minutes. Mix together the egg, sugar, and water. Brush on egg wash when bows turn light brown. Cook a few minutes longer.

Makes 20 buns.

Note (to make plain buns with no pork filling):

You can also break off pieces of the dough, tuck ends of dough into the middle to make the dough a round shape (this is the preferred method; do not roll into balls). Invert the dough onto a greased pan about ½ inch apart from each other, let rise, and bake at 375°F for 20 minutes. Can brush egg wash on these buns, as well (see above).

*Saltpeter or potassium nitrate can usually be found in a drugstore.

Green Onion Buns (Hua Juan, Flower Rolls)

Source: Denise Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

2 T. Crisco shortening

1 package yeast

¼ c. warm water

2 T. sugar

1 t. salt

¾ c. hot water

4 c. flour

⅓-½ c. water

Crisco shortening

¼ t. salt

Chopped green onion

Vegetable oil

Put 2 tablespoons shortening in bowl. Sprinkle 1 package yeast on top of ¼ cup warm water. Sprinkle ½ tablespoon sugar on top of yeast and put rest of the sugar in bowl with shortening. Add 1 teaspoon salt to shortening. Add ½ cup hot water to shortening. Mix to melt the shortening. Mix yeast mixture with toothpick to dissolve the yeast. Add ¼ cup hot water to shortening mixture. When shortening mixture warm (not hot) add yeast mixture to it. Sift 4 cups flour into shortening mixture. Mix flour in slowly. Add ⅓ to ½ cup water as needed to just mix the flour in. Dough should be a little sticky. Knead until dough is smooth and doesn't stick to bowl (add flour if needed). Spread a little Crisco shortening on bottom of bowl and on top of dough. Cover bowl. Let rise in warm oven for 1-2 hours until double original size (note: to warm oven, set oven to 150°F, and turn oven off when preheated to 150 °F). Knead dough a little. Cover bowl. Let rise ½-1 hour in warm oven. Knead dough a little. Roll dough out to ¼-½ -inch thick square. Spread thin layer of vegetable oil on top of dough. Sprinkle salt on top of oil. Then sprinkle chopped green onion on top of dough. Roll dough up into a log, slice into chunks, and press down each chunk of dough with a chopstick. Place in steamer about 1 inch apart from each other. Let rise about 1-1½ hours at room temperature. Steam 20 minutes. You can also fill with pork filling to make bow, slice the steamed buns and toast the slices in a toaster oven, or top slices with ham and cheese.

Pumpkin Pancakes

Source: IHOP

Submitted by: Mary Lowe

These pancakes are only available during Halloween and Thanksgiving at IHOP. I found this recipe for them and now I can have them whenever I want.

2 eggs

1¼ c. buttermilk

4 T. butter, melted

3 T. canned pumpkin

¼ c. sugar

1¼ t. salt

1¼ c. all-purpose flour

½ t. baking powder

½ t. baking soda

¼ t. cinnamon

¼ t. allspice

Preheat skillet over medium heat. Coat pan with Pam cooking spray. Combine eggs, buttermilk, butter, pumpkin, sugar and salt in a large bowl. Use an electric mixer to blend ingredients. Combine remaining ingredients in a small bowl. Add dry ingredients to wet ingredients and blend with mixer until smooth. Pour the batter in ¼ c. portions into the hot pan. Should form 5-inch circles. When the batter stops bubbling and edges begin to harden, flip the pancakes. They should be dark brown. This will take from 1 to 2 minutes. Flip the pancakes and cook until dark brown.

Snack Rolls

Source: Karen Miyao

Submitted by: Cheryle Miyao-Quock

Mom makes these rolls for family gatherings and holidays.

2 packages active dry yeast

2 c. warm water

½ c. sugar

¼ c. shortening

1 egg

2 t. salt

6½-7 c. flour

1 egg yolk

1 T. water

Sesame seeds

Dissolve yeast in warm water. Stir in sugar, shortening, 1 egg, salt and 3½ c. of the flour. Beat until smooth. Mix remaining flour to make dough easy to handle. Place dough in greased bowl; then turn so greased side is up. Cover, refrigerate at least 2 hours. When dough rises, punch it down. Cut off amount of dough needed and return remaining dough to refrigerator. Dough can be kept 3 to 4 days. About 2 hours before baking, shape bits of dough into 1-to 1¼-inch rolls. Blend egg yolk and 1 tablespoon water, brush tops of rolls with mixture and dip into sesame seeds. Place 1 inch apart on greased baking sheet. Cover, let rise 1-1½ hours. Bake at 400°F for 10 minutes. Can be split and filled for little sandwiches.

Perfect Biscuits

Source: Lydia Lowe

Submitted by: Mary Lowe

2 c. flour

½ t. salt

4 t. baking powder

½ t. cream of tartar

2 t. sugar or more if necessary

½ c. shortening

¾ c. milk

Sift flour, salt, baking powder, cream of tartar and sugar together. It's wise to sift 3 times. Cut in shortening. Use blending fork and cut shortening in flour into coarse cornmeal size.

Measure ¾ cup milk. Make a well in dry ingredients. Add almost all the milk. Stir just until dough follows fork around bowl. Now add rest of the milk if necessary.

Flour board and cut with biscuit cutter. Lay next to each other so sides will not dry. Heat oven to 450°F. Bake 12-15 minutes (watch closely).

Don't knead anymore than you have to. Kneading makes biscuits hard.
Can be used for strawberry shortcake, but use more sugar.

Chinese Donuts (Yow Til or Fried Ghost)

Source: Daisy Chan

Submitted by: Evelyn Wong

6 c. flour
2 c. warm water
1 yeast cake
2 t. salt
1 t. sugar
¼ c. lime water (or ½ t. for softer donuts)

Dissolve yeast in warm water. Pour the water into the flour, salt, sugar, and lime water, and mix well. Cover bowl with a wet dishtowel and be careful not to touch the dough with the towel. Let dough rise in a warm room away from draft. When the dough has risen to twice the size, take the dough out of the bowl and knead it like bread, only thinner.

Cover with wet towel again and let it rise again. Third time, knead and roll it on a board about ¼-inch thick. Cut strips out 3 inches long and pull a little. Set on board until it rises again, or twice the size. Fry in deep fat and drain on paper. Cover dough with wet towel every time while waiting for it to rise.

Alternative method:

3 c. flour
½ yeast cake
1 ½ t. salt
1 ½ t. sugar
½ c. water
½ t. lime water

Dissolve yeast in warm water. Pour the water into flour mixture as in directions above and mix well. Let it rise. Follow directions as above.

*Note: If you don't feel like making these from scratch, you can buy Bridgeford's frozen bread dough. It may not taste as good, but it's less time consuming.

French Toast

Source: Carlton Chan

Submitted by: Carlton Chan

Bread, preferably fresh baked, sliced

5 eggs

Cinnamon

$\frac{1}{8}$ c. oil

3 t. vanilla extract

$\frac{3}{4}$ c. milk

Powdered sugar

Frozen fruit (strawberry, mixed berry, blueberry)

Beat eggs, milk, cinnamon, and vanilla extract with an electric mixer until well mixed. Soak both sides of a slice of bread with the egg mixture. Fry with oil until light brown on both sides. Repeat with the remaining slices of bread. Arrange the bread on a plate. Place fruit on top of the bread. Lightly dust with powdered sugar. Serve with maple syrup.

Soups & Salads





Soups & Salads

Post-Holiday Dinner Jook (Rice Congee)

Shrimp Wonton

Potato Salad

Old Country Potato Salad

Macaroni Salad

Asian Noodle Salad

Spicy Cold Noodles

Spicy Thai Noodles

Cold Duck Salad (Leung-ban knop)

Cabbage Salad

Margaret's Chicken Salad

Cantonese Chicken Pineapple Salad

Spinach Salad

Strawberry Spinach Salad

Broccoli Salad

Post-Holiday Dinner Jook (Rice Congee)

Source: Karen Miyao

Submitted by: Cheryle Miyao-Quock

Mom makes this jook after every Thanksgiving and Christmas, using the bones from the turkey and ham. For a thicker consistency, add more rice.

Turkey carcass

Ham bone

1 c. sweet rice

½ t. white pepper

1 t. salt

Water - enough to cover the bones (or use homemade broth*)

1 T. chicken bouillon or more to taste

8-10 dried shitake mushrooms

Wash rice. Add rice and remaining ingredients to large pot (10 qt). Bring to boil and simmer for 2½-3 hours. Remove carcass and/or bones.

*Broth can also be made from the turkey neck bone boiled with onions, carrots and celery.

Shrimp Wonton

Source: Evelyn Wong

Submitted by: Diane Wong

¾ lb. shrimp (washed and de-veined)

1¼ t. salt

½ lb. pork (minced or ground)

1 t. grated ginger

1 t. sugar

White pepper (to taste)

1 T. soy sauce

1 T. dry sherry or rice wine

2 t. sesame oil

2 t. cornstarch

2 green onions

6 water chestnuts, chopped

1 package wonton skins

1 egg (beaten)

Chop shrimp into small pea-sized morsels. Mix with ¼ t. salt and set aside. Mix together pork, ginger, sugar, white pepper, and remaining salt, soy sauce, sherry, sesame oil, cornstarch, green onions and water chestnuts. Mix well. Fold in shrimp mixture. Set aside for 30 minutes. Fold wonton. Drop in boiling water until dumplings float. Then transfer to soup. Add Chinese mushrooms and bok choy if desired.

Potato Salad

Source: Captoria Young (Cousin Cappy)

Submitted by: Annette Chan & Yvonne Chan Cheng

This is a crunchy, tasty, hearty potato salad that Cousin Cappy and Cousin Ray prepared for summer barbecues at their Sacramento home.

3 lbs. potatoes
1 ½ c. shredded lettuce
¾ c. dry onion, chopped medium size
1 ½ c. Best Food mayonnaise
2 T. prepared mustard
Some bacon chips (small amount)

Boil potatoes until tender*. Peel, cool well, and dice. Place potatoes in large mixing bowl. Pour in all above ingredients. Mix well, cover and place in refrigerator for about 1 hour before serving.

*Cooking the potatoes: Cover potatoes with water. Bring to boil. Simmer covered for 30-40 minutes or until tender.

Old Country Potato Salad

Source: Recipe modified from the Old Country Potato Salad Recipe seen on *Cook Off America*, 2000

Submitted by: Annette Chan

3 lbs. potatoes, cooked and chopped (Yukon Gold is good.)
10 hard-boiled eggs, chopped coarsely
½ red onion, chopped (about ¾ c.)
2 dill pickles, chopped

Dressing:

1½ c. mayonnaise
1-2 T. Dijon mustard
1 t. salt
½ t. pepper
½ t. paprika
1 t. dried dill
Lemon juice from one small lemon

Put potatoes, eggs, onion, and pickles in a bowl. Mix together dressing ingredients. Pour dressing over potatoes. Mix.

Macaroni Salad

Source: Evelyn Wong

Submitted by: Diane Wong

½ bag (~8 oz.) macaroni
2 eggs (boiled)
1 stalk celery (chopped)
½ t. onion (chopped, optional)
Salt and pepper (to taste)
Paprika (to taste)
½-¾ c. mayonnaise
1 T. sweet pickle relish plus some relish juice

Boil macaroni in salted water until tender. Drain and cool. Meanwhile chop boiled eggs, celery, and onion. When macaroni is cool, add in chopped ingredients and enough mayonnaise to moisten. Add spices, pickle relish, and relish juice to taste. Chill and serve.

Asian Noodle Salad

Source: Evelyn Wong

Submitted by: Diane Wong

Dressing:

¼ c. balsamic or Chinese dark vinegar
3 T. peanut butter
3 T. oil
1 T. sesame oil
2 T. soy sauce
1 t. hot pepper sauce
2 T. sugar
½ t. black pepper

Salad (choice and proportions of ingredients may vary):

½ lb. cold long noodles, cooked and drained
Lettuce (broken into bite-size pieces)
Chicken meat (cooked and shredded)
Cucumber
Bean sprouts
Cilantro
Green onion
Shredded carrot

Mix dressing and pour over salad ingredients. Top with toasted peanuts or sesame seeds.

Spicy Cold Noodles

Source: Unknown

Submitted by: Elsie Ng

1 lb. thin dry or fresh Chinese noodles
3½ T. sesame oil
3½ T. black soy sauce
1½ T. Chinese rice vinegar
2 T. sugar
1 t. salt
½ to 1 T. chile oil
4-6 T. chopped green onions
Char-siu (Chinese BBQ pork) or cooked chicken breast for garnish

Cook noodles according to package directions. Rinse with cold running water. Drain, place in a large bowl, and set aside. In another bowl, blend the sesame oil, soy sauce, vinegar, sugar, salt, chili oil, and green onions to make sauce. Pour over noodles and toss gently to mix. The chili flavor will become more pronounced within a few hours. For best flavor, cover and set aside for several hours at room temperature, or store overnight in refrigerator. Toss gently before serving to redistribute the seasonings. If desired, garnish with thin slices of char-siu or shredded chicken.

Spicy Thai Noodles

Source: California the Beautiful Cookbook

Submitted by: Karen Miyao

½ c. (4 oz.) smooth peanut butter
2 T. lemon or lime juice
¼ c. (2 oz.) soy sauce
1 t. red pepper flakes
3 T. sesame oil
10 drops hot chile oil
1 lb. spaghetti, linguine or other thin pasta
¾ c. (6 oz.) olive oil
8 green onions, washed, trimmed and cut diagonally into ½" pieces
⅓ c. chopped cilantro
A few cilantro sprigs
2 T. chopped peanuts

To make sauce, whisk together until smooth the peanut butter, lemon juice and soy sauce, then blend in the red pepper flakes, sesame oil and hot chile oil; set aside. Cook the pasta in plenty of boiling salted water until done. Drain it thoroughly, then toss with the olive oil. Let it sit until cooled to room temperature, tossing frequently. Pour the peanut mixture over the noodles and toss to coat. Add the green onions and cilantro leaves and toss to combine. Mound the noodles in a bowl, or spread them on a platter, and garnish with chopped cilantro sprigs and chopped peanuts. Serves 6-8.

Cold Duck Salad (Leung-ban knop)

Source: Daisy Chan

Submitted by: Diane Wong

My mom once sent this recipe in as an entry in a salad contest. It didn't win, but it's a good recipe.

Dressing:

Hoisin sauce

Mustard (mix dry mustard powder with water, then mix with oil until shiny)

1 can lychee

1 can pineapple

Ketchup

Cornstarch

Bath for veggies:

1 c. sugar

1 c. vinegar

2 c. water

Salad ingredients:

Green onion (chopped)

Duck meat (shredded)

Celery (chopped)

1 bell pepper (chopped)

Carrot (chopped)

Sesame seeds

Make a sweet and sour sauce (dressing) by mixing lychee water, pineapple juice, ketchup and cornstarch. Heat in a saucepan to cook. Add hoisin and mustard. Let cool.

Chop the vegetables and soak in salted water until soft (~½ hour). Then rinse well.

Meanwhile, boil together sugar, vinegar, and 2 cups water.

Briefly soak the now soft veggies in the hot sugar-vinegar water that has been boiled and remove.

Add sliced duck and green onion, and mix with the sweet and sour sauce dressing. Garnish with sesame seeds, lychee and pineapple pieces.

Cabbage Salad

Source: Unknown

Submitted by: Karen Miyao

This is a simple and flavorful salad. For a large crowd, I recommend doubling or tripling the recipe.

½ head cabbage, chopped thinly

2 T. sesame seeds, toasted

⅛ c. salad oil

⅛ c. sesame oil

3 T. rice vinegar

2 T. sugar

Salt & Pepper

1 package flavored ramen noodles (preferably Nissin chicken flavored ramen noodles)

Chopped cooked chicken, optional

Minced green onions, optional

Mix sesame seeds, oils, vinegar, sugar, and salt/pepper to taste in a jar. Shake to mix. Pour over chopped cabbage. Mix. Crumble flavored noodles over cabbage and toss. Serve. For variety, add cooked and shredded chicken and green onions.

Margaret's Chicken Salad
Source: Shirley Wong-Jose
Submitted by: Shirley Wong-Jose

This is a favorite at family get-togethers and holiday parties.

½ c. peanut oil
1 T. sugar
3 T. cider vinegar
1 pkg ramen noodles
½ -1 head Napa cabbage
3-4 green onions
3 T. slivered nuts (peanuts, walnuts, or almonds)
1 cooked, shredded chicken breast

Dressing:
Dash sesame oil
1 t. salt
½ t. black pepper
Hoisin and a little soy sauce
1-2 t. sugar
Cilantro
Sweet Chinese preserved scallions
Mandarin orange slices or pineapple

Combine salad ingredients in large bowl. Proportions may be varied depending on how big a salad you want to make. Mix dressing ingredients. The sugar balances the hoisin (plum) sauce. If you want to skip the sugar, then skip the hoisin. Garnish with cilantro and, if desired, with Mandarin orange or pineapple slices. Note: The addition of fruit tends to make the salad wet, so add the fruit last, just before serving.

Cantonese Chicken Pineapple Salad

Source: Daisy Chan

Submitted by: Evelyn Wong

1 chicken breast (cooked and shredded)
1 head lettuce (chopped to bite size)
½ t. dry mustard
1 t. Chinese salt
3 stalks green onion (julienned, including the green tops)
1½ c. or 1 bunch cilantro (cut coarsely)
1 T. toasted sesame seeds
1 T. sesame oil
¼ c. vegetable oil
1 can pineapple tidbits, well-drained
½ c. cashew nuts (chopped coarsely)
1½ c. noodles or long rice for frying

Toss chicken, lettuce, onion, cilantro, sesame seeds, mustard, Chinese salt, and sesame oil together. Chill for 2 hours. Then add 1 can pineapple tidbits, well drained, and cashew nuts. Toss again. Decorate the salad with ~ 1 ½ cups fried long rice or fried noodles. Long rice should be deep fried in oil until it puffs up. Use a 2 quart sauce pan with about 2 inches of oil.

Spinach Salad

Source: Shirley Wong-Jose

Submitted by: Shirley Wong-Jose

8 c. spinach
1 lb. bean sprouts
Bacon
Hard-boiled eggs

Dressing:

½ c. oil
¼ c. catsup
¼ c. cider vinegar
¼ c. sugar
1 grated onion
1 T. Worcestershire sauce
½ t. salt

Mix salad ingredients in a salad bowl. Mix dressing ingredients and mix in with the salad. Chill and serve.

Strawberry Spinach Salad

Source: Fran Kanemoto

Submitted by: Karen Miyao

Dressing:

½ c. sugar

1 T. toasted sesame seeds

1 T. toasted poppy seeds

½ c. olive oil

½ c. cider vinegar

½ t. paprika

½ t. Worcestershire sauce

Mix all ingredients.

Salad:

1 bunch spinach

1 pint strawberries, sliced

Toasted slivered almonds

Slivered red onions (optional)

Toss salad with dressing.

Broccoli Salad

Source: Tiffany Gee

Submitted by: Cheryle Miyao-Quock

This easy dish is great for a BBQ or summer gathering. I don't suggest making this ahead of time because the broccoli will lose its crunch. (The vinegar "cooks" the broccoli.)

2 lbs. broccoli florets (Costco size bag)

2 c. mayonnaise

1 c. sugar

2 T. balsamic vinegar

½ red onion, sliced into rings

3-4 strips cooked bacon, crumbled

Combine mayo, sugar, and balsamic vinegar to create the dressing. Toss dressing with broccoli, onions, and bacon. Serve immediately.

Side Dishes





Side Dishes

Hamburger with Baked Beans

Beans (Pop's style)

Bitter Melon (Fu Gua Gai)

Curry Coconut Milk Eggplant

Melanzana al forno (Baked Eggplant)

Creamed Spinach

Stir-Fried Baby Bok Choy

Stir-Fried Summer Squash

Stir-Fried Tofu with Oyster Sauce

Baked Artichokes

Sticky Rice (Naw Mai Faun) (Gladys Louie)

Sticky Rice (Daisy Chan)

Sticky Rice (Annette Chan)

Sticky Rice Cake (Naw Mai Go)

Idaho Potato Pancake

Taro Root Cake (Wu Tao Go)

Sweet Rice Cake

Rice Pilaf

Stuffing for Turkey

Stuffing

Fried Apples

Hamburger with Baked Beans

Source: Jess

Submitted by: Mary Lowe

From Jess, a CHP co-worker, who always had us celebrate Groundhog Day every year. He made this for the celebration and everyone loved them. I've been making these beans since 1972.

1 medium chopped onion
1 lb. ground beef
2½ lb. can Van de Kamps Pork & Beans
½ c. molasses
½ c. catsup
3 strips bacon cut into small pieces
½ t. dry mustard
1 pinch salt
Worcestershire sauce to taste

Sauté bacon and chopped onion. Brown ground beef with the bacon and onion. Add Pork & Beans, molasses, catsup, dry mustard, salt and Worcestershire sauce. Mix and pour into casserole or baking dish. Bake 375°F oven for ½ hour. After baking you may garnish with tomato slices or wedges.

Beans (Pop's style)

Source: Sam Wong Sr.

Submitted by: Diane Wong

This is the recipe my grandfather, aka "Pop", used as an army cook in Paris in WWI. My mom made it a lot for family dinners.

2 lbs. pink beans (wash and clean)
4 cloves garlic
2 bay leaves
½ c. vinegar

Combine in pot. Cover beans with water and bring to boil. Then add ½ c. vinegar, bay leaves and garlic; boil for ¾ hour or until tender.

Season with:

1 t. pepper
1 T. sugar
2 T. salt
½ bottle catsup (~7 oz.) or to taste

Add hot dogs (sliced at an angle) to cooked beans.

Bitter Melon (Fu Gua Gai)

Source: George Louie

Submitted by: George Louie

Karen loves this dish.

2 bitter melons, seeds removed and cut into 1" strips

1 lb. chicken (breast OK) or pork

2 t. black bean & garlic sauce

7 oz. chicken broth (½ can)

sugar

oil

cornstarch

¼ t. sesame oil

Stir fry chicken/pork in oil, and add black bean and garlic sauce and a little sugar. Add chicken broth and melon. Stir-fry for 5 minutes. Mix cornstarch with water and add to chicken to make a gravy. Add ¼ teaspoon sesame oil to dish before serving.

Curry Coconut Milk Eggplant

Source: Carlton Chan

Submitted by: Carlton Chan

3-4 handfuls of mushrooms, any kind is fine, sliced

2 large eggplants or 4 Japanese eggplants, cut into ¾-inch cubes

1 can (13.5 oz.) coconut milk

3-4 T. curry powder

¾ c. soy sauce

3 packs of vermicelli

2 cans chicken broth

1 red onion, chopped

¼ c. oil

Place vermicelli in boiling water and let sit for 5-7 minutes. Preheat wok, and then add the oil. Place mushrooms, eggplant, and onion in wok. Stir fry until the oil coats the vegetables and mushrooms. Stir fry for 4-5 minutes more. Add 1 can of chicken broth and the vermicelli. Mix. Let mixture come to a boil. Cover and simmer until eggplant is soft. Mix in coconut milk and soy sauce. Mix in the curry powder. Cover and cook for 2 minutes. Add second can of chicken broth until the sauce lightens. Can add more soy sauce to taste.

Note: If you do not have a large wok, you can cut the recipe in half.

Malanzana al forno (Baked Eggplant)

Source: Unknown

Submitted by: Diane Wong

Although the big round eggplants are better for stuffing, I have sometimes substituted the thinner-skinned, oblong Japanese eggplant in this recipe as I think the skin on these eggplants isn't as bitter tasting.

2½ lbs. eggplant
4 T. olive oil
3 cloves garlic, minced
1 t. salt
⅓ to ½ c. pine nuts (or substitute walnuts)
2 c. peeled tomatoes (with liquid)
2 T. minced fresh parsley
½ t. basil
fresh ground black pepper to taste
⅓ c. grated Parmesan cheese
½ c. dry breadcrumbs
2 eggs, beaten
½ lb. mozzarella, cut into strips

Cut eggplants in half lengthwise. Scoop out the inside, leaving a ¼-inch layer inside the skin. Chop scooped out eggplant. Heat oil in a large pan. Add garlic. Add eggplant and salt. Sauté on high heat for about 10 minutes. Stir constantly until the eggplant just starts to turn color. Add the nuts, tomato chunks, parsley, basil, and a generous amount of black pepper. Stir the mixture. Turn down heat. Simmer for 10 minutes. Add Parmesan cheese and breadcrumbs. Stir thoroughly. Mixture should be moist but thick, not runny. Add more breadcrumbs if needed and stir in eggs. Spoon into eggplant shells. Put mozzarella cheese on top. Bake in a 350°F oven for 35-40 minutes.

Creamed Spinach

Source: Lawry's Restaurant, Los Angeles

Submitted by: Cheryle Miyao-Quock

I got this recipe from the Lawry's Restaurant in Beverly Hills. The restaurant serves it with prime rib, but it also goes well with chicken and fish dishes. Believe it or not, this tastes best with frozen spinach, not fresh spinach.

1 10 oz. package frozen chopped spinach
2 slices bacon, chopped
½ c. finely chopped onion
2 T. flour
1 t. Lawry's Seasoned Salt
¼ t. Lawry's Seasoned Pepper
1 clove garlic, minced
1 c. milk

Cook spinach according to package directions. Drain well. Fry bacon and onion together until onions are tender, about 10 minutes. Remove from heat. Add flour, salt, pepper and garlic. Blend thoroughly. Slowly add milk, return to heat and stir until thickened. Add spinach and mix thoroughly. Makes 4 servings.

Stir-Fried Baby Bok Choy

Source: David Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

About 1-2 lbs. baby bok choy
About ¼ c. oil
3 cloves garlic, finely chopped
2 pieces ginger (optional)
About 2 t. salt
Chicken broth
About 3 t. cornstarch plus about 3 t. water

Separate the leaves of the baby bok choy, and wash them. Heat oil in a wok. Add garlic, ginger, and salt. Stir-fry about 15 seconds. Add baby bok choy. Stir-fry about 1-1½ minutes. Add chicken broth until cover about ¾ of the bok choy with chicken broth. Cover the wok. Let cook for about 4-6 minutes (check every 2 minutes, want bok choy to be tender but not mushy). Arrange bok choy on a plate. Mix some of the cornstarch and water mixture into the remaining chicken broth in the wok (want to thicken the sauce slightly), and stir-fry about 15-30 seconds. Pour sauce on the bok choy.

Stir-Fried Summer Squash

Source: David Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

2 T. oil

1-1½ lbs. summer squash, cut into 1/2-inch slices, peeled or unpeeled

1 T. chopped garlic

About 1 t. salt

Pepper

Heat the oil in a wok. Add garlic, salt, and pepper. Stir-fry until the garlic turns light brown. Add the squash and stir-fry it over medium heat, stirring and tossing occasionally, until the squash is tender, about 8-10 minutes.

Note: You can also add the squash, stir-fry about 1 minute, cover, and cook about 5 minutes. Be careful not to burn the squash if you cook it this way.

Stir-Fried Tofu with Oyster Sauce

Source: David Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

Our father would make this almost every day. The dish takes on the flavor of whatever you add to it (e.g. roast pork, roast duck, etc.). We often used whatever leftovers we had to make this dish.

About ¼ c. vegetable oil

About 1 t. salt

2 cakes of tofu (extra firm or silken or anything in between), cut into squares

About 2 T. oyster sauce

About 1 T. light or dark soy sauce

Peas, pieces of roast pork, etc. (optional)

Hot water or room-temperature chicken broth

About 3 t. cornstarch plus about 3 t. water

Heat oil and salt in wok. Add tofu, oyster sauce, soy sauce, and peas (or roast pork, or etc.). Add water or chicken broth to cover about 3/4 of the tofu. Stir-fry about 15 seconds. Cover. Cook about 1 minute. Check the tofu (it should be soft), and cook longer if necessary. Add some of the cornstarch and water mixture (want sauce to be slightly thickened), and stir-fry about 15-30 seconds.

Baked Artichokes
Recipe by: Diane Wong
Submitted by: Diane Wong

2 artichokes
~ ½ stick of butter (enough to drizzle over the artichokes)
2-3 cloves garlic (chopped fine)
Breadcrumbs
Parmesan cheese (optional)

Clean artichokes and cut stems and thorns off with scissors. Steam/boil for about 20-30 minutes or until the petals are soft enough to open the choke. In heatproof plate, place the artichokes stem-side down and open to form a flower. Meanwhile, melt butter in a pan and cook garlic for a minute or two. Drizzle garlic butter over opened up artichokes. Then sprinkle breadcrumbs and parmesan cheese. Cover plate with aluminum foil. Bake 350oF oven for another ½ hour.

Sticky Rice (Naw Mai Faun)
Source: Gladys Louie
Submitted by: Cheryle Miyao-Quock

Goo-Paw always makes this for the holidays. I don't know if she changes the recipe every time she makes it, but every year, it gets better and better.

3 c. sweet rice
2 c. long grain rice
1 t. salt

1 lb. lop cheung (Chinese sausage), steamed
6 shitake mushrooms, dice into small pieces
½ lb. ham, chopped
1 lb. char siu (Chinese BBQ pork), diced
2 ½ cans chicken broth (Swanson's chicken broth)
2 T. dried shrimp (optional)
Chinese whiskey (just enough to cover shrimp)
2 T. oyster sauce or to taste
3 stalks green onions

A few drops sesame oil
Chinese parsley (cilantro), chopped

Wash rice. Cook rice in broth and salt in rice cooker. Par boil dried shrimp, and then soak in whiskey. Add remaining ingredients to cooked rice. Drain shrimp and add to rice mixture. Before serving, add a few drops of sesame oil and garnish with Chinese parsley.

Sticky Rice

Source: Daisy Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

This is the sticky rice that our father, David Chan, would make every Thanksgiving.

2 c. Calrose rice (use rice cooker cup)

2 c. glutinous rice (use rice cooker cup, soak rice overnight in water)

Cook rice with chicken broth or water (4 cups in rice cooker).

Stir-fry in oil the following: diced Chinese sausage, diced ham, dried mushrooms (soaked in water, cleaned, stems removed, and diced), chopped green onions, and diced button mushrooms. Add cooked rice.

Add:

1 t. salt

1 T. dark soy sauce

2 T. oyster sauce

Mix everything together. If you cook the rice with broth instead of water, omit the salt and use less soy sauce and less oyster sauce.

Sticky Rice

Source: Annette Chan

Submitted by: Annette Chan

This is a relatively quick way to make sticky rice. You basically cook everything together in a rice cooker and then add the seasonings. You don't need to stir fry this.

2 Chinese pork sausages, diced

¼ lb. cooked ham, diced

2 c. sweet rice (regular cups, not rice cooker cups)

3 c. cold water

1 green onion, finely chopped

½ t. salt

1 T. oyster sauce

1½ t. dark soy sauce

Chinese dried black mushrooms (soak in warm water for 30 minutes). Rinse, squeeze dry, remove and discard the stems, and dice.

Wash rice in 4 changes of water. Steam rice in rice cooker with Chinese pork sausages and mushrooms. Mix together the salt, oyster sauce, and dark soy sauce, and add this mixture to the rice, along with the ham and green onion. Mix together gently (don't want to turn the rice into a paste). Can be used as stuffing for poultry.

Sticky Rice Cake (Naw Mai Go)

Source: Daisy Chan

Submitted by: Evelyn Wong

3 c. water

3 c. rice flour

¼ t. five spice powder

½ t. salt

1 c. cooked glutinous rice (Naw Mai)

¼-½ t. gon suey (potassium carbonate solution, Koon Chun brand), optional

2 c. mix ingredients (see below)

Mix and stir fry (chow):

Salted pork, cut into small pieces

Ham, cut into small pieces

Chinese sausage (lop cheung), cut into small pieces

Dried shrimp (pre-soaked)

Mushroom (pre-soaked), cut into small pieces

Oil pan. Mix together all ingredients, pour into greased pan, and steam for 3 hours.

Idaho Potato Pancake

Source: Edith Lowe

Submitted by: Karen Miyao

This is my mom's recipe per Auntie Gladys.

3 medium Idaho potatoes, peeled and grated

½ c. flour (or just enough to make it into the consistency of pancake batter)

½ t. salt

2 strips bacon, cut and fried

2 T. dry shrimp (soaked in water for ½ hour)

½ c. green onions, chopped

½ c. cilantro, chopped

Stir fried ong choy or minced turkey, optional

Mix all ingredients together. Fry like a pancake. Delicious with ketchup.

Taro Root Cake (Wu Tao Go)

Source: Daisy Chan

Submitted by: Evelyn Wong

2 c. water

2 c. rice flour

¼ t. five spice powder

1 t. or less salt

1 c. taro root (diced small)

1-1½ c. mix ingredients ("chow" recipe below)

Mix and stir fry (chow):

Salted pork, cut into small pieces

Ham, cut into small pieces

Chinese sausage (lop cheung), cut into small pieces

Dried shrimp (pre-soaked)

Mushroom (pre-soaked), cut into small pieces

Oil pan. Mix together all ingredients, pour into greased pan, and steam for 3 hours.

Sweet Rice Cake

Source: Daisy Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

Traditionally eaten during Chinese New Year.

1 lb. glutinous rice flour

1 lb. brown sugar (Chinese cubed brown sugar)

3½ c. water

Toasted sesame seeds

1 red date

Dissolve sugar in water over low heat. Mix sugar-water mixture with rice flour. Pour into a greased pan. Steam for 3 hours. Garnish with toasted sesame seeds and red date.

Rice Pilaf

Source: Unknown

Submitted by: Karen Miyao

A good alternative to plain white rice.

- 1 c. uncooked long grain rice
- 1 c. vermicelli, broken into small pieces
- ¼ c. butter
- 3 c. boiling chicken broth

Melt butter in skillet. Add vermicelli and brown. Add washed rice and broth. Stir until thoroughly mixed. Cover with tight lid and simmer. Do not stir until all moisture is absorbed. Add salt and pepper to taste. Fluff with fork.

Stuffing for Turkey

Source: Evelyn Wong

Submitted by: Diane Wong

My mom makes this stuffing every year at Thanksgiving, and it always disappears fast.

- 1 package Jimmy Dean lean sausage
- 3-4 stalks celery, chopped
- 1 medium onion, chopped
- 1 package Pepperidge Farm breadcrumbs
- 1-2 c. chicken broth
- Salt and pepper

Cook sausage in pan until brown. Add onion and celery and cook until translucent. Add chicken broth and breadcrumbs. Add salt and pepper to taste. Stuff in turkey and bake, or put in a casserole dish and bake at 350°F for about 1 hour.

Stuffing

Source: Daisy Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

This stuffing can be used to stuff a turkey. We make it every Thanksgiving.

1 roll pork sausage
1 c. Chinese sausage, diced
1 c. ham, diced
 $\frac{3}{4}$ c. dried mushrooms (soaked in water, cleaned, stems removed, diced)
 $\frac{1}{2}$ t. five spice powder
2 T. soy sauce (light)
 $\frac{1}{2}$ t. sugar
8-10 chestnuts (soaked overnight in water and then cooked for about 10 minutes with a pressure cooker or simmered for 2 hours in water until soft)
1 c. button mushrooms, sliced
1 yellow onion, chopped
 $\frac{1}{2}$ c. celery, chopped
12 oz. Parisian French Bread stuffing mix (turkey on front of box)
1 can chicken broth (can use water instead)
About 5 c. water
1 loaf of white bread, toasted, chopped into squares
Butter

Fry pork sausage until almost cooked through. Add Chinese sausage, ham, dried mushrooms, five spice powder, soy sauce, and sugar. Stir fry 1-2 minutes. Add button mushrooms, yellow onion, celery, and chestnuts, and cook until done. Heat the chicken broth and water (can omit the chicken broth and just use water) until hot. Add the hot boiling broth and water to the stuffing mix and bread slowly, mashing together with a masher. Mixture should be thick and slightly dry. Add the meat mixture. Put in a buttered bowl. Put pads of butter on top of the stuffing. Loosely cover stuffing with foil. Bake 30 minutes at 350°F. Uncover for last 10 minutes.

Fried Apples

Source: Diane Wong

Submitted by: Diane Wong

1 apple (peeled and sliced)
Approximately $\frac{1}{4}$ stick of butter
Cinnamon sugar (to taste)
Raisins and almonds (optional)

Peel apple, core and slice. Heat skillet. Melt butter. Add apple slices and cook until soft. Sprinkle cinnamon sugar (mix more sugar than cinnamon into the mixture) onto apple pieces. Raisins and sliced almonds can be added if liked. Serve on the side or on top of pork chops.

Main Dishes





Main Dishes

Chinese Roast Chicken (Daisy Chan)

Chinese Roast Chicken (Evelyn Wong)

Red-Simmered Chicken

Chicken with Chinese Leeks

Teriyaki Chicken

Chicken Adobo

BBQ Curry Chicken

Curry Chicken

Soy Sauce Chicken

Batter for Fried Chicken or Fried Prawns

Batter for Fried Chicken

Fried Chicken (Karen Miyao)

Fried Chicken Chinese Style

Fried Chicken (David Chan)

Rice Krispies Chicken

Panko Fried Flank Steak or Chicken

Chicken Cacciatore

Ja Gee Duck (Fried Crispy Duck)

For App (Roast Duck)

Squab (Young Pigeon)

Smoked Turkey

Turkey Pot Pie with Cranberry-Pecan Crust

Water Eggs (Seui Gaidaan)

Meat Loaf

Hungarian Short Ribs

Main Dishes

Tri-Tip

Beef Teriyaki

Flank Steak Skewers

Marinade for Spare Ribs

Barbeque Ribs

Beef Brisket Stew

Prime Rib Roast

Prime Rib

Standing Rib Roast

Beef Stew

Chili

Cha Siu (Chinese BBQ Pork)

Side Pork (Cau Yook)

Lop-yook (Chinese Bacon)

Fun See, Pork and Hairy Melon

Steamed Minced Pork Strips with Fish (Jing Ger Yook)

Steamed Pork Spareribs

Pork Shoulder

Steamed Pork with Shrimp Paste

Lamb Curry Stew

Steamed Dace with Salted Black Beans

Minced Oyster, Pork and Vegetables (Ho See Seung)

Honey Walnut Prawns

Minute Rice Casserole

Fried Rice

Main Dishes

Tuna Casserole

Rigatoni Casserole

Tamale Pie (Evelyn Wong)

Tamale Pie (Lydia Lowe)

Angel Hair Pasta with Shrimp

Cheese Pasta

Spaghetti Sauce

Pasticha

Tomato Beef Chow Mein

Chow Fun

Chinese Roast Chicken

Source: Daisy Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

4½ lbs. chicken, cleaned with salt

Marinade:

2 T. dark soy sauce

2 T. Chinese rice wine or dry sherry

¼ t. ground ginger

½ t. salt plus five spice powder (see note)

2 T. honey

½ t. salt

½ t. ground black pepper

Boil water in a large pot. Put chicken in the pot. Allow the water to boil again. Turn off the fire. Take chicken out of the pot, and place it in a bowl.

Mix the marinade, and rub the inside and outside of the chicken with the marinade. Allow the chicken to marinate in the bowl overnight in a refrigerator. Turn the chicken over about halfway through marinating it.

Let the chicken come to room temperature. Preheat oven to 350°F. Cover the top of a flat metal tray with aluminum foil (the aluminum foil should have high sides), and place a rack on the aluminum foil. Place chicken on the rack with its backside up, and place the tray on the lowest rung of the oven. Baste chicken with marinade. Bake for 45 minutes. Turn chicken over. Baste chicken with marinade. Bake for 35-45 minutes more or until brown.

Note: To make salt plus five spice powder, heat ¼ cup salt in a frying pan until the salt turns light brown. Turn off the heat. Wait about 4 minutes. Mix in 1 heaping teaspoon of five spice powder.

Chinese Roast Chicken

Source: Unknown

Submitted by: Evelyn Wong

1 whole fryer chicken
½ c. soy sauce
¼ c. lemon juice
2 T. honey
2 t. sesame oil
1 t. dry mustard
½ t. ground ginger
1 clove garlic
¼ t. pepper

Mix marinade ingredients and pour over chicken in a bowl. Refrigerate at least 1 hour to overnight. Bake in 350°F oven 1-1½ hours and use the marinade to baste the chicken. 4 servings

Red-Simmered Chicken

Source: Denise Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

1 chicken, cut into pieces
½ t. paprika
½ t. mustard powder
1 heaping T. cornstarch
3 cloves garlic, minced
1 piece ginger
2 T. white wine or sherry
3 T. dark soy sauce
3 T. light soy sauce
1 heaping T. sugar
2 green onions, cut into 1-inch pieces
½ -1 c. water
Oil
Salt to taste

Mix together paprika, mustard powder, and cornstarch. Cover chicken pieces with paprika mixture. Heat oil in a pan. Add chicken pieces; lightly brown over high heat. Heat oil in a pot. Add garlic and ginger to the pot; stir-fry over high heat for about 30 seconds. Add chicken to pot; coat with garlic mixture. Add wine or sherry, dark soy sauce, light soy sauce, sugar, and green onions to the pot. Stir chicken until coated with soy sauce mixture (about 5 minutes). Add ½ -1 cup water. Bring to a boil. Simmer, covered, about 50 minutes. Add salt to taste. Add more water if liquid starts to dry out.

Chicken with Chinese Leeks

Source: Daisy Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

We make this dish with the Chinese leeks that are descendants of the plants our great grandfather (Daisy Chan's father) brought over from China.

Oil

½ t. salt

3 fermented bean curds

1 cut up chicken (marinated with ginger, garlic, white soy sauce, sugar, salt, and pepper)

1 T. white wine

About ¾ c. hot water

Cornstarch mixed with water

Chinese leeks (garlic chives), cut into 1-inch long pieces

Heat oil and add salt to the oil. Add the fermented bean curds. Stir fry, mashing up the bean curds. Add the chicken and marinade. Stir fry a little to mix. Add white wine and about ¾ cup hot water, and mix together. Cover. Cook 5 minutes. Stir fry. Cover. Cook 5 minutes or until done. Add hot water if needed. Add leeks, and stir fry about 30 seconds. Add cornstarch mixture to thicken the sauce. Stir-fry about 30 seconds.

Teriyaki Chicken

Source: *Centenary Favorites*, Centenary United Methodist Church, Los Angeles, CA, 1986

Submitted by: Wendy Chang

Teriyaki Sauce for 3 pounds of chicken wings and drumettes:

½ c. light soy sauce (Kikkoman)

½ c. sugar

¼ c. brandy

2 cloves of garlic, minced

1 T. grated fresh ginger

Combine sauce ingredients and heat in the microwave only long enough to dissolve the sugar. Marinate chicken overnight, up to 2 days, but no longer because the chicken will get too salty.

Spray pan with PAM. Place chicken on pan and baste with some of the marinade. Bake in a 325°F-350°F oven for 30 minutes. Turn chicken, and baste again. Cook for another 15-20 minutes or until chicken is done. Serve warm or cold.

Chicken Adobo

Source: Shirley Wong-Jose

Submitted by: Shirley Wong-Jose

1 fryer or chicken pieces (wings work really well with this recipe)

1-2 T. oil

½ c. vinegar (the Filipino cloudy white vinegar works best but regular white or rice vinegar may be substituted)

1 bay leaf

Dash of oregano

2-3 cloves garlic (chopped fine)

½ c. soy sauce

Cooked rice to serve with it.

Heat oil in wok or large skillet. Brown chicken in the oil. Add vinegar and soy sauce. Simmer and brown (~10 min.). Add garlic, bay leaf and oregano. Simmer ~10 min. more. Pour off liquid and save. Spoon fat off of the surface of the liquid. Pour liquid back in with the chicken. Make extra sauce (as above) with added water for extra sauce for rice.

BBQ Curry Chicken

Source: Carlton Chan

Submitted by: Carlton Chan

1½–2 lbs. chicken thighs, bones removed

¾ c. soy sauce

4 T. curry powder

⅛ c. olive oil

Place chicken in a large Tupperware container. Pour in soy sauce, curry powder, and oil. Mix. Cover and let sit in refrigerator for 2-3 hours. Preheat grill on high until temperature reaches 300°F. Open grill and place chicken to sear on one side. Close grill and let sit for 20-30 seconds. Open grill, flip chicken, and let sear on the other side. Close grill and turn heat down. Close direct heat to chicken if you have a three-burner grill; if not, turn heat down and watch so that chicken does not burn. Let chicken grill at about 250°F for about 25 to 30 minutes. Check chicken for readiness.

Curry Chicken

Source: George Louie

Submitted by: George Louie

2 lbs. chicken pieces (with bones, needed for flavor)

Marinade:

1 cube of ginger, about the size of a die, smashed

1 t. sugar

1 t. soy sauce

1 t. curry powder

1 t. garlic salt

2 t. whiskey wine

Marinate chicken for 2 hours or overnight in marinade.

2 potatoes, cut into large chunks

1 onion, chopped

½ t. salt or to season

2 t. curry powder, add more if you want a stronger curry taste

Bell pepper, chopped into chunks

3 t. cornstarch mixed with 1½ t. water

½ t. sugar (if possible, use the Chinese hard brown sugar)

½ t. salt

¼ t. sesame oil

Fry chicken in pot with potatoes and onions. Remove potatoes (save for later). Cover chicken and onions with water. Add salt and curry. Stir and boil ½ hour. Add potatoes, bell pepper, salt and sugar. Boil until vegetables are tender. Add cornstarch mixture to thicken. Before serving, add sesame oil.

Soy Sauce Chicken

Source: Evelyn Wong

Submitted by: Diane Wong

I found this recipe on a torn piece of newspaper, so I don't know the author. It's very similar to the marinade my mom uses (she doesn't measure though).

2 c. dark soy sauce
2 c. light soy sauce
¼ c. rock sugar or brown sugar
1 T. whole Sichuan peppercorns, roasted
1 whole star anise
½ t. fennel seed
2 slices fresh ginger root
2 c. chicken broth
½ c. dry sherry or rice wine
1 roasting chicken (4-4½ pounds)
Sesame oil (optional)

Put the braising ingredients into a pot large enough to hold chicken. Add the whole chicken and heat to simmering. Turn the chicken several times in the sauce while it simmers. Simmer for 20 minutes, then turn off the heat and let the chicken steep in the spices for 1 hour. The liquid can be saved and reused. Put sesame oil on chicken if desired.

Batter for Fried Chicken or Fried Prawns

Source: Lydia Lowe

Submitted by: Diane Wong

¾ c. flour
1 c. cornstarch
½ t. baking soda
½ t. salt
½ t. baking powder
½ t. mei jing (MSG - optional)

This recipe provides batter mixture for one chicken cut into frying pieces. Deep fry. Alternate cooking method: Heat pan. Add enough oil to cover the bottom of the pan and heat the oil through. (You can test if the oil is ready by adding a bit of batter to see if it crackles). Dip chicken pieces in beaten egg and then flour mixture. Add chicken pieces to the pan. Brown on all sides. Cover pan and lower heat. Cook about 20 minutes, turning the chicken pieces occasionally.

Batter for Fried Chicken

Source: Lydia Lowe

Submitted by: Evelyn Wong

1 c. flour
1 c. cornstarch
1 T. salt
3 t. sugar
1 t. baking powder
½ c. oil
¾ c. water
Pinch of baking soda
Ketchup (1 shake of a bottle or to taste)

Mix all ingredients. Should have a thick consistency, like pancake batter. Coat chicken pieces and deep fry.

Fried Chicken

Source: Modified recipe from Crisco

Submitted by: Karen Miyao

This recipe was on the back of a Crisco can, and I modified it a little bit. Delicious hot or cold.

2 lbs. whole chicken, cut up, or 2 lbs. of chicken pieces

Marinade:

2 T. sherry or sake
1 T. soy sauce
½ t. salt
½ t. pepper
2 cloves garlic, minced
1 t. ginger, minced
Pinch of sugar

Seasoning:

1 c. flour
2 t. garlic salt
1 t. paprika
¼ t. poultry seasoning
1 t. pepper (for spicier chicken add ½ to 1 t. additional pepper)

Marinate chicken in marinade for at least a half an hour. Dip chicken in plain flour first then in egg wash. Then dip in seasoning. Fry.

Fried Chicken Chinese Style

Source: Daisy Chan

Submitted by: Diane Wong

This recipe was not written down anywhere, but my mom (Evelyn Wong) remembers watching her mom cook this in the kitchen when she was a young girl growing up.

1 whole chicken (cut in pieces for frying)

Fresh ginger (½ -1 inch chunk)

Rice wine (to soak ginger in)

Marinade:

~¼ c. soy sauce

~¼ c. rice wine

1-2 cloves garlic (chopped or pressed)

Salt (sprinkle over chicken)

2 eggs (beaten, for dredging chicken)

Flour

1 box cracker meal

Oil for deep frying

Soak ginger in wine overnight. Then crush ginger (save the juice) and squeeze out the ginger wine juice through a cheesecloth or garlic press over the chicken. Put ginger in chicken cavity. Mix the marinade and marinate the chicken for about a half a day. Remove from marinade and pat dry. Dredge chicken parts in egg, then flour, then more egg, and then cracker meal. Place chicken on ventilated cookie cooling trays to let the pieces dry. Deep fry in oil; crackling should stay on.

Fried Chicken

Source: David Chan

Submitted by: Karen Miyao

A recipe from one of my favorite cousins.

Cut 2 chickens into pieces and marinate in:

1 t. ground thyme

1 t. tarragon

1 t. pepper

2 T. sherry

Salt

2 T. soy sauce

Ginger

Garlic

Cracker Meal or flour

Marinate overnight. Before frying chicken, coat with two beaten eggs. Coat with cracker meal. For Chinese style, fry chicken in flour.

Rice Krispies Chicken

Source: Gladys Louie (Kellogg's Rice Krispies box)

Submitted by: Karen Miyao

One of Goo-Paw's signature dishes. Klinton and Derrick love to eat the Rice Krispies crust at the bottom of the pan.

1 3 lbs. chicken, cut into serving pieces or 3 lbs. chicken wings

Marinade:

2 T. sherry, white wine, or sake

1 T. soy sauce

½ t. salt

½ t. pepper

2 cloves garlic, minced

1 t. ginger, minced

Pinch of sugar

Marinate chicken 30 minutes to overnight.

Coating:

1 cube butter, melted

3 c. Rice Krispies cereal, crushed

Coat chicken in melted butter then roll in Rice Krispies. Bake on greased shallow pan for 1 hour at 350°F, or until done. It is not necessary to turn chicken.

Panko Fried Flank Steak or Chicken

Source: Debbie Yee

Submitted by: Karen Miyao

One of the foods Kenny takes along on his fishing trips. Great for potlucks.

1 package panko (Japanese bread crumbs)

1½-2 lbs. flank steak, cut into strips, or chicken breasts, cut into bite size pieces

Meat Marinade:

2 T. sherry, white wine, or sake

1 T. soy sauce

½ t. salt

½ t. pepper

2 cloves garlic, minced

1 t. ginger, minced

Pinch of sugar

Marinate meat overnight in above marinade.

Sauce:

1 c. Kikkoman Soy Sauce*

1 c. sugar

¼ c. sherry or white wine or sake

1 can (8 oz.) Del Monte* tomato sauce

Pepper to taste

½ t. fresh or powdered ginger (fresh is preferred)

¼ t. garlic powder or ½ clove of garlic, minced

Combine soy sauce, sugar, sherry, and tomato sauce in saucepan and bring to boil; cook until sugar is dissolved. Add pepper, ginger and garlic. Set aside.

Coat meat in flour and then dip in egg wash (1 egg mixed with 1 T. water). Roll in panko breadcrumbs. Deep fry meat and drain on paper towels. Dip one side of the fried meat into the sauce and flip dry side onto plate (don't need to dip the entire piece of meat, otherwise it may be too salty). Remaining sauce can be refrigerated for a long period of time and can be used for barbequing.

*I strongly suggest using these brands for this recipe.

Chicken Cacciatore

Source: Unknown

Submitted by: Shirley Wong-Jose

This is one of Jessica's favorite recipes.

Cooking oil

1 fryer chicken (cut-up into pieces)

2 onions (sliced; use less if you don't like a lot of onion flavor)

2 cloves garlic (minced)

3 tomatoes (cored and quartered, or substitute a can of whole tomatoes)

1 green pepper (sliced)

Bay leaf

1 t. salt

¼ t. pepper

½ t. celery seed (optional)

1 t. Italian seasoning

1 can of tomato sauce (8 oz.)

¼ c. white wine

1 16 oz. package spaghetti (cooked al dente)

Heat oil in a skillet. Brown chicken pieces on all sides and remove from pan. Add onion and garlic to the remaining oil and cook until tender, but not brown. Return chicken to the skillet. Add tomatoes, green pepper, and bay leaf. Pour remaining spices on top. Cover and cook on low heat for 45 minutes. Add the wine and cook another 20 minutes. Meanwhile cook the spaghetti just until al dente. Be careful not to overcook the pasta. Put the spaghetti in a bowl and pour the chicken on top.

Ja Gee Duck (Fried Crispy Duck)

Source: Daisy Chan

Submitted by: Evelyn Wong

This is a recipe for New Year's, birthdays, or special family occasions.

Part 1 (Marinade):

1 3-4 lbs. Duck.

1 T. soy sauce

1 T. whiskey

3 slices ginger (minced)

Part 2:

½ c. water chestnut flour

½ t. five spice powder

1 T. soy sauce

1 T. whiskey

1 garlic clove (minced)

Oil for frying

Garnish:

Cilantro

Peanuts (chopped)

Lemon wedges

The duck is whole at the beginning. Marinate duck in soy sauce, whiskey and ginger for 1 hour or more. "Bow" or brown duck in a wok. After the duck is brown all around, put the duck in a dish and steam until very tender, about 1 hour. Test for tenderness. Cool duck and shred the meat from the bone. Mix shredded duck with water chestnut powder (water chestnut starch), heung lees fun (five-spice powder), and seasonings. Form duck in a large patty. Freeze overnight. Fry in deep oil. Cut up duck in pieces, sprinkle cilantro and chopped peanuts on top. Add lemon wedges around the plate.

For App (Roast Duck)
Source: Daisy Chan
Submitted by: Evelyn Wong

My Mom's home version of the ducks hanging in the window in Chinatown.

Using about 2 T. of salt, rub it inside and outside of a 4-5 lbs. duck. Place duck on rack in roasting pan, breast side down.

Mix a solution of:
1 c. brown sugar
3-4 cloves garlic, crushed or powdered
¼ c. light soy sauce
About 1 c. water, possibly more
Pinch of five spice powder (very important)

Pour over duck and marinate at least 6 hours. Roast for about 30-40 minutes at 375°F. Then turn and roast at 350°F for another 1-½ hours or until almost burnt (should have a nice brown roasted color like the kind you buy). Baste the duck occasionally.

Daisy Chan's note: I use no gravy, for all the taste is in the duck, but I guess you could make a gravy using the drippings.

Squab (Young Pigeon)
Source: Daisy Chan
Submitted by: Evelyn Wong

1 squab
¾ t. Chinese salt
Soy sauce
Honey (to taste)

Sew both ends of squab to hold in the meat juice during cooking. Dip the bird in boiling water. Marinate squab in soy sauce and salt for ½ -1 hour. Bake 45 minutes at 350°F in a pan. Baste with soy sauce and honey.

Smoked Turkey

Source: Unknown

Submitted by: Elsie Ng

Brine:

10 oz. salt (Kosher salt preferable)

2 oz. curing salt (saltpeter)

2 oz. sugar

1 gallon of water

1. Soak turkey in brine for 3 days. Take turkey out and rinse.
2. Bring to boil ($\frac{2}{3}$ full) pot of water. Put in turkey when water starts to boil again. Turn heat to simmer (running boil) for 1 hour.
3. Start charcoal. Let it burn for about 40 minutes to 1 hour.
4. Soak hickory chips in water for 30 minutes.
5. Put turkey on rack and add a handful of hickory chips on top of the charcoal.
6. Let smoke for 15 minutes. Turn turkey over, add another handful of hickory chips, and let smoke for another 15 minutes.

Turkey Pot Pie with Cranberry-Pecan Crust

Source: Unknown

Submitted by: Mary Lowe

Prep: 15 minutes Cook: 25 minutes Bake: 30 minutes

3 T. butter, divided
2 large sweet onions, diced
½ c. all-purpose flour
1 t. salt
1 t. pepper
4 (12-ounce) turkey tenderloins, cut into ½ inch cubes
2 T. vegetable oil
1½ c. chicken broth
1 c. milk
1 (10-ounce) package fresh spinach, torn
Cranberry-Pecan Crust (recipe below)

Melt 1 T. butter in a large skillet over medium-high heat; add onions, and saute 15 minutes or until caramel colored. Place onions in a bowl, and set aside. Combine all-purpose flour, salt, and pepper; dredge turkey tenderloins in flour mixture. Melt remaining 2 T. butter with oil in skillet over medium-high heat; add turkey tenderloins, and brown on all sides. Gradually stir in chicken broth and milk. Bring to a boil, and cook, stirring constantly, 1 minute or until thickened. Stir in onions. Add spinach, stirring just until wilted. Pour turkey mixture into a lightly greased 13- x 9-inch baking dish. Bake, covered, at 350°F for 30 minutes. Remove from oven, and arrange desired amount of Cranberry-Pecan Crusts over pie before serving. Serve with any remaining Cranberry-Pecan Crusts on the side. Yield: 10-12 servings.

Cranberry-Pecan Crust

Prep: 15 minutes Bake: 10 minutes

1 (15-ounce) package refrigerated pie crusts
½ c. finely chopped pecans, toasted
½ c. finely chopped dried cranberries

Unfold each pie crust, and press out fold lines. Sprinkle 1 pie crust with pecans and cranberries; top with remaining piecrust. Roll into a 14-inch circle, sealing together pie crusts. Cut into desired shapes with a 2- to 3-inch cutter. Place pastry shapes on a lightly greased baking sheet. Bake at 425°F for 8 to 10 minutes or until golden. Yield: 3 to 4 dozen.

Water Eggs (Seui Gaidaan)

Source: Daisy Chan

Submitted by: Annette & Yvonne Chan Cheng

4 eggs

Salt

Ham, chopped

1⅓ c. boiling water

1 T. oil

Put 4 eggs in a bowl. Add salt. Add pieces of ham. Beat well. Slowly add 1⅓ cups boiling water, beating well. Add oil. Beat. Steam about 5-8 minutes. Check if firm by sticking a chopstick into it. Cook longer if necessary. Garnish with ham pieces, green onion, and oyster sauce.

Note: Add about ⅓ cup water per egg. Can add less water if you want steamed eggs to be firmer.

Meat Loaf

Source: Daisy Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

1 envelope Lipton Recipe Secrets Onion Soup Mix

4 lbs. ground beef

2 c. oatmeal, less if mixture is too dry

1 can (14 ½ oz.) stewed tomatoes

1 can (10 ¾ oz.) cream of mushroom soup

1 package pork sausage (or pork and turkey sausage)

1 egg

1 T. garlic, minced

½ t. salt

½ t. pepper

2 T. light soy sauce

⅛ t. sugar

1 T. rice wine

2 T. ketchup

Vegetable oil

Preheat oven to 350°F. In a large bowl, combine all ingredients, except the vegetable oil. In a large baking pan, shape mixture into a loaf (can put mixture in a plastic bag, shape into a loaf, cut open the bag, and place the loaf in the baking pan). Cover loaf with some vegetable oil. Bake for 2-2½ hours (bake for 1 hour if you cut the recipe in half) or until done. Surface of loaf should be dark brown. Makes about 16 servings.

Hungarian Short Ribs
Source: Evelyn Wong
Submitted by: Diane Wong

A recipe my mom makes. A family fave.

4 lbs. beef short ribs
2 T. oil
2 medium onions, sliced
1 15 oz. tomato sauce
1 c. water
¼ c. brown sugar
¼ c. vinegar
1 t. salt
1 t. dry mustard
1 t. Worcestershire sauce
6 oz. medium noodles
1 c. water

In Dutch oven, brown meat in hot oil, add onions. Blend together tomato sauce, 1 cup water, brown sugar, vinegar, salt, dry mustard, and Worcestershire sauce. Pour over meat. Cover and simmer 'til tender. Stir in noodles and second 1 cup water. Cover and cook, stirring occasionally for 15-20 minutes. 6-8 servings.

Tri-Tip
Source: Karen Miyao
Submitted by: Karen Miyao

1-1½ lbs. tri-tip
1 – 1½ pkg Good Seasons Italian dressing mix
1 T. wine or sake (water is OK, too)
1 T. olive oil

Mix seasoning mix with wine and olive oil to make a paste. Rub paste all over tri-tip. Grill over medium high heat or broil it for 8 minutes on each side for rare beef. Cook longer for well-done meat.

Beef Teriyaki

Source: Noteworthy

Submitted by: Cheryle Miyao-Quock

I like this sauce because it isn't thick and cloyingly sweet like the bottled sauces.

1½ c. soy sauce

1 c. sugar

½ c. sake

2 cloves garlic, finely chopped

2 slices fresh ginger, finely chopped

1 T. sesame seed

2 T. scallion tops, chopped

2 flank steaks

In saucepan bring to boil soy sauce, sugar, sake, garlic and ginger. Let cool. Add sesame seed and scallions. Marinate flank steak in sauce for at least 2 hours (or overnight). Barbecue on grill to desired doneness, basting occasionally. Slice thinly on the diagonal and serve over rice. Cook remaining marinade before serving.

Variation: I also use this marinade with chicken and firm fleshed fish such as salmon. Marinate chicken for 1 hour and marinate fish for 30 minutes.

Flank Steak Skewers

Source: Karen Miyao

Submitted by: Karen Miyao

The Miyao boys love this recipe.

½ c. olive oil

2 cloves garlic, minced

⅓ c. chopped red onion

⅓ c. red wine vinegar

3 T. soy sauce

1 t. salt

1 flank steak, sliced, across the grain in long strips

Skewers

Combine olive oil, garlic, onion, vinegar, soy sauce and salt to create marinade. Marinate flank steak strips overnight. Skewer flank steaks and grill over medium-high heat on BBQ. (note: If using wood skewers, soak for at least 30 minutes before skewering steak. This will prevent the skewers from burning on the BBQ.)

Marinade for Spare Ribs

Source: Lydia Lowe

Submitted by: Diane Wong

There are no proportions for this recipe; see my suggestions below.

Soy sauce

Water

Ketchup

Brown Sugar

Mix ingredients and marinate spare ribs overnight. Bake in foil-lined pan.

Diane's suggestions for Marinade for Spare Ribs by Aunt Lydia:

I actually remember seeing Aunt Lydia showing my mom how to do the marinade over at Aunt Gladys's house. There are no real set proportions to this recipe as it's a marinade. Aunt Lydia would simply add various amounts of the four ingredients and mix it over the meat with her hands, until the color and texture looked right to her. I tried this out with the following measurements, and it turned out fine. I don't think, since it's a marinade sauce, that you can really mess it up much.

1½ lbs. pork spareribs

¼ c. light soy sauce

¼ c. ketchup

¼ c. water

3 T. brown sugar

Mix soy sauce, ketchup, water, and sugar together until it forms a brownish-red glaze. Rub into the spare ribs and marinate overnight. Preheat oven to 450°F. Line a baking pan with foil (this will make cleaning easier afterwards). Put ribs and marinade in the pan and bake in the oven for 20 minutes. Lower oven temperature to 400°F, turn the ribs over and baste. Add a little water to the pan if the marinade/basting sauce looks dry. Bake another 20 minutes.

Barbecue Ribs

Source: Sacramento Bee

Submitted by: Mary Lowe

These are really, really, GREAT ribs.

2 1-pound slabs of baby back ribs

1 T. oil

2 T. minced fresh ginger

1 small chopped onion

½ c. chicken broth

¾ - 1 t. chili powder

3 T. chili flavored jam (strawberry jam with ¼ t. crushed red pepper flakes can be substituted)

¼ c. tomato paste

1 T. prepared mustard

Salt to taste

Pepper to taste

Place ribs on foil lined baking sheet. Bake 350°F for 45 minutes.

Prepare barbecue sauce. Heat oil in small pan. Add ginger and onion and sauté for 5 minutes. Add chicken broth, chili powder, jam, tomato paste and mustard. Simmer for 5 minutes. Mixture should be hot and sweet. Season with salt and pepper.

Remove ribs from oven after 45 minutes and baste with sauce. Use all of the sauce. Bake ribs another 30 minutes. Serve as slabs or cut into individual ribs.

Beef Brisket Stew

Source: Evelyn Wong

Submitted by: Diane Wong

2 pounds beef brisket (gnow nam)
1 pound beef ligament (gnow gun)
1 pound tough fibrous tissue (tendons, gnow mok)
2 large Chinese turnip (long white radish, lo bok)
8 dried mushrooms
4 dried bean curd (foo jook)
2 T. fermented red bean cake (nam yue)
1 T. brown bean sauce (meen see jeong)
1½ T. ginger (crushed)
2 T. sherry or rice wine
2-3 star anise
2 t. salt
½ t. pepper
2 T. soy sauce
1 T. cornstarch
4 T. oil

Pre-soak dried bean curd. Slice brisket, ligament, and gnow mok into bite size pieces. Parboil beef ligament. Heat wok with 2 tablespoons oil. Brown half of ginger. Stir fry beef brisket, remove and set aside. Heat 2 more tablespoons oil. Brown other half of ginger. Stir fry ligament and gnow mok. Add 2 cups water or enough to cover. Simmer 2-2½ hours. Add browned beef brisket, mushrooms, bean curd and seasonings. Simmer 15 minutes. Add turnips and simmer 15 minutes. Add soy sauce and salt to taste.

Prime Rib Roast

Source: Lydia Lowe (The Lily Wallace New American Cookbook, 1946)

Submitted by: Mary Lowe

You may begin to prepare meat hours before dinner. Appropriate for small or large roast. A fool-proof method.

Preheat oven to 375°F. Season meat and place in shallow pan, and bake for one hour. Turn off heat and leave meat in oven: DO NOT OPEN OVEN DOOR!! 40 minutes before serving time, turn on oven to 375°F and cook meat for 30-40 minutes more. Take out and let meat stand for 10 minutes before carving.

OR

Bake at 500°F for 18 to 20 minutes; then reduce temperature to 300°F. Cook: 16 to 18 minutes per pound for rare meat, 22 to 25 minutes per pound for medium, 30 minutes per pound for well-done.

Prime Rib

Source: Clifford Chan

Submitted by: Clifford Chan

Place prime rib in a roasting pan. Bake uncovered for 15 minutes at 450°F. Lower oven temperature to 350°F. Bake uncovered for 20 minutes per pound of prime rib. Make gravy from the drippings.

Standing Rib Roast

Source: Lydia Lowe (The Lily Wallace New American Cook Book, 1946)

Submitted by: Mary Lowe

1 (5-pound) standing rib roast

1 T. House Seasoning, recipe follows

Allow roast to stand at room temperature for at least 1 hour.

Preheat the oven to 375°F. Rub roast with House Seasoning; place roast on a rack in the pan with the rib side down and the fatty side up. Roast for 1 hour. Turn off oven. Leave roast in oven, but do not open oven door for 3 hours. About 30 to 40 minutes before serving time, turn oven to 375°F and reheat the roast. Important: Do not remove roast or re-open the oven door from time roast is put in until ready to serve. For medium rare.

House Seasoning:

1 c. salt

¼ c. black pepper

¼ c. garlic powder

Mix ingredients together and store in an airtight container for up to 6 months.

Beef Stew

Source: George Louie

Submitted by: George Louie

1 lb. stew meat

Marinade:

1 t. soy sauce

1 t. garlic sauce

1 t. wine/Chinese whiskey

1 t. sugar

½ onion, chopped

3-4 celery stalks, chopped

2-3 carrots, chopped

1 small can tomato sauce (6 oz.)

1 t. sugar

1 t. brown bean sauce (min see sauce)

1 t. soy sauce or to taste

Sesame oil

Marinate stew meat for an hour. Brown in vegetable oil. Cover with water, boil for 1 hour, and then add tomato sauce and vegetables. Cook until tender. Add sugar, brown bean sauce, and soy sauce. Before serving, add a few drops of sesame oil.

Chili

Source: Shirley Wong-Jose

Submitted by: Shirley Wong-Jose

This recipe can also be used as burrito filling.

2½ lbs. beef, cut into ½ in. cubes

2 t. oil

1 c. beer (12 oz.)

1½ c. water

1 small can whole tomatoes

1 small can tomato sauce

1 c. (4 oz.) mild green chili, dried

1½ green peppers

4 t. chili powder

1½ t. cumin

1 t. salt

½ t. oregano

½ t. garlic

½ t. paprika

½ t. black pepper

½ t. cayenne pepper

Brown beef in large pot. Add all other ingredients and simmer until beef cubes are tender (~1-2 hours).

Cha Siu (Chinese BBQ Pork)

Source: Daisy Chan

Submitted by: Diane Wong

A friend passed this to Daisy Chan, who then passed it to my mom. A good recipe.

1. Cut about 2 lbs. of pork butt into rectangles about 1½" thick.
2. Mash 1 t. brown bean sauce and 1 clove of very finely minced garlic (or use garlic powder).
3. Put brown bean sauce, garlic, ½ c. of water, 2 T. salt, 4 T. sugar and 1 T. light soy sauce into a pot and heat until mixture blends. Don't bring to boil! Take pot off fire and add ½ t. of five spice powder, ½ t. red food coloring and 1 t. sherry.
4. Pour over pork and marinate at least 6 hours.
5. Preheat oven to 450°F and place a large pan of water into the oven so that the roasting rack is at least about 7"-8" above it. This keeps the meat tender.
6. Put pork on rack and bake at 450°F for 15 min. Then reduce heat to 350°F for 10 minutes. Don't cook longer or it may dry out.

Side Pork (Cau Yook)
Source: Daisy Chan
Submitted by: Evelyn Wong

~ 1 pound (strip) side pork (not too fat)

Marinade:

1-2 T. soy sauce
~1 T. whiskey
Crushed ginger
Chinese five spice powder (sprinkle over meat to taste)
Sugar (sprinkle over meat to taste)

Other ingredients:

Oil for frying meat
Lotus root, sliced (or substitute with fun gok - jicama)
Nom yue (fermented red bean curd)
Star anise (just a few)
Salt
Soy sauce

Marinate meat and then fry meat in a little oil until cooked through. Soak meat in cold water to remove the greasiness from the pork. Remove meat and discard water. Cut meat 1 ½ in. wide pieces across the grain. Slit meat and insert a piece of lotus root or fun gok (jicama) into each meat slice. Arrange in a Pyrex or heat-proof bowl. Top meat with mixture of nom yue (fermented red bean curd), a few star anise, salt and soy sauce. Steam in wok for about an hour.

Lop-yook (Chinese Bacon)

Source: Daisy Chan

Submitted by: Diane Wong

Uncle David hung the strips of meat outside to dry.

~ 2 pounds side pork (slice into strips that can be hung to dry)
salt

Sprinkle salt generously over pork and let marinate overnight to draw out the water from the meat. The next day, wash the meat thoroughly with hot water.

Marinade:

~ 1 c. dark soy sauce

1 t. heung liu fun (Chinese five spice powder)

1 T. sugar

Dash of whiskey

~1 T. garlic (chopped) (This ingredient is very important as the garlic repels bugs while the meat is curing outside).

Dip meat in marinade. Wrap each piece in cheesecloth. Pierce cheesecloth and meat with a needle and thread. Hang on clothesline outdoors during the day. Bring the meat strips in at night. Continue to cure the meat for 3 days. Once the meat is dried, it is ready to cook and eat.

Fun See, Pork and Hairy Melon

Source: *Treasured Recipes From Two Cultures - American and Chinese*, St. Mark's United Methodist Church, 1969

Submitted by: Diane Wong

¼ pound pork butt or steak, cut in thin strips

2 T. dried shrimp (Hah Mai, pre-soaked 3 hours; save the water)

5 medium Chinese mushrooms (pre-soaked 3 hours, sliced; save water)

¼ pound Chinese vermicelli (Fun See, pre-soaked 1 hour and cut into short lengths)

2 small hairy melons (Jit Gwai, scrape off skin and cut into 2" matchsticks)

2 T. soy sauce

2 T. rice wine

Heat 4-5 T. oil. Add 1 t. salt, then the shrimp, and stir a few times. Then add the pork strips, and stir fry until lightly brown. Add sliced mushrooms, and stir fry 1 minute. Add melon and stir fry. Lower fire, cover and cook about 3-4 minutes. If dry, add a little of the mushroom soaking water. Add the fun see, and stir fry a few times. Add a mixture of: 2 T. soy sauce and 2 T. rice wine. Add the saved soaking liquids. Stir fry. If there's not enough liquid, add a little water. Cover and cook for 3-4 minutes, stirring occasionally. Garnish with chopped green onion or cilantro.

Steamed Minced Pork Strips with Salted Fish (Jing Ger Yook)

Source: Recipe modified from *Treasured Recipes From Two Cultures - American and Chinese*, St. Mark's United Methodist Church, 1969

Submitted by: George Louie

1 lb. pork butt or pork steak, preferably minced fine with cleaver, or ground fine
4 fresh water chestnuts, peeled and chopped. May be omitted if none on hand (or use canned).

1 t. cornstarch

½ t. salt

1 T. soy sauce

1 t. salad oil

Hom Yuer (salted fish)

Shredded ginger root, to taste

Slice pork into small pieces; add chopped water chestnuts and mince together with cleaver until very fine. Add cornstarch, salt, soy sauce, oil, and shredded ginger root. Mix thoroughly. Put salted fish on top of minced pork. Put in deep platter or shallow dish, shaping mixture to form a thin pancake (clay Chinese bowls work well). Steam 45 minutes.

Steamed Pork Spareribs

Source: Daisy Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

1 T. black beans, rinsed

2-3 cloves garlic

Juice from 1 slice of ginger

1 t. white wine

1½ T. light soy sauce

1 T. oyster sauce

¼ t. sugar

½ t. salt

¼ t. pepper

1½ lbs. pork spareribs

2 T. cornstarch

Mash together black beans, garlic, and ginger juice. Add white wine, soy sauce, oyster sauce, sugar, salt and pepper. Mix above mixture with the pork spareribs. Mix in cornstarch. Place pork spareribs in a shallow dish. Steam for about 40-50 minutes.

Pork Shoulder

Source: David Chan

Submitted by: Karen Miyao

4-5 lbs. pork shoulder
½ c. soy sauce
¼ c. sherry
10 shitake mushrooms
1 large piece (about 1"x1") of ginger
3 stalks green onions, chopped
2 c. water
2 star anise
4 T. rock sugar (or add more to taste)

Rinse pork shoulder with hot water to clean. Mix all ingredients in large pot. Bring to boil. Simmer around 4 hours or until tender. Turn pork over every hour so it does not stick to the pot. If there is too much liquid, turn up heat and boil liquid down.

Steamed Pork with Shrimp Paste

Source: Daisy Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

1 lb. pork, cut into strips
1 t. salted shrimp paste
Soy sauce
Green onion
Rice wine
Ginger
Cornstarch

Mix everything together. Steam in a shallow dish for 20 minutes.

Lamb Curry Stew

Source: Daisy Chan

Submitted: Annette Chan & Yvonne Chan Cheng

Pour boiling water over about 6 to 7 lbs. of lamb breast spareribs (cut into pieces).

Brown the spareribs with

4 cloves garlic

2 slices ginger

1 large onion, sliced

1 T. salt

1 T. sugar

2 T. curry

3 T. dark soy sauce

Put meat in a pot with

2 stalks celery, sliced

Pepper (2 twists of grinder)

1 c. white wine

Add boiling water to cover about $\frac{2}{3}$ - $\frac{3}{4}$ of the meat. Add 1 peeled and chopped apple.

Simmer until tender (1 hour and 20 minutes). Taste. Add 1 chopped green pepper and 1 T. dark soy sauce. Add peas. Can add potatoes (sautéed in oil) during last 20 minutes of cooking. Add mixture of cornstarch and water to thicken the stew.

Steamed Dace with Salted Black Beans

Source: David Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

1 can (8 oz.) fried dace with salted black beans (Pochy Brand or Eagle Coin Brand)

Pour contents of can into a bowl. Steam for about 10 minutes. Can remove some of the oil before serving.

Minced Oyster, Pork and Vegetables (Ho See Seung)

Source: *Treasured Recipes from Two Cultures - American and Chinese*, St. Mark's United Methodist Church, 1969

Submitted by: Diane Wong

A favorite Chinese New Year's dish.

10 medium sized dried oysters (Ho See, soaked for 2 days or at least overnight to soften; washed and cleaned; save top part of soaking water, throwing away portion with dirt sediments. Dice oysters.)

1 pound ground or minced raw pork

Any proportion, more or less, diced of the following:

8 Chinese mushrooms (pre-soaked 2 hours)

6 water chestnuts (peeled and washed)

½ c. canned bamboo shoots

½ c. celery

1 onion

4 T. oil

1 t. salt

2 t. soy sauce

1-2 T. oyster sauce

Pepper

Snow peas or frozen peas, optional

Chinese long beans (dow gok), optional

1 T. cornstarch

Water

Iceberg lettuce

Note - Oysters may be omitted if the taste is too strong.

Heat 4 tablespoons oil in a wok or skillet. Add 1 teaspoon salt. Add pork, and stir-fry a few times; add a little soy sauce (~2 teaspoons) and a little pepper. Lower fire, cover, and slowly cook pork for about 5 minutes, stirring occasionally. Add diced oysters, stir fry a few times, and if a little dry, add a little of the oyster soaking water to moisten. Add mushrooms, water chestnuts, bamboo shoots, celery, and onion, and about 1-2 tablespoon oyster sauce. Taste to see if proper amount of seasonings have been added.

Cover and cook for about 5 minutes. If desired, diced snow pea pods, a small amount of cooked frozen peas, or diced Chinese long beans (dow gok) may be added during the last 2 minutes of cooking. Blend mixture of 1 tablespoon cornstarch and 1 tablespoon water. Stir in to thicken gravy. Serve hot with lettuce leaves.

Honey Walnut Prawns

Source: King Tang

Submitted by: Mary Lowe

I learned how to make these from my old landlord, King Tang. He worked for Frank Fat before opening his own restaurant in Sacramento.

1 lb. medium to large size prawns.

1 t. salt

Cold water (depends on amount of prawns; enough to cover prawns)

2 or 3 large egg whites

2 T. baking soda

Oil (enough to fill pan ½ inch)

2 c. mayonnaise (can use less, depends on amount of prawns)

*Honey

*Walnuts

*Cornstarch

Clean and devein prawns. Soak prawns in baking soda, salt and cold water. Place in refrigerator for 1 hour. After 1 hour, rinse prawns with cold water. Let water run to remove all of the baking soda and salt. Beat egg whites with fork until frothy. Dip prawns in cornstarch and lightly coat. Then dip in egg whites.

Preheat oil. Deep fry prawns in hot oil; cook quickly. Remove from oil and place on paper towel to soak up excess oil. After all prawns are cooked, put walnuts in hot oil to toast. Remove and place on paper to soak up excess oil. In a saucepan, add honey and mayonnaise. Heat at low heat until well blended. Put walnuts and prawns in mixture to coat. Serve right away.

*The amounts of cornstarch, honey and walnuts depend on the amount/size of prawns.

Minute Rice Casserole

Source: David and Denise Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

1 small onion, chopped
1 lb. ground beef
1 bay leaf
1 can (16 oz.) stewed tomatoes
1 can (10 $\frac{3}{4}$ oz.) cream of mushroom soup
 $\frac{1}{8}$ t. thyme
1 c. Minute Rice
 $\frac{1}{2}$ t. pepper
 $\frac{1}{2}$ t. salt
1 can (9.3 oz.) corn
A little vegetable oil
Slices of cheese

Brown the chopped onion in a little vegetable oil. Mix in the ground beef, and brown it with a little more vegetable oil. Mix in the bay leaf, stewed tomatoes, cream of mushroom soup, thyme, Minute Rice, pepper, and salt. Heat until the mixture boils. Turn down the fire, and simmer for about three minutes. Mix in the corn. Put in glass casserole dish (about 9" x 13"). Bake 30 minutes at 350°F. Top with slices of cheese just before or just after baking. Take out of the oven. Let sit for about ten minutes. Serve.

Variation: Replace the beef with turkey. Use at least 2 cups cooked, chopped turkey. Add the turkey with the corn.

Variation: For more rice, add 1 extra cup cooked rice and 1 more can (10 $\frac{3}{4}$ oz.) cream of mushroom soup.

Fried Rice

Source: Denise Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

About 3 c. cooked rice (steamed, made with 1/2 long-grain rice and 1/2 California Calrose Rice)

1/2 can Spam or ham, chopped

5 eggs

1/2 c. frozen peas

3 T. light soy sauce

3 T. oyster sauce

5 dashes salt

4 T. vegetable oil

Beat eggs and salt together in a bowl. Heat about 2 T. vegetable oil in a wok. Pour egg and salt mixture into the wok and scramble the eggs until the eggs are almost done.

Remove eggs from wok. Add about 2 T. vegetable oil to the wok. Add Spam and stir-fry for about 30 seconds. Add rice, soy sauce, and oyster sauce. Stir-fry until everything is mixed together and heated. Add green peas. Stir-fry until everything is mixed together and green peas are heated through. Add eggs. Stir-fry until eggs are completely cooked.

Tuna Casserole

Source: Gladys Louie

Submitted by: Gladys Louie

It doesn't taste the same if you don't use the potato chips!

1 lb. wide egg noodles, boil according to directions

1 can tuna

2 cans cream of mushroom soup

1 can water (soup can)

Pepper to taste

1/2 bag of frozen peas

Crushed potato chips

Heat up soup with water. Add tuna, pepper, and peas. Layer cooked noodles in 9x13-inch pan. Pour soup mixture over noodles. Put crushed potato chips on top. Bake at 350°F for 20 minutes or until it bubbles.

Rigatoni Casserole

Source: Captoria Young

Submitted by: Annette Chan & Yvonne Chan Cheng

1½ lb. rigatoni
2 small cans tomato sauce or canned tomatoes
1 small can chopped olives
1 c. chopped onions (yellow)
1½ lbs. ground beef mixed with 1 t. oil
1 small can Chef Boy-Ar-Dee with or without mushrooms (or Ragu tomato sauce)
2½ t. chopped parsley (optional)
1 small can chopped mushrooms

Cook rigatoni according to directions on package. Stir-fry ground beef and onions for about 3 minutes. Add one can of tomato sauce, Chef Boy-Ar-Dee sauce, chopped olives, chopped mushrooms, and parsley. Simmer at low flame about 10 minutes. Mix sauce mixture with rigatoni. Place rigatoni in large Pyrex dish. Cover rigatoni with aluminum foil and bake for 20 minutes at 350°F. Remove aluminum foil, and pour in the other can of tomato sauce on top. Return to oven without aluminum foil and bake for 10 minutes.

Tamale Pie

Source: Evelyn Wong

Submitted by: Annette Chan & Yvonne Chan Cheng

1 lb. ground beef
1 large onion, chopped
Salad oil
Garlic to taste
2½ lb. can solid pack tomatoes
10 oz. can whole kernel corn
1-2 T. chili powder
2 eggs
½ c. milk
1 can pitted olives
1 c. yellow cornmeal
Pinch of pepper
1 t. salt
Sharp cheddar, grated

Saute onion in oil with garlic. Add meat and brown. Add tomatoes, corn, salt, pepper, and chili powder. Cook over low heat for approximately 10 minutes. In a bowl, beat eggs, add milk and stir in cornmeal. Combine all ingredients. Cook 10 minutes more, stirring almost constantly. Add olives. Pour into 2 quart casserole. Bake at 350°F for 15 minutes. Top with sharp grated cheese. Bake 15 minutes longer.

Tamale Pie

Source: Lydia Lowe

Submitted by: Mary Lowe

1 T. California chili powder
2 cloves minced garlic
1 can tomato sauce (8 oz.)
3 T. flour
¼ c. oil
2 c. chicken broth
2 T. cumin
Salt, if needed
3 lbs. pork or chicken
2 c. Monterey jack cheese, grated
Water, if needed

Meat:

Boil chicken or pork. Add salt, onion powder and garlic powder to taste. After cooked, shred meat and set aside.

Sauce:

Put oil and flour in a pan and mix together and cook over high. Add California chili powder and mix. Add tomato sauce and mix. Add minced garlic. Slowly add liquid, stirring so it will not clump up. Add cumin. Add meat to sauce and let simmer for 20 minutes. If sauce is too thick, gradually add water or more chicken broth. This is the same sauce that is used in tamales.

Crust (recipe can be found on the box of Albers Cornmeal):

2¼ c. Albers Yellow Cornmeal
2 c. water
1 can (12 oz.) Carnation evaporated milk
1 T. salt

Preheat oven to 425°F. Grease a 13" x 9" baking dish.

Combine cornmeal, water, evaporated milk and salt in medium saucepan. Cook over medium high heat; stirring frequently for 5 to 7 minutes or until thickened. Reserve 2 c. cornmeal mixture; cover with plastic wrap. Spread remaining cornmeal mixture on bottom and up sides of prepared baking dish. Bake for 10 minutes. Cool in dish on wire rack. Spoon filling into cornmeal crust. Spread reserved cornmeal mixture over filling. Bake for 15 to 20 minutes. Sprinkle with cheese. Bake for an additional 5 to 10 minutes or until cheese is melted.

Angel Hair Pasta with Shrimp

Source: Mary Lowe

Submitted by: Mary Lowe

Developed through experimentation. Little Darrin likes this recipe.

1 pound medium size prawns

½ c. sake

4 cloves minced/diced/pressed garlic

1 pint heavy cream

1 cube butter or margarine

½ pound grated fresh domestic parmesan cheese (I buy mine at Corti Bros.)

½-1 pound angel hair pasta (I buy mine at Bel Air, fresh, not frozen or dry, located with cold cuts, cheeses, etc.)

Parsley

Cook pasta in boiling water. While water is getting hot, clean prawns and marinate in sake for approximately 15 minutes. Cook pasta in boiling water for approximately 15 minutes or until done.

While pasta is cooking, melt butter and garlic in microwave for approximately 1-2 minutes on high. Add prawns and cook for 3-5 minutes or until cooked--they will be pink. (You don't have to use the microwave. It's just easier for me.) After prawns are cooked pour butter/garlic/sake mixture into large pan.

Cooking over medium heat slowly pour in cream while stirring. Add cheese. Stir until cheese is melted. Add pasta to mixture and mix well. Add parsley.

Serve immediately with salad and garlic bread and wine.

Cheese Pasta

Source: Yvonne Chan Cheng

Submitted by: Annette Chan

Kids love this dish!

1 package (12 oz.) spaghetti, cooked (or other pasta)

1 medium onion, chopped

Cooked chicken

1 can (10¾ oz.) cream of chicken soup

Parmesan cheese

2 c. cheddar, cubes or shredded

Stir fry chopped onion. Add cooked chicken, cream of chicken soup, and pasta. Mix together. Mix in Parmesan cheese. Top with cubes of cheddar (or shredded cheddar) and mix together.

Spaghetti Sauce

Source: Diane Wong

Submitted by: Diane Wong

On one of my field jobs in Oregon, I was living in a remote area in a cabin that had no electricity. Having no refrigerator and a limited pantry supply (since the nearest “mercantile” was a good 45 minute drive down a mountain road), I was forced to get a bit creative when cooking. I used garbanzo beans (for protein) and added curry for extra flavor. Today, I still occasionally add curry to spaghetti sauce for extra zest.

1 lb. ground mild Italian sausage
½ green bell pepper
½ red bell pepper
1 stalk celery
1 large carrot
2 cloves garlic
½ red onion
~1 T. fresh parsley
4 c. diced tomatoes
1 can (6 oz.) tomato paste
½ c. red wine
1 bay leaf (crushed)
1 t. curry powder (optional)
½ t. basil
1-2 t. oregano
½-1 t. sugar
Salt and pepper to taste

Chop (dice) the peppers, onions, and tomatoes. Mince the carrots, celery, garlic, and parsley. Brown the sausage in a large pot. Once the sausage is browned, add the onions and cook until translucent. Add peppers and cook until tender. Add celery, carrots, parsley, garlic and cook about one to two minutes. Add tomatoes. Cook and stir until soft. Add spices and tomato paste. Add about ½ cup of a dry red wine and a little sugar to balance the acidity of the tomatoes. Stir. Add salt and pepper to taste. Simmer on low heat for about 1-1½ hours.

Pasticha

Source: Pierre's Restaurant, San Marino, CA (1949)

Submitted by: Diane Wong

My mom often made this for family dinners. This was a signature Greek dish at Pierre's Restaurant.

1 lb. elbow macaroni
1 ½ t. onion salt
¼ lb. butter
1 c. grated Parmesan cheese
¼ c. olive oil
Large onion
6 cloves garlic
1 lb. ground beef
1 t. oregano
4 eggs
1 T. flour
½ c. milk
Salt to cook with pasta

Boil macaroni until just cooked (about 12 minutes). Add 1 teaspoon onion salt. Drain well. Brown half of the butter and add to macaroni with Parmesan. Mix well. Melt other half of butter in frying pan and add olive oil; chop onion and garlic fine; fry until well browned. Add beef. Cook until well done. Salt after cooking. Add oregano. Combine with macaroni mixture. Place in greased baking dish. Beat eggs until thick. Add flour, ½ teaspoon onion salt and milk. Beat until well blended. Pour over mixture in baking dish and bake in medium oven at 350°F for ¾ hour. Serves 6.

Tomato Beef Chow Mein

Source: *Treasured Recipes From Two Cultures - American and Chinese*, St. Mark's United Methodist Church, 1969

Submitted by: Karen Miyao

One of my favorite dishes as a child. My mom would make this at the store (American Way Market).

1 lb. fresh egg noodles that may be purchased from a Chinese noodle factory, in some supermarkets and Chinese food stores

To fry noodles: Boil pot of hot water, drop in two coils ($\frac{1}{2}$ lb. each) egg noodles and cook for half a minute. Does not come back to a boil. Drain in colander. Do not rinse with cold water. Mix in $\frac{1}{2}$ tablespoon soy sauce and $\frac{1}{2}$ tablespoon oil in the noodles. Heat frying pan, adding a thin layer of oil, covering the bottom of the pan. An electric skillet at 375°F is excellent to use. Brown one side of noodles and turn, break up the noodles and brown the other side.

$\frac{3}{4}$ lb. flank steak, cut in $\frac{1}{8}$ " strips, $1\frac{1}{2}$ " wide
1 dried onion, sliced
3 stalks celery, sliced $\frac{1}{8}$ " thin diagonally
1 green pepper, cut in chunks or sliced
4 tomatoes, peeled and cut in chunks

Heat 2 T. oil in wok, add $\frac{1}{2}$ t. salt, add onion, celery, and green pepper. Stir fry 2 min. Remove. Heat 2 T. oil in wok, add $\frac{1}{2}$ t. salt, stir fry the flank steak, 1 t. sugar, 1 t. rice wine. Stir for half minute and remove.

Heat 2. T. oil in wok, add seasonings of:

$\frac{3}{4}$ t. curry powder
 $\frac{1}{4}$ bottle catsup ($\sim\frac{1}{3}$ c.)
 $\frac{1}{2}$ c. water
2 T. sugar, approx.
 $1\frac{1}{2}$ t. vinegar
1 t. salt

Stir fry and heat through. Make a paste of 1 T. cornstarch and 2 T. water and add to sauce to thicken. Taste. It may be necessary to add a little more sugar and vinegar.

Add cooked celery, onion, and green pepper to sauce. Add quartered fresh tomatoes (or may substitute canned tomatoes). Stir fry a minute. Add the cooked beef. Mix. Pour over fried egg noodles, mix and serve. Note: for Tomato Curry Beef Chow Mein, add more curry powder.

Editor's note: This makes a lot of sauce so you may want to reduce the amount of sauce or make more noodles.

Chow Fun

Source: David Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

1 package dry rice sticks

About ½ c. oil

About 1 t. salt

1 to 2 c. chicken stock

Topping mixture

Soak the dry rice sticks overnight. Put oil in wok. Heat the oil. Add about 1 teaspoon salt to the oil. Add the rice sticks. Stir fry until the rice sticks are soft but not sticky. Want the rice sticks to be translucent. Taste it. Better to overcook than to undercook. Add chicken stock (1 to 2 cups) as needed. Stir-fry about 5 to 6 minutes total. Can put topping (e.g. beef with asparagus) on the chow fun or mix the topping in with the chow fun and stir-fry together (can add some more chicken stock or water to keep the rice sticks from getting sticky and to make them softer).



Desserts





Desserts

Strawberry Jello Salad

Almond Jello

Jello Cream Cheese

Seven-Layer Finger Jello

Emerald Isle Mold

Lime Jello Mold

Danger!! Cookies!!

Rosettes

Bow Tie

Russian Tea Cakes

Almond Cookies

Ice Box Cookies

Macadamia Butter Cookies

Sugar Cookies

No-Sugar Sugar Cookies

Chocolate Chip Cookies

Shortbread Cookies

Snickerdoodles

Baby Ruth Cookies

Cinnamon Refrigerator Cookies

Nut Tree Cookies

Jamborees

Pecan Pie Bars

Chewy Noels

Karen's Triple Chocolate Decadent Ecstasies

Desserts

Chocolate Chiffon Cake

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Amber Apple Cake

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King's Pineapple Fluff Cake

Sour Cream Pound Cake

Black Bottom Cupcakes

Eggnog Pie

Southern Sweet Potato Pie

Lemon Meringue Pie

Mascarpone and Fruit Trifle

Malasadas

Peanut Brittle

Carmel Crispix Mix

Carmel Corn

Red Bean Soup Dessert

Strawberry Jello Salad

Source: Unknown

Submitted by: Karen Miyao

2 small boxes or 1 large box strawberry Jello
2 c. boiling water
2 small packages or 1 large package frozen strawberries
1 size #21 crushed canned pineapple
2-3 mashed bananas
½ pint sour cream
1 pkg nuts, sliced

Dissolve 2 packages of Jello with boiling water. Let cool, then add berries, pineapple, bananas, & nuts. Mix together. Pour ½ of mixture into mold and let thicken. Freeze for 10 minutes. Then remove from freezer & spread sour cream on top. Then pour other ½ of mixture on top and put in refrigerator until set.

Almond Jello

Source: Unknown

Submitted by: Wendy Chang

Everyone I know loves this recipe!

2½ c. water
1 c. sugar
4 packages Knox gelatin dissolved in ½ c. cold water
1 T. almond extract
2½ c. milk

Bring water to boiling. Add the sugar, stir to dissolve. Turn down the heat, and stir in the dissolved gelatin. Add the almond extract and the milk. Pour into a 9 x 13-inch dish. Refrigerate. Cut into cubes.

Serve with:

1 can of lychee (including syrup), plus fresh fruit of your choice. I usually like to add ½ honeydew melon, cubed, and some sliced strawberries. My brother-in-law likes to add fresh mango.

Jello Cream Cheese
Source: Bessie Chun
Submitted by: Mary Lowe

This recipe came from Auntie Bessie of Hawaii.

Crust:

Preheat oven to 375°F

1½ cubes of butter
¾ c. brown sugar or ½ c. brown sugar
¾ c. nuts (chopped walnuts)
1½ c. flour

Cream butter and sugar. Add in nuts and flour. Lay into 9" x 13" pan and press dough evenly around, making an even layer. Bake in oven for 10 to 15 minutes or until done.

Second Layer:

1 box lemon jello
1 c. hot water

Dissolve and cool.

8 ounces cream cheese
¾ c. sugar
1 carton whipped cream

Cream sugar and cream cheese. Whip cream. Fold together lemon Jello and cream cheese mixture and whipped cream. Pour into cooled crust layer and refrigerate until cream cheese mixture has set. About 20 minutes.

Third Layer:

3 boxes Jello (lime, orange, strawberry, etc.) plus 4½ c. hot water. Cool but not thicken. Chill and pour on gently into cream cheese mixture. Keep in refrigerator until Jello has set.

Seven-Layer Finger Jello

Source: Maya Murashima

Submitted by: Diane Wong

This was a popular dessert at family get-togethers for a while, before Jello Jigglers were invented.

4 3-oz. packages J(different flavors)

6 envelopes Knox gelatin

1 can Borden's sweet milk

Dissolve 1 package Jello and 1 envelope gelatin with 1 c. hot water for each layer.

Mix together 1 can sweet milk and 1 c. of water. Dissolve 2 envelopes gelatin with 1 c. of hot water. Mix milk mixture and dissolved gelatin together and divide into three equal parts.

In oblong 9" x 13" pan, alternate one layer of flavored Jello and one part milk mixture until seven layers are made. Be sure each layer is set until almost firm before adding the next layer. Cut into bite-sized pieces.

Emerald Isle Mold

Source: Mrs. Caroline Mow, Treasured Recipes from Two Cultures - American and Chinese, St. Mark's United Methodist Church, 1969

Submitted by: Diane Wong

My mom made this recipe for many family parties, and it was my favorite dessert when I was a young girl.

Dissolve one 3-oz. package lime gelatin in 1 c. hot water, and add $\frac{3}{4}$ c. juice from canned lychee. Add 1 c. soft vanilla ice cream; mix well. Pour into 1½-quart mold. Chill until firm.

For second layer: dissolve one 3-oz. package lime gelatin in 1 c. hot water, and add 1 cup ginger ale, and 1 cup drained cut lychees. Add to first layer. Chill until firm.

Lime Jello Mold

Source: Karen Miyao

Submitted by: Cheryle Miyao-Quock

The quintessential holiday dish; I think everyone in our family has this recipe. This taste best with homemade whipped cream. Make sure you mix this thoroughly or else you'll have mayonnaise globs floating through it (yes, I learned this from experience).

32 large marshmallows
2 c. whole milk
2 small pkgs of lime Jello
12 oz. softened cream cheese
2 16 oz. cans crushed pineapple, drained
2 c. whipped cream
1½ c. mayonnaise
Chopped walnuts (optional)

Melt marshmallows with milk. Pour mixture over lime Jello. Stir until dissolved. Then stir in cream cheese until incorporated. Add pineapple. Then set aside to cool. Blend in whipped cream after mixture is cool. Add mayonnaise. Add nuts if desired. Pour into mold or 9x13-inch dish. Let set.

Danger!! Cookies!!

Source: Unknown

Submitted by: Karen Miyao

Goo-Paw loves these cookies.

1 c. shortening
1 c. butter
1 c. sugar
1 c. brown sugar
1 t. vanilla
2 eggs
1 t. salt
1 t. baking soda
1 t. baking powder
2 c. flour
2 c. Rice Krispies
2 c. oatmeal
2 c. coconut (8 oz. bag)

Cream shortening, butter, sugars, vanilla and eggs. Combine salt, baking soda, baking powder, flour, Rice Krispies, oatmeal, & coconut. Add dry mixture to creamed mixture, and mix thoroughly. Drop by teaspoonful on ungreased pan. Bake 10 minutes at 350°F.

Rosettes

Source: Unknown

Submitted by: Gladys Louie

1 box cornstarch

1 c. sugar

1 c. flour

2 eggs

3½ c. water

½ c. canned milk

Mix together. Dip rosette iron into batter and fry in oil.

Bow Tie

Source: Unknown

Submitted by: Gladys Louie

I make this for Chinese New Year. Tastes best the same day.

2x5 "Bow Tie" skins (similar to wonton skins but larger)

Corn syrup

Place 2 on top of each other and cut 3 slits lengthwise, about 1". Pull one end through the middle to create a twist. Deep fry and drain on paper towels. Dip in corn syrup.

Russian Tea Cakes

Source: Betty Crocker Cookbook

Submitted by: Karen Miyao

This recipe is from my 7th grade home economics class.

1 c. butter, softened

½ c. sifted powdered sugar

1 t. vanilla

Sift together and stir in:

2¼ c. sifted flour

¼ t. salt

½ c. finely chopped walnuts

Roll batter into 1-inch balls. Place 2 inches apart on ungreased cookie sheet. Bake at 400°F for 10-12 minutes until set but not brown. While still warm, roll in powdered sugar again.

Almond Cookies

Source: Daisy Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

3 c. sifted flour
1 t. soda
½ t. baking powder
½ t. salt
1 c. sugar
1½ c. shortening
1 t. almond extract
1 egg beaten
1 c. blanched almonds

Sift flour, soda, baking powder, and salt together. Cream shortening with sugar; add egg and almond extract. Thoroughly mix. Add dry ingredients, and mix well with hand. Roll into balls. Flatten slightly. Top with almond. Place on cookie sheet. Bake at 350°F for 20 minutes.

*Can roll in sesame seeds (instead of topping with almonds).

Ice Box Cookies

Source: Lydia Lowe

Submitted by: Mary Lowe

4 c. flour
1 T. baking soda
1 T. baking powder
Pinch of salt
2 c. brown sugar
1 c. butter (2 cubes)
1 t. vanilla
Chopped walnuts
2 eggs

Cream butter with half the sugar. Beat eggs and add to butter mixture. Put in 4 cups of flour or more if needed. Add rest of sugar, vanilla, baking soda, baking powder, and chopped nuts. Shape into long tube shape. Wrap in wax paper and put in refrigerator overnight. Cut into ⅛-inch slices, and put on ungreased baking sheet and bake in 425°F oven for 5-7 minutes.

Macadamia Butter Cookies
Source: Evelyn Wong (Sunset Magazine)
Submitted by: Mary Lowe

Found this in my mother's (Lydia Lowe's) recipe collection.

1⅓ c. Macadamia nuts (6 ounces)
1 c. butter or margarine
1¼ c. sugar
1 large egg
1 t. vanilla
2½ c. flour
1 t. baking soda

Chop 1 c. nuts; set aside. With electric mixer, beat butter and 1 c. sugar until fluffy. Add egg and vanilla and beat until well combined.

In another bowl, stir together flour, baking soda, and chopped nuts. Add to butter mixture. Stir together then beat to blend thoroughly. Shape dough into 2-t. size balls. Place balls 1 inch apart on ungreased cookie sheet. With flat bottom glass dipped in sugar, press ball to ¼-inch thick. Press a whole or a chunk of macadamia nut into center of cookie. Bake at 350°F until cookie is brown or for about 12 minutes.

Sugar Cookies

Source: Betty Crocker Cookbook – Modified by Karen Miyao

Submitted by: Cheryle Miyao-Quock

Mom makes these every Christmas, and I've adopted this tradition as well. This recipe makes a sweet and delicate cookie with a hint of almond flavoring. The almond flavor isn't overwhelming and gives the cookies a unique flavor; I don't recommend omitting this ingredient. Mom highly recommends decorating with vanilla butter frosting (recipe follows) instead of sprinkling cookies with sugar.

1½ c. powdered sugar

1 c. butter

1 egg

1 t. vanilla

½ t. almond extract

1½ c. all-purpose flour

1 t. baking soda

1 t. cream of tartar

Granulated sugar

Mix powdered sugar, butter, egg, vanilla and almond extract. Mix in flour, baking soda and cream of tartar. Cover and refrigerate at least 2 hours. Heat oven to 375°F. Divide dough into halves. Roll each half 3/16 " thick on lightly floured cloth-covered board. Cut into shapes.

Sprinkle with granulated sugar; place on lightly greased sheet. Bake until edges are light brown, 7 to 8 minutes. Makes about 5 dozen 2-inch cookies.

Vanilla Butter Frosting

3 c. powdered sugar

½ c. butter, softened

1½ t. vanilla

About 2 T. milk

Mix powdered sugar and butter. Stir in vanilla and milk; beat until frosting is smooth and of spreading consistency. Add food coloring and frost cooled sugar cookies. Also fills and frosts two 8-or 9-inch layers or frosts a 13" x 9" cake.

No-Sugar Sugar Cookies

Source: Unknown

Submitted by: Mary Lowe

Found it on the internet while looking for sugar free desserts.

$\frac{3}{4}$ c. unsalted butter
 $\frac{1}{4}$ c. light butter
1 c. SLENDA
1 T. vanilla extract
 $\frac{1}{4}$ c. egg substitute
 $\frac{1}{4}$ c. water
 $\frac{3}{4}$ t. vinegar (white or cider)
1 $\frac{1}{2}$ c. all purpose flour
1 $\frac{1}{2}$ c. cake flour
 $\frac{1}{4}$ t. salt
1 t. baking powder

Preheat oven to 350°F. Lightly oil a cookie sheet and set aside. Blend together butter, SLENDA granular and vanilla in a medium sized mixing bowl. Blend until butter is softened. Add egg substitute, water, and vinegar. Mix briefly. Add flours, salt and baking powder. Mix using low speed (or by hand) until dough is formed. Do not over mix.

Remove dough from bowl and place on a floured work surface. Divide dough in half. Pat each half into a circle. Cover with plastic wrap and refrigerate approximately 1 hour, allowing dough to chill

Remove dough from refrigerator and roll out on a floured work surface to desired thickness (approximately $\frac{1}{4}$ inch). Cut with cookie cutters. Place cookies on a lightly oiled cookie sheet.

Bake in a preheated 350°F oven 10-12 minutes or until lightly browned on the back. Cool on a wire rack. Makes approximately 4 dozen cookies.

Chocolate Chip Cookies

Source: Diane Wong

Submitted by: Diane Wong

This is basically the Nestlé Tollhouse recipe found on the back of a bag of chocolate chips, with a couple of substitutions.

2 sticks unsalted butter (softened)

2 eggs

$\frac{3}{4}$ c. packed brown sugar

$\frac{3}{4}$ c. white sugar

2 c. flour

1 c. oatmeal (may cut into a flour with a blender if desired)

1 bag chocolate chips

1 generous t. vanilla

$\frac{1}{2}$ -1 t. salt

2 t. instant coffee

$\frac{3}{4}$ c. chopped walnuts

1 t. baking soda

Mix ingredients. Grease cookie sheets and drop dough by spoonfuls. Bake 375°F oven, about 10 minutes.

Shortbread Cookies

Source: Karen Miyao (Cook's Vanilla)

Submitted by: Mary Lowe

From Karen but with my modifications. I added cranberries and/or chopped pecans or walnuts. Karen strongly recommends using Cook's vanilla for this recipe.

3 cubes of butter

1 c. sugar

3 t. Cook's Vanilla

4 c. flour

Cream butter, sugar and vanilla together. Gradually add flour. Mixture will be coarse like a pie crust.

Put mixture into a 13 x 9-inch pan. Pat mixture evenly in pan. Using a fork, poke holes throughout the cookie mixture so that it will not raise off the pan. Bake in a 350°F oven for 30-35 minutes. After done, let cool for 5 minutes, and then cut into squares.

Snickerdoodles

Source: Lydia Lowe

Submitted by: Mary Lowe

1 c. shortening
1½ c. sugar
2 eggs
2¾ c. flour
2 T. cream of tartar
1 T. baking soda
½ T. salt

Cream shortening, sugar and eggs. Mix in remaining ingredients. Chill dough and form into small balls. Roll in mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Put on greased cookie sheet at 350°F for 12-15 minutes. Makes 8 to 10 dozen.

Baby Ruth Cookies

Source: Evelyn Wong

Submitted by: Diane Wong

My mom sent these cookies to my Dad when he was stationed in Germany for the Korean Conflict. They were his favorite cookies. The original recipe was printed on the back of Baby Ruth Bars, which were larger then. (Only 1 bar was used in the original recipe).

2¼ c. unsifted flour
½ t. baking soda
½ t. salt
½ c. (1 stick) margarine
¼ c. sugar
1 egg, slightly beaten
1 t. vanilla
2 Baby Ruth candy bars, chopped (4.2 oz. total)

1. Preheat oven to 350°F. Generously grease cookie sheet or sheets; set aside. Mix flour, baking soda, and salt in a bowl; set aside.
2. In medium mixing bowl, cream margarine and sugar until light and fluffy. Beat in egg and vanilla. Stir in flour mixture and chopped candy until just mixed. Do not overmix. Chill at least 30 minutes.
3. Drop dough by rounded teaspoon onto cookie sheets. Bake for 10 to 12 minutes, or until golden brown. Remove quickly from cookie sheets and cool on wire racks.

Cinnamon Refrigerator Cookies

Source: Daisy Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

3½ c. sifted all-purpose flour

1 t. baking soda

¼ t. salt

1 c. shortening or margarine

1 c. brown sugar

1 c. white sugar

2 eggs

1 c. chopped nuts

1 T. cinnamon

Sift the flour, soda, cinnamon, and salt together. Cream the shortening or margarine until light and soft, gradually adding both the brown and white sugar. Beat the eggs until light and stir them into the creamed mixture. Stir in the sifted dry ingredients, about a cupful at a time, and then add the nuts.

Work the dough into long rolls with diameters about the size of silver dollars, and wrap in wax paper. Leave overnight in refrigerator.

Slice and bake on a well-greased baking sheet at 350°F for 7-10 minutes.

Nut Tree Cookies

Source: Nut Tree

Submitted by: Cheryle Miyao-Quock

On our way to the Bay Area, we would often stop at Nut Tree in Vacaville to ride the kiddie train and pick up one of these signature cookies.

⅔ c. dark honey
1 c. sugar
⅓ c. shortening
1 egg
⅓ c. water
4 c. flour
1 t. baking soda
½ t. salt
1 t. cinnamon
1 t. cloves, ground

Preheat oven to 325°F. Bring to a boil sugar, honey, and shortening. Cook for 5 minutes, stirring occasionally. Allow to cool. Beat egg and add to water. Mix and sift the flour, soda, salt & spices.

Add the sifted dry ingredients alternately with liquid ingredients to the honey mixture. If the dough is allowed to ripen for several days before rolling out, the flavor and texture are somewhat improved. Roll out the dough about ¼" thick and cut. Bake at 325°F until edges are golden brown. 12-15 min.

Icing

3 egg whites, room temperature
1 lb. powdered sugar
½ t. cream of tartar
Food coloring, optional

Place all icing ingredients in mixing bowl and mix with electric beater for about 10 minutes. After mixing, be sure to keep bowl covered with a damp cloth at all times. Icing dries quickly and hard. If you wish, add food coloring to make colored lines.

Jamborees

Source: Daisy Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

We think this recipe is from our cousin Karen.

½ c. (1 stick) plus 2 T. butter

Add gradually:

½ c. sugar

Beat in:

1 egg

1 t. vanilla

Sift together and add gradually to butter mixture:

1½ c. flour

¼ t. salt

Put into cookie press. Make the cookies with the cookie press. Bake at 375°F on an ungreased cold cookie sheet for 10 to 12 minutes.

Pecan Pie Bars

Source: Lydia Lowe

Submitted by: Mary Lowe

Prep: 15 min Cook: 52 min

1¾ c. all-purpose flour

⅓ c. firmly packed brown sugar

¾ c. butter or margarine

1 c. firmly packed brown sugar

4 large eggs

1 c. dark corn syrup

¼ c. butter or margarine, melted

1 t. vanilla extract

⅛ t. salt

1¼ c. chopped pecans

Combine flour and ⅓ c. brown sugar; cut in ¾ c. butter with a pastry blender until crumbly. Press mixture evenly into a greased 13 x 9-inch pan. Bake at 350°F for 15 to 17 minutes. Combine 1 c. brown sugar and next 5 ingredients, stirring well. Stir in pecans. Pour filling over prepared crust. Bake at 350° for 35 minutes or until set. Cool in pan on a wire rack. Cut into bars. Yield: 2½ dozen.

Chewy Noels

Source: Penelope L. Wilson, Better Homes and Gardens, 1970

Submitted by: Diane Wong

This easy and quick recipe is a family favorite during the Christmas holiday.

2 T. butter or margarine

$\frac{1}{3}$ c. sifted all-purpose flour

$\frac{1}{8}$ t. baking soda

$\frac{1}{8}$ t. salt

1 c. brown sugar

1 c. chopped nuts

2 beaten eggs

1 t. vanilla

Confectioner's sugar

In 9x9x2-inch pan, melt butter or margarine. Sift together flour, soda, and salt; stir in brown sugar and nuts. Stir in eggs and vanilla. Carefully pour batter over butter in pan. Do not stir. Bake in 350°F oven for 20-25 min. Sprinkle with confectioner's sugar if desired. Cut into bars. Makes 2 dozen.

Karen's Triple Chocolate Decadent Ecstasies
2nd Place Winner of The Sacramento Bee Brownie Contest
Source: Karen Miyao
Submitted by: Cheryle Miyao-Quock

Mom entered this recipe in the Sacramento Bee's brownie contest and won 2nd place. We think she should have won 1st place but at least she got her 15 minutes of fame and a nice head shot in the newspaper.

5 oz. unsweetened chocolate
 $\frac{3}{4}$ c. + 1 T. butter
1 T. vanilla
4 eggs, room temperature (remove from refrigerator at least 30 minutes before using)
 $1\frac{2}{3}$ c. sugar
 $\frac{2}{3}$ c. brown sugar, packed
 $1\frac{2}{3}$ c. unbleached flour
 $1\frac{1}{3}$ c. chopped walnuts or pecans
 $\frac{2}{3}$ c. chocolate chips

Generously butter 13 x 9-inch pan. Preheat oven to 350°F. Melt chocolate and butter over very low heat. Cool for about 1 minute, and then add vanilla.

Beat eggs with sugars for about 4 minutes, making sure it is well-blended. Carefully blend in flour. Then blend in melted chocolate mixture. Fold in nuts and chocolate chips. Bake for 30 minutes or until edges pull away from pan. Cool and frost.

Frosting

1 $\frac{1}{2}$ c. powdered sugar
2 heaping T. unsweetened chocolate powder
 $\frac{1}{4}$ c. + 1 T. butter
1 egg
1 t. vanilla

Mix all ingredients well. Frost brownies and refrigerate at least 30 minutes before cutting. (For health and safety reasons, Mom suggests using water or milk instead of egg. Add enough liquid until the consistency is thick but spreadable).

Chocolate Chiffon Cake

Source: Lydia Lowe

Submitted by: Mary Lowe

$\frac{3}{4}$ c. boiling water
 $\frac{1}{2}$ c. unsweetened cocoa (not Dutch process type)
 $1\frac{3}{4}$ c. flour, sifted before measuring
 $1\frac{3}{4}$ c. sugar
1 T. baking powder
 $\frac{1}{2}$ T. salt
7 eggs, separated and at room temperature
 $\frac{1}{2}$ c. oil
2 T. vanilla
 $\frac{1}{2}$ T. cream of tartar

Position a rack in the lower third of an oven (not on the bottom) and preheat the oven to 325°F.

Combine the boiling water and cocoa in a small bowl and stir to dissolve; set aside. Sift together the sifted flour, sugar, baking powder and salt into a mixing bowl. Add the cocoa mixture, egg yolks, oil and vanilla. Using a whisk or an electric mixer set on low, beat until thoroughly combined.

In a clean bowl, using clean beaters, beat together the egg whites and cream of tartar until stiff and glossy but not dry. Using a rubber spatula, gently mix one-fourth of the whites into the chocolate mixture to lighten it, and then fold in the remaining whites taking care not to deflate the batter. Pour and scrape the batter into an ungreased 10-inch tube pan and smooth the top.

Bake for 55 minutes. Raise the oven temperature to 350°F and continue baking until a toothpick comes out clean and dry, 10-15 minutes longer. Remove the cake from the oven and invert the pan (use a narrow-neck bottle to rest the tube section if the cake pan does not have supports). Let cool completely before removing, about 2 hours. Top with fruit.

Serves 8. Makes one 10-inch cake.

Red Cake

Source: Karen Miyao

Submitted by: Cheryle Miyao-Quock

This is usually known as Red Velvet Cake, a traditional Southern cake. When I was a kid, Mom would bake this cake in a heart shaped pan for my birthday and Valentine's Day. This tastes even better with cream cheese frosting.

Cake:

½ c. Crisco

1½ c. sugar

2 eggs

2 oz. red food coloring

3 T. Nestle Quick (chocolate)

2 c. buttermilk

2¼ c. cake flour

1 t. salt

1 t. vanilla

1 T. vinegar

1 t. baking soda.

Cream Crisco with sugar. Add eggs, red food coloring, and Nestle Quick. Then add buttermilk, flour, salt and vanilla. Mix well. Mix vinegar and baking soda in a separate bowl. Add to cake mixture. Grease two 9" pans and fill with cake batter. Bake 30-35 minutes at 350°F.

Frosting

1 cube butter

8 T. Crisco

1 c. sugar

3 T. flour

½ c. warm milk

1 t. vanilla

Mix together ingredients and beat with mixer. Beat until it is the consistency of whipped cream (this takes a LONG time). Will stay this way for days.

Cream Cheese Frosting (alternative to the above frosting)

1 pkg (8 oz.) cream cheese, softened

¼ c. (½ stick) butter, softened

1 t. vanilla

1 pkg (16 oz.) powdered sugar (about 4 c.), sifted

Beat cream cheese, butter and vanilla in large bowl with electric mixer on medium speed until well blended. Add sugar gradually, beating until well blended after each addition.

Amber Apple Cake
Source: Barbara Trygg
Submitted by: Karen Miyao

1 pkg rolls (canned biscuits)
2 apples, sliced
½ c. packed brown sugar
½ c. evaporated milk, light cream or whole milk
½ c. dark corn syrup (or maple syrup)
½ c. butter or margarine, melted

Grease 8" x 8" pan and layer bottom of pan with apples, then biscuits. Sprinkle brown sugar on top of biscuits. Then pour milk, corn syrup (or maple syrup) and melted butter over biscuits. Bake at 375°F for 20-30 minutes. You can also use canned fruit (about 1 lb. drained) but fresh fruit is preferred.

Fruit Basket Cake

Source: Karen Miyao

Submitted by: Cheryle Miyao-Quock

Mom often made this cake for special occasions and birthdays. We recommend making the whipped cream from scratch.

Cake

3 eggs

1 c. granulated sugar

$\frac{1}{3}$ c. water

1 t. vanilla

1 c. cake flour

1 t. baking powder

$\frac{1}{4}$ t. salt

Confectioners' (powdered) sugar

Heat oven to 375°F. Line jelly roll pan, 15 $\frac{1}{2}$ x 10 $\frac{1}{2}$ x 1 inch, with aluminum foil; grease. In small mixer bowl, beat eggs about 5 minutes or until very thick and lemon colored. Pour eggs into large mixer bowl; gradually beat in granulated sugar. On low speed, blend in water and vanilla. Gradually add flour, baking powder, and salt, beating just until batter is smooth. Pour into pan, spreading batter to corners.

Bake 12 to 15 minutes or until wooden pick inserted in center comes out clean. Loosen cake from edges of pan; invert on towel sprinkled with confectioners' sugar. Carefully remove foil; trim off stiff edges if necessary. Cut into three even layers.

Whipped Cream

1 qt. heavy whipping cream

Powdered sugar, to taste

1 t. vanilla

Pour cream into mixing bowl and beat with mixer on medium speed for a minute. Add powdered sugar and vanilla to taste. Beat until soft peaks form.

Note: Before beating whipped cream, mom recommends chilling the mixing bowl, beaters, and heavy whipping cream in freezer for at least 20 minutes.

Fillings

1st layer filling - bananas & strawberries:

1-2 bananas, sliced

1-2 c. strawberries, sliced

1 c. whipped cream

Spread half of whipped cream on cake. Sprinkle sliced bananas and strawberries evenly over layer. Spread remaining whipped cream over fruit. Top with 2nd layer of cake. Then add pineapple filling (below).

2nd layer filling - pineapple:

1 can (20 oz.) can undrained crushed pineapple

1 can (3 oz.) pkg instant vanilla pudding

2 c. whipped cream

Mix pineapple and vanilla pudding together. Let stand for 5 minutes. Fold into whipped cream. Spread on cake layer. Place 3rd layer on top of pineapple filling. Spread remaining whipped cream over entire cake. Decorate. Serve immediately or refrigerate and serve within a few hours.

Nut Tree Chocolate Fudge Cake

Source: Nut Tree

Submitted by: Mary Lowe

$\frac{3}{4}$ c. butter

$\frac{1}{2}$ c. cocoa

1 $\frac{1}{2}$ c. sugar

1 t. vanilla

3 eggs, separated

2 $\frac{1}{2}$ c. sifted cake flour

3 t. baking powder

1 c. cold water

Beat: egg whites until stiff, set aside.

Cream: Butter

Add: Cocoa and sugar; Beat until light and fluffy,

Add: Vanilla. Beat egg yolks into mixture one at a time.

Sift: Together dry ingredients.

Add: Alternating with water – beating smooth after each addition.

Fold in egg whites.

Bake: 300°F for 40-45 minutes. Line two 9-inch cake pans with waxed paper. Grease and flour.

Chocolate Frosting

3 egg whites

1 $\frac{1}{2}$ c. powdered sugar

$\frac{3}{4}$ c. butter

$\frac{1}{3}$ c. cocoa

$\frac{1}{2}$ t. vanilla

Beat: In a small bowl, egg whites to soft peak. Gradually add $\frac{3}{4}$ c. sugar beating until stiff. Set aside.

In a large bowl, beat butter until creamy.

Mix: Remaining $\frac{3}{4}$ c. sugar with cocoa. Gradually beat into butter mixture.

Fold: In vanilla and egg whites until blended.

Fill and frost cooled cake.

Butter Sponge Cake
Source: Bessie Chun
Submitted by: Diane Wong

6 eggs (well beaten)
3 c. sugar
1¼ c. fresh milk (heated to boiling point)
¼ pound butter, melted
3 c. flour
1 t. salt
3 t. baking powder
1½ t. vanilla extract
1 t. lemon extract

Beat eggs well until a light lemon color. Add sugar gradually. Sift flour, baking powder and salt together, and add to egg mixture. Pour in hot milk and melted butter, which was heated to the boiling point. Add lastly vanilla and lemon extracts. Bake 30 minutes at 350°F.

Fresh Apple-Nut Cake
Source: Evelyn Wong
Submitted by: Annette Chan & Yvonne Chan Cheng

This recipe is almost identical to a recipe written by Martha Lee and originally appeared in the food section of the local newspaper in the 1970's. Today, the article is torn and yellowed with age, but this recipe still remains a family favorite. This is Art Wong's favorite cake recipe.

3 c. sifted flour
1 t. baking powder
1 t. baking soda
1½ t. salt
1 t. cinnamon
¾ c. vegetable oil
4 c. chopped apples (about 5-6 medium)
1 t. vanilla
2 eggs
1½ c. sugar
1 c. chopped nuts
Raisins (optional)

Measure flour; add baking powder, soda, salt, and cinnamon; and sift together in a large bowl. Add oil, apples, and vanilla. Beat by hand or mixer until well blended.

Beat eggs, add sugar gradually, and continue beating until light and fluffy. Fold egg mixture into apple mixture, blending thoroughly. Stir in nuts and raisins. Pour into lightly greased tube pan. Bake at 350°F for 1 hour and 10 minutes.

King's Pineapple Fluff Cake

Source: King Family

Submitted by: Diane Wong

This is the Kings' family recipe for my mom and dad's wedding (4/20/52) cake. The Kings owned the hop ranch where Uncle Bob and Aunt Lydia worked and lived. Today, the hop ranch land belongs to Rancho Cordova in Sacramento, CA.

1st part:

6 egg whites

$\frac{1}{4}$ t. salt

$\frac{3}{4}$ c. sugar

Beat up egg whites with salt until stiff and stand in peaks. Gradually add $\frac{3}{4}$ c. sugar and beat well.

2nd part:

6 egg yolks

$\frac{3}{4}$ c. sugar

1 T. lemon juice

$\frac{1}{4}$ - $\frac{1}{2}$ c. unsweetened pineapple juice

1 $\frac{1}{2}$ c. flour

1 T. baking powder

Beat egg yolks until thick. Add $\frac{3}{4}$ c. sugar and beat thin. Add lemon juice and pineapple juice and beat well until sugar is dissolved. Add flour with baking powder and beat well.

Fold in egg white mixture (use wire beater) until mixed well. Bake in ungreased angel cake pan 325°F for 1 hour. Invert cake and cool.

Frosting:

$\frac{1}{2}$ pint pastry cream whipped until stiff. Add enough powdered sugar (about $\frac{3}{4}$ c.) and mix well with spoon. Then add about $\frac{3}{4}$ c. crushed pineapple, well drained.

Sour Cream Pound Cake

Source: Bessie Chun

Submitted by: Annette Chan & Yvonne Chan Cheng

Yvonne overcooked this cake by an hour, and it was still edible!

2 $\frac{3}{4}$ c. sugar
1 c. butter or margarine
6 eggs
 $\frac{1}{4}$ t. soda
 $\frac{1}{2}$ t. salt
3 c. cake flour
1 c. sour cream
 $\frac{1}{2}$ t. lemon extract
 $\frac{1}{2}$ t. orange extract
 $\frac{1}{2}$ t. vanilla

Cream together sugar and butter till light and fluffy. Add eggs one at a time, beating well after each addition. Sift together flour, salt and soda. Add to creamed mixture alternately with sour cream, beating well after each addition. Add extracts and vanilla, and beat well. Pour batter into greased and floured tube pan or bundt pan. Bake at 350°F for 1 $\frac{1}{2}$ hours or till cake tests done (check after 1 hour). Cool 15 minutes. Remove from pan.

Black Bottom Cupcakes

Source: Unknown

Submitted by: Karen Miyao

Cream cheese topping:

8 oz. room temperature cream cheese

1 egg

$\frac{1}{3}$ c. sugar

$\frac{1}{8}$ t. salt

1 c. chocolate chips

Combine cream cheese, egg, sugar, and salt. Beat well. Add 1 c. chocolate chips.

Chocolate Batter (black bottom):

1 $\frac{1}{2}$ c. flour

$\frac{1}{4}$ c. unsweetened cocoa

$\frac{1}{2}$ t. salt

1 c. sugar

1 t. baking soda

1 c. water

1 T. vinegar

$\frac{1}{3}$ c. oil

1 t. vanilla

Sift all dry ingredients together. Add water, vinegar, oil, vanilla and mix well. Line cupcake pan with cupcake liners. Fill cups with $\frac{1}{3}$ c. of chocolate batter and add 1 heaping teaspoons of cream cheese/chocolate chip mixture. Bake 350°F for 35 minutes. Let sit $\frac{1}{2}$ hour before serving. Makes 12.

Eggnog Pie

Source: Unknown

Submitted by: Mary Lowe

I found this while surfing the Internet. I made it, and everyone loved it.

Ingredients:

1 4¾ oz. package of vanilla pudding and pie filling

2 c. dairy eggnog

1¼ c. milk

1 T. light rum

⅛ t. nutmeg

1 9-inch pie crust, baked

Whipped cream

Nutmeg

Preparation:

Cook mix as directed on package for pie filling, except using 2 c. of eggnog and 1¼ c. milk. Stir in rum and nutmeg; pour into crust. Cover surface with plastic wrap; chill several hours. Top with whipped cream and sprinkle with nutmeg. Makes 8 servings.

Southern Sweet Potato Pie

Source: Unknown

Submitted by: Karen Miyao

I got this recipe from a co-worker. This is one of several pies I make every year for Thanksgiving and Christmas.

Unbaked pie crust (recipe below)

Filling for 9" pie:

1¾ c. cooked & mashed sweet potatoes

1 t. salt

1½ c. milk

3 eggs

1 c. sugar

1 t. cinnamon

½ t. nutmeg

½ t. ginger

1 T. butter, melted

1 t. vanilla

Pinch of baking powder

Filling for 8" pie:

1¼ c. + 2 T. cooked & mashed sweet potatoes
¾ t. salt
1 c. + 2 T. milk
2 eggs
¾ c. sugar
¾ t. cinnamon
¼ t. nutmeg
¼ t. ginger
2 t. butter, melted
1 t. vanilla
Pinch of baking powder

Prepare pie crust (recipe follows). Do not bake yet; set aside. Combine all filling ingredients. Pour into pie crust and bake at 375°F for 50 to 55 minutes or until filling rises and starts to brown (will have slight cracks). Serve with fresh whipped cream.

Pie crust

Source: Betty Crocker Cookbook

8- or 9-inch pie crust
⅓ c. plus 1 T. shortening
1 c. all-purpose flour
½ t. salt
2 to 3 T. cold water

Cut shortening into flour and salt until particles are size of small peas. Sprinkle in water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoon water can be added if necessary).

Gather pastry into a ball; shape into flattened round on lightly floured cloth-covered board. Roll pastry 2 inches larger than inverted pie plate with floured stocking-covered rolling pin. Fold pastry into quarters; unfold and ease into plate, pressing firmly against bottom and side.

Trim overhanging edge of pastry 1 inch from rim of plate. Fold and roll pastry under, even with plate; flute. Fill and bake as directed in recipe.

Lemon Meringue Pie
Source: Annette Chan
Submitted by: Annette Chan

Pie Shell:

1 c. plus 2 T. flour
¼ t. salt
⅓ c. shortening
Cold water

Preheat the oven to 425°F. Mix the flour and salt together. Cut in the shortening with a pastry blender until the mixture looks like tiny peas. Sprinkle water over the flour mixture, one T. at a time, and mix lightly with a fork, using just enough water so that the dough holds together when pressed gently into a ball. Line an 8-inch pie pan with the pastry dough, prick the dough all over with a fork, and bake for about 16-18 minutes, until lightly browned. Let the pie shell cool before filling it with the lemon filling.

Lemon Filling:

1½ c. sugar
6 T. cornstarch
¼ t. salt
1½ c. cold water
½ c. lemon juice (use sour lemons, not Meyer lemons)
2 T. butter
5 eggs yolks, beaten
1-3 t. grated lemon peel

Mix the sugar, cornstarch, and salt in a saucepan. Gradually stir in the water and lemon juice. Add butter. Cook over medium heat, stirring constantly, until the mixture thickens and boils. Boil, stirring constantly, for 10 minutes. Remove from the heat. Stir ½ cup of the hot mixture into the egg yolks, and then stir the yolks into the remaining hot mixture. Cook, stirring constantly, for another 3 minutes. Remove from the heat and stir in the lemon rind. Spoon hot filling into the pie crust.

Meringue:

3 egg whites, at room temperature
⅓ c. sugar
¼ t. cream of tartar

Preheat the oven to 350°F. In a small mixer bowl, beat egg whites and cream of tartar at high speed until foamy. Gradually beat in remaining ⅓ cup sugar until stiff peaks form. Spread meringue evenly over cool filling, sealing to crust. Bake for 15-20 minutes or until golden brown. Cool. Refrigerate uneaten portions.

Mascarpone and Fruit Trifle

Source: Sacramento Bee

Submitted by: Mary Lowe

This is from a class I went to that Sacramento Bee had at the Food Co-op. Karen asked that I submit this recipe.

Prep: 30 minutes

Chill time: 1 hour

Servings: 12

This easy dessert makes a big impression. Vary the fruit according to what you have on hand. The recipe can also be made in individual parfait glasses. Note: Look for mascarpone where your market sells exotic cheeses.

24 ounces mascarpone

3 T. sweet Marsala wine

2 c. heavy cream, chilled, divided use

$\frac{3}{4}$ c. powdered sugar, divided use

10 package of crisp cookies such as biscotti, Newman's Own Orange Chocolate Chip or Famous Chocolate wafers, coarsely chopped.

2-4 c. assorted fruit, such as peaches, strawberries, plums or kiwi, diced

$\frac{1}{2}$ c. blueberries

Use a mixer to blend the mascarpone, Marsala, $\frac{3}{4}$ c. heavy cream and $\frac{1}{2}$ c. powdered sugar. Beat until smooth.

In a trifle bowl, layer chopped cookies, fruit and Mascarpone mixture twice to create 6 layers. Cover with plastic wrap and refrigerate 1 hour or up to 3 hours. Whip the remaining cream; add remaining $\frac{1}{4}$ c. of powdered sugar. Just before serving, top the trifle with the whipped cream and sprinkle with blueberries.

Malasadas

Source: Bessie Chun

Submitted by: Mary Lowe

The first time I had these was in Hawaii in 1972. This was my first trip to Honolulu to visit Auntie Bessie and Brenda. They took me to many sites and restaurants. I especially remember going to a bakery near her home. There was a line of cars and people waiting in line to purchase these Malasadas fresh and warm. When I visited Hawaii in 1991, I took my girlfriend to the bakery (yes, it was still there). She wanted to know what was so special about these. I told her to wait until she tried them. So I bought some, and we ate them all. They were exactly the way I remembered them. Before we returned to Sacramento, we went back to that bakery three times. This is the recipe that the bakery uses. I like it with sugar instead of the syrup.

2 pkgs dry yeast
½ c. sugar
1 t. sugar
½ c. margarine (1 stick melted)
¼ c. warm water
1 c. evaporated milk
6 eggs
1 c. warm water
6 c. flour
½ tsp. salt

Dissolve yeast and 1 teaspoon sugar with ¼ cup warm water. Beat eggs until thick. Put flour in a large bowl or pan. Make a well in center. Add yeast, eggs and remaining ingredients; beat to a smooth dough. Cover and let rise until doubled. Punch down and let rise again. Drop with tablespoon or hands into hot, fat, 375°F and fry until brown. Drain on absorbent paper, shake in a bag with sugar or dip in simple syrup. Makes 7 dozen.

Simple Syrup:

1 c. sugar
1 c. water
1 t. vanilla

Boil sugar and water for 10 minutes. Add vanilla. Mix thoroughly.

Peanut Brittle

Source: Unknown

Submitted by: Mary Lowe

When I bought my first microwave, I attended classes to learn how to use it and received a lot of recipes. This one is easy to make and my father loved this peanut brittle so much that every time he came to visit, he brought peanuts so that I could make him peanut brittle.

- 1 c. sugar
- ½ c. white corn syrup
- 1 c. roasted salted peanuts
- 1 t. butter
- 1 t. vanilla extract
- 1 t. baking soda

In a 1½ quart casserole stir together sugar and corn syrup. Microwave at High (100%) for 4 minutes. Stir in peanuts. Microwave at High for 3 - 5 minutes until light brown. Add butter and vanilla to syrup, blending well. Microwave at High for 1 - 2 minutes more. Peanuts will be lightly browned and syrup very HOT. Add baking soda and gently stir until light and foamy.

Pour mixture onto lightly greased cookie sheet or buttered non-stick coated cookie sheet. Let cool ½ to 1 hour; when cool, break into small pieces and store in airtight container.

Note: I line my pan with aluminum foil and butter it. When it is cool, I lift the foil off the pan and break the pieces. You can use this same recipe and use Macadamia nor cashews.

Caramel Crispix Mix

Source: Evelyn Wong

Submitted by: Diane Wong

- 1 pound butter
- 2 c. brown sugar
- ¾ c. light corn syrup
- 2 t. vanilla
- ¼ t. baking soda
- 2 boxes (14-oz.) Crispix cereal
- 4 c. popcorn (popped)

Melt first four ingredients. Cook until shiny. Add baking soda. Spread on popcorn and Crispix and put in three 9" x 13" pans. Bake at 225°F for 1 hour, stirring every 15 minutes.

Carmel Corn

Source: Sacramento Bee

Submitted by: Karen Miyao

2 cubes butter
2 c. firmly packed brown sugar
½ c. corn syrup
1 t. salt
½ t. baking soda
1 t. vanilla
6 quarts popped corn

Melt butter. Stir in sugar, corn syrup and salt. Bring to a boil, stirring constantly; boil without stirring 5 minutes. Remove from heat; stir in baking soda and vanilla. Gradually pour over popped corn, mixing well. Turn into two large shallow baking or roasting pans. Bake 250°F for 1 hour, stirring every 15 minutes. Remove from oven. Cool completely. Break apart and store in tightly covered container. Makes about 5 quarts.

Red Bean Soup Dessert

Source: Susanna Wong

Submitted by: Diane Wong

1 bag dried red bean (14 oz.)
1 bag (box) rock sugar (16 oz.)
¼-½ c. tapioca powder
3-4 pieces dried tangerine or orange peels

Cook red beans in 4½ qt. water for 1½ hours. Turn to medium heat after boiling. Add rock sugar, tangerine or orange peels, and tapioca and cook for ½ hour.

Miscellaneous





Miscellaneous

Punch

Fruit Punch

Salad Dressing

Sweet Sour Sauce

Sweet and Sour Sauce

BBQ Sauce for Spareribs

Mustard Ham Sauce

Brown Sugar Glaze for Ham

Dung Min Fun (Har Gow or Shrimp Dumpling Skins)

Chinese Salt

Beef Jerky

Cure for a Cough

Winter Melon Soup Tonic

Dog Biscuits

Punch

Source: Evelyn Wong

Submitted by: Annette Chan & Yvonne Chan Cheng

2 cans of frozen fruit concentrate (e.g. raspberry lemonade)

2 2-liter bottles of 7-Up or Sprite

2 trays of ice cubes

Put ice cubes in a large bowl. Add frozen fruit concentrate and soda. Mix.

Fruit Punch

Source: Shirley Wong-Jose

Submitted by: Shirley Wong-Jose

This is a great punch for parties!

1 46 oz. can pineapple juice

2 6 oz. cans frozen lemonade concentrate

4 c. cranberry juice

1 8 oz. jar maraschino cherries (optional)

2 oranges sliced

1 qt. ginger ale or 7-Up

Mix all ingredients in large punch bowl with ice. Float orange slices on top.

Salad Dressing

Source: Daisy Chan

Submitted by: Annette Chan & Yvonne Chan Cheng

2 T. catsup

2 hard boiled eggs, chopped up

5 T. mayonnaise

4 T. Thousand Island Dressing

Lemon juice and sugar to taste.

Sweet Sour Sauce

Source: Evelyn Wong

Submitted by: Diane Wong

$\frac{3}{4}$ c. vinegar

$\frac{3}{4}$ c. water

$\frac{3}{4}$ c. sugar, part brown

1 T. cornstarch

1-2 tomatoes, cut in wedges

Green onions, chopped (optional)

Bell pepper, chopped (optional)

Mix cornstarch with sugar. Mix vinegar with water. Add the sugar-cornstarch mixture to the vinegar-water mixture. Cook slowly over low heat. At end of cooking (when it begins to thicken), add a tomato or two, cut in sixth or eighths. Some sliced green onions or pepper strips may be added. This sauce may be used as a dip for fried wonton or egg rolls, or as a sauce for sweet and sour pork.

Sweet and Sour Sauce

Source: Seung Lowe

Submitted by: Annette Chan & Yvonne Chan Cheng

This is a recipe from cousin Jerry Gong's father. Jerry Gong's real name is Jerry Lowe. This recipe is 50-60 years old.

1 t. soy sauce

$\frac{1}{2}$ c. sugar

$\frac{1}{2}$ c. pineapple juice

$\frac{1}{4}$ c. ketchup

$\frac{1}{4}$ c. apple cider vinegar

2 T. cornstarch

2 T. water

Mix together the soy sauce, sugar, pineapple juice, ketchup, and vinegar. Bring this mixture to a boil, and simmer for about one minute. If you want the sauce to be thicker, stir together the cornstarch and water, and add just enough of this cornstarch and water mixture to the simmering sauce while stirring to reach the desired thickness.

BBQ Sauce for Spareribs

Source: Ginger Grey

Submitted by: Karen Miyao

1 c. ketchup
1 T. Gebhardt's chile powder
¼ c. red wine vinegar
½ c. dark brown sugar
¼ c. soy sauce (Kikkoman)
Salt
Pepper
Garlic powder

Dump everything in saucepan. Stir and bring to boil. Simmer for 2-3 minutes. Brush sauce on ribs 10 minutes before they're done.

Mustard Ham Sauce

Source: Colorado Cache Cookbook

Submitted by: Karen Miyao

½ c. sugar
2 T. flour
2 eggs, slightly beaten
½ c. prepared mustard
½ c. vinegar
½ c. beef bouillon
¼ c. butter

Sift flour and sugar together. Add eggs and mix well. Add remaining ingredients. Cook over low heat, stirring constantly until thick. Serve hot. Refrigerate leftover sauce and use for ham sandwiches.

Brown Sugar Glaze for Ham

Source: Betty Crocker Cookbook

Submitted by: Karen Miyao

Mix 1 c. brown sugar, ½ t. dry mustard, 1 T. vinegar. Makes about ¾ cup.

For glazed ham, remove ham from oven 30 minutes before done. Pour drippings from pan. Remove any skin from ham. Score fat surface of ham lightly, cutting uniform diamond shapes. If desired, insert whole cloves in each. Pat or brush glaze on ham. Continue baking for 30 minutes.

Dung Min Fun (Har Gow or Shrimp Dumpling Skins)

Source: Edith Lowe

Submitted by: Diane Wong

When Yvonne and Annette were young, they would help their mother (Denise Chan) and grandmother (Daisy Chan) make these har gow skins. Their mother and grandmother would cut the dung min fun dough into small pieces, and they would take turns flattening the dough with a Mexican tortilla press.

3 c. dung min fun (wheat starch)

3 c. boiling water

½ t. salt

Hom:

½ lb. prawns (diced)

½ lb. pork (diced)

6 Chinese mushrooms (pre-soaked and then diced)

5 water chestnuts

3 T. bamboo shoots

4 stalks green onion

Put Dung Min Fun (wheat starch) and salt in mixing bowl. Pour boiling water in bowl and mix. Don't touch it at all. Just cover with pot cover for about 10 minutes. Then knead with some oil until nice and smooth. Cut, flatten, and fill with "hom".

Dip in oil before steaming. Steam 20 minutes. Dip in oil after steaming and fan the finished product.

Note: According to Denise Chan, dough made with just dung min fun and water cracks easily if the amount of dung min fun and water isn't just right. Adding tapioca starch to the dough makes it easier to work with the dough. The following recipe from Dim Sum by Rhoda Yee (1977) works well.

1 c. wheat starch

⅔ c. tapioca starch

½ t. salt

2 t. oil

1 c. and 2 T. boiling water

Mix together the wheat starch, tapioca starch, salt and oil. Add the boiling water. Cover dough, and let cool for 15 minutes. Knead dough on a lightly oiled surface until smooth.

Chinese Salt

Source: Unknown

Submitted by: Diane Wong

This recipe is useful for other Chinese recipes such as the Cantonese Chicken Pineapple Salad recipe by Daisy Chan.

Salt

Szechuan peppercorn or Chinese five-spice powder

Use slightly more salt than spice. Grind with a mortar and pestle (or rice bowl and blunt end of a cleaver). Cook in a pan over low heat until browned to bring out the flavor.

Beef Jerky

Source: Gladys Louie

Submitted by: Karen Miyao

6 lbs. top round

1 c. soy sauce

1 c. brown sugar

1 c. oyster sauce

½ c. honey

½ c. whiskey (VO or scotch)

Set oven to lowest setting in oven (170°F). Combine & mix all ingredients except for beef. Trim fat & slice beef thinly. Combine beef with marinade. Lay pieces of beef on cake rack. Bake for 3½-4 hours, checking occasionally. Leave oven door open halfway while cooking.

Cure for a Cough

Source: Bessie Chun

Submitted by: Evelyn Wong

1 dosage:

6-8 dried oysters

½ bunch lung lei yip (Chinese leaf herb, can be found at a Chinese herb store)

2-3 t. washed dow see (black bean)

2 t. nom hung (flat, southern almond)

2 t. buck hung (dried, northern almond)

Combine together. Add 4 rice bowls* (6 cups) of water - boil down to 1 bowl (~1½ cups). If you find it good, then boil again. I am quite sure taking this 2 times will do. This old remedy helps a lot of people who have a cough for a long time.

*rice bowl = ~ 1½ cups

Winter Melon Soup Tonic

Source: Daisy Chan

Submitted by: Evelyn Wong

A good tonic recipe to use after the holidays or when rich food has been eaten.

2 lbs. winter melon (with rind)
2-4 dried oysters (soaked and cleaned)
Cilantro (small bunch)
Water

Use an old, mature melon. Wash the winter melon to get the powder off. Do not peel. Cover melon with water in a pot. Then add oysters and cilantro. Simmer for 2 hours. Drink the broth. This is good for cooling and cleansing the system.

Dog Biscuits

Source: Modified recipe from Amy Matsunaga

Submitted by: Karen Miyao

1½ c. whole wheat flour
¾ c. oatmeal (not quick cooking)
¼ c. honey crunch wheat germ
¼ c. chunky or smooth peanut butter
¼ c. salad oil
¼ c. honey
1 t. baking powder

In large bowl, with mixer at low speed, mix 1 cup flour with remaining ingredients with ½ cup water until well blended. With spoon, stir in remaining ½ cup flour. Preheat oven to 350°F. With floured hands, on a well-floured surface, knead dough until dough holds together. Roll dough ¼" thick. With 5" x 2" bone-shaped cookie cutter, cut out as many bone shapes as possible. Re-roll scraps and cut. Repeat with remaining dough. Bake on large ungreased cookie sheet for 20 minutes. Turn oven off. Let cookie sheet remain in oven 1 hour. Remove bones from cookie sheet to wire rack. When cool, store in airtight container or freeze if not using right away. Makes about 20 dog bones.

Photo Captions

Page 8, left to right

May Lowe, Herbert Lowe, Ching Lowe, Albert Lowe, and Daisy Chan in the early 1900's.

Page 10, clockwise from top

1. Reagan Louie and Karen Miyao at the Louies' home.
2. Yvonne Chan Cheng (standing) and Annette Chan (sitting) in the backyard in Piedmont, CA.
3. Roberta Lowe-Taylor with husband, Tom Taylor, at the Miyaos' Christmas dinner in 2003.
4. Left to right: Diane Wong, Evelyn Wong, Jefferson Lee, Hawkins Lee, Lorraine Lee, Captoria Young, Raymond Young, and Evelyn Lee take a front row seat at the wedding of Annette Chan and Charles Lee at Heather Farms in Walnut Creek, CA in 1996.
5. Robin Wu with children Ralston and Ryan Louie at the Miyaos' Christmas dinner in 2003.

Page 11, left to right

Elsie Ng, Gladys Louie, David Chan, Evelyn Wong, and George Louie reminisce over photos from their trip to China in David's kitchen (1986).

Page 12, top to bottom

1. Edith Lowe.
2. Daisy Chan holding newborn granddaughter Annette, and Denise Chan with first-born Yvonne at Christmas, December 1967.

Page 22, top to bottom, left to right

1. Brandon Louie with parents Gladys and George at the Mayflower Restaurant, celebrating Cheryle and Dean's upcoming wedding (October 2006).
2. Cheryle Miyao-Quock with her grandmother, Edith Lowe, waiting for Karen to give them a ride to church in the VW square back wagon.
3. Daisy Chan.
4. Mary Lowe and Barbara Trygg enjoying themselves at one of Karen's birthday dinners.
5. Cheryle Miyao-Quock and her brothers, Klinton (left) and Derrick (right), pose for a Christmas card photo.

Page 23, left to right

Elsie Ng, Evelyn Wong, and David Chan.

Page 24, top to bottom

1. Left to right: Elsie Ng, Evelyn Wong, Bessie Chun, and Captoria Young at the 1990 Mar family reunion in Seaside, CA.
2. Diane Wong and Annette Chan in front of Aunt Gladys and Uncle George's house in Sacramento, CA (2005).

Page 37, left to right
Gladys Louie and Captoria Young.

Page 38, clockwise from top

1. Daisy and Chester Chan pose with their wedding party in Sacramento, CA on November 14, 1926. Herbert Lowe is the center groomsman standing directly behind the bride and the groom, and Bessie Chun is the bridesmaid wearing glasses. Rose Dong is the flower girl next to the bride.
2. From left to right: Carlton Chan, Clifford Chan, Annette Chan and Yvonne Chan Cheng next to their yard in Piedmont, CA.
3. David Chan enjoys a moment at home with daughters Yvonne (right) and Annette (left).

Page 49, left to right

Gladys Louie (in background), Daisy Chan, Karen Miyao, and Edith Lowe in Oakland, CA, circa 1951.

Page 50, top to bottom

1. Mary Lowe and Karen Miyao pose for a photo at the Mayflower Restaurant in Sacramento during the Miyao-Quock dinner (October 2006).
2. Cheryle Miyao-Quock, Yvonne Chan Cheng and Annette Chan on Cheryle's couch in Southern California on April 26, 1997, where the idea for the cookbook all started.
3. Gladys and George Louie at the Miyaos' Christmas dinner in 2003.

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A portrait of the Lowe family in Oakland at Christmas, 1957. From left to right, top row: Daisy Chan, Edith Lowe, George Louie, Gladys Louie, Roberta Lowe-Taylor, Robert Lowe, Lydia Lowe, Arthur Wong, David Chan, and Warren Ng; middle row: Evelyn Wong holding Shirley Wong-Jose and Reagan Louie; bottom row: Barbara Trygg, Brandon Louie, Mary Lowe, Karen Lowe, Wendy Ng, and Elsie Ng holding Douglas Ng.

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Reagan Louie took this picture at the Louies' home. From left to right, top row: Karen Miyao, Ken Miyao, Barbara Trygg, Bill Trygg, Gladys Louie, Roberta Lowe-Taylor; middle row (sitting on the couch): Mary Lowe, Edith Lowe, Lydia Lowe, Bob Lowe, George Louie; bottom row: Calvin Lowe, Cullen Lowe, Cheryle Miyao-Quock, Darrin Trygg, and Toby, the neurotic maltese.

Page 108, clockwise from top left

1. Annette Chan (right) escorting little Cheryle Miyao-Quock at the Graduate Theological Union campus in Berkeley, CA during the wedding of Ellen and Russell Wong in 1973.
2. From left to right: Yvonne Chan Cheng, Denise Chan (holding Carlton Chan), Annette Chan, and David Chan in their backyard in Piedmont, CA (1969).
3. The Wong family enjoys dinner at the Silver Dragon Restaurant in Oakland, CA in 1996. From left to right, top row: Susanna Wong, Diane Wong, Courtney Wong, Sam Wong, Nathanael Wong, Timothy Jose, and Shirley Wong-Jose; bottom row: Arthur Wong, Evelyn Wong, Joel Jose, and Jessica Jose.

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Evelyn and Sam Wong prepare to cut their wedding cake (recipe on p. 135) on April 20, 1952 as maid of honor Elsie Ng looks on.

Page 110, clockwise from top left

1. Karen Miyao and Evelyn Wong get ready to serve the fruit basket cake (recipe on p. 132) at family gathering at the Miyaos' home (1998).
2. Joel, Jessica, Timothy, and Shirley (Wong) Jose.
3. Left to right: Yvonne Chan Cheng, Cheryle Miyao-Quock, Annette Chan, and Diane Wong catch up on family stories at the Mar family reunion in 1990. Robin Wu is in the background.

Page 145, left to right

Mary Lowe, Karen Miyao, and Barbara Trygg enjoy favorite family recipes during a family gathering (1957).

Page 146, clockwise from top left

1. Elsie Ng and Wendy Chang.
2. Denise and Annette Chan.
3. Yvonne and Annie Cheng.
4. Karen Miyao and Cheryle Miyao-Quock.
5. Evelyn and Diane Wong.