

## PRAWNS WITH GREEN PEAS

### INGREDIENTS

300g small prawns  
50g roasted cashew nuts  
50g frozen or canned peas  
2 slices ginger  
3 tablespoons cooking oil

**A**    ½ eggs white  
         ½ teaspoon salt  
         1 tablespoon corn flour

**B**    ½ teaspoon salt  
         ½ teaspoon ve-tsin (MSG)  
         1 teaspoon cooking wine  
         1 teaspoon sesame oil

### METHOD

- 1 Shell and clean prawns. Marinate with **A** for ½ hour.
- 2 Heat the cooking oil and fry the ginger slice. Add the prawns, then the peas. Stir-fry for a few minutes and add **B**
- 3 Remove from heat when prawns are cooked and mix in the roasted cashew nuts. Serve immediately.

## ROAST LAMB

### INGREDIENTS

1 kg lamb, cut from rolled shoulder or loin chops  
4 tablespoons cooking oil

**A**    4 tablespoons soy sauce  
         2 tablespoons cooking wine  
         2 cloves garlic, crushed  
         1 tablespoon sesame oil  
         1 teaspoon ginger, chopped  
         1 tablespoon sugar  
         Juice of ½ lemon

### METHOD

- 1 Slice the lamb into 2 cm slices and marinate in **A** for 1 hour.
- 2 Preheat oven to 200 °C
- 3 Pour the cooking oil over the lamb slices and place in oven and roast for 15 minutes.
- 4 Turn the lamb slices and continue to roast for a further 15 minutes. The total roasting time is 30 minutes,

**This recipe is also suitable for a barbecue, using a Charcoal fire**

## PAPER WRAPPED CHICKEN

### INGREDIENTS

1 chicken about 1½ kg, cut into 20 pieces  
2 tablespoons ginger, shredded  
6 stalks spring onions, shredded  
100g cooked ham, shredded  
20 sheets greaseproof paper  
Oil for deep-frying

- A**
- 2 teaspoons salt
  - 1 teaspoon ve-tsin
  - 1 tablespoon oyster sauce
  - ½ tablespoon ginger juice
  - 2 tablespoons water
  - ½ tablespoon corn flour
  - 1 tablespoon cooking wine
  - 1 tablespoon cooking oil

### METHOD

- 1 Marinate chicken in **A** for 1 hour.
- 2 Place each piece of chicken with ginger, spring onions and ham on the greaseproof paper. Fold into envelopes and secure with wire staples. Fry in hot oil for 8 minutes.
- 3 Remove and drain. Serve in the paper envelopes.

## DRUNKEN CHICKEN

### INGREDIENTS

1 chicken about 1½kg  
½ cup Chinese wine  
½ cup brandy  
1 lettuce leaf  
1 stalk Chinese parsley  
2 tomatoes, sliced  
1 teaspoon salt

### METHOD

- 1 Boil the chicken in enough water to cover. When tender remove from heat and soak in cold water until cold.
- 2 Cut the chicken into pieces and place in a large bowl with the skin-side downwards.
- 3 Pour the Chinese wine and brandy over the chicken and let it soak for 5 to 6 hours.
- 4 To serve, pour the wine into a bowl, arrange the chicken on a serving plate and pour the wine over the chicken again.
- 5 Garnish with lettuce, tomatoes and Chinese parsley.

## FRIED SHREDDED PORK WITH GREEN PEPPER

### INGREDIENTS

200g pork, shredded as in illustration  
1 green pepper, shredded  
1 stalk spring onion, shredded  
1 teaspoon ginger, shredded  
2 cloves garlic, chopped  
5 tablespoons cooking oil  
1 teaspoon salt

- A**    ½ tablespoon cooking oil  
         ½ tablespoon black soy sauce  
         1 teaspoon corn flour
- B**    1 teaspoon soy sauce  
         1 teaspoon sugar  
         ½ teaspoon Ve-tsin

### METHOD

- 1 Season pork with **A** for 10 minutes.
- 2 Heat 2 tablespoons of cooking oil, and fry the shredded green chili pepper with 1 teaspoon salt for a few minute. Remove from pan.
- 3 Heat 3 tablespoons of cooking oil and fry the garlic, ginger, spring onions and shredded pork for 3 minutes.
- 4 Add **B** and the green pepper and continue to fry until the pork is cooked. Serve hot.

## FRIED LONG BEANS

### INGREDIENTS

400g long beans, cut into 10 cm lengths  
3 cups cooking oil  
½ teaspoon salt

- A**    150g minced pork  
         25g minced preserved vegetables  
         2 teaspoons chopped spring onions  
         1 teaspoon chopped ginger
- B**    3 tablespoons water  
         1 tablespoon soy sauce  
         ½ teaspoon sugar

### METHOD

- 1 Heat the 3 cups of cooking oil and fry the long bean for a few minutes. Transfer the beans to a plate and mix in ½ teaspoon salt.
- 2 Heat 3 tablespoons of the cooking oil and fry **A** until the minced pork is cooked, then add **B**.
- 3 Add the long beans, cook for a few minutes and serve hot.

## FRIED MUSTARD GREENS AND MUSHROOMS

### INGREDIENTS

- 4 mustard greens
- 8 dried mushrooms, soaked
- 2 slices ginger
- Pinch of ve-tsin
- Pinch of salt
- 2 tablespoons oil

- A**
- 2 tablespoons oyster sauce
  - ½ tablespoon cooking oil
  - 1 teaspoon sugar
  - 4 tablespoon water

### METHOD

- 1 Remove the old leaves and harsh skin then cut The mustard greens into 2cm pieces
- 2 Heat the cooking oil and fry the ginger slices and mushrooms. Add the mustard greens and continue stir-frying
- 3 Add **A**, salt and ve-tsin to taste. fry for another 2 to 3 minutes and serve

## FIVE KINDS OF BRAISED VEGETABLES

### INGREDIENTS

- 100g snow peas
- 1 dried mushrooms, soaked
- 200g canned button mushrooms
- 200g cauliflower, cut into florets
- 100g canned young sweet corn
- 2 tablespoons cooking oil
- Pinch of salt

- A**
- ½ teaspoon sugar
  - ½ teaspoon salt
  - Pinch of ve-tsin
  - ½ cup water

- B**
- 2 tablespoons water
  - 1 tablespoon corn flour

### METHOD

- 1 Boil the dried mushrooms, button mushrooms, cauliflower and young sweet corn in water and a little oil and salt.
- 2 Heat the cooking oil and fry the snow peas for 2 minutes, then add the drained boiled vegetables and **A**.
- 3 When liquid in pan begins to boil, add **B** and let it thicken slightly. Remove and serve

## JELLIED CHICKEN AND HAM

### INGREDIENTS

- ½ chicken
- 200g cooked ham
- A** ½ tablespoon cooking wine
- 3 tablespoons hot water
- ½ teaspoon salt
- ½ tablespoon gelatin
- ½ teaspoon ve-tsin

### METHOD

- 1 Boil the chicken in water with a pinch of salt.
- 2 Remove the bones from the chicken and cut the meat into uniform slices. Do the same with the cooked ham
- 3 Arrange the chicken and ham slices in alternate layers in a bowl. Add **A** and steam for 5 minutes  
When cool, place the bowl in the refrigerator to set.
- 4 To serve, turn out on to a serving dish and garnish.

## FRIED CRAB CLAWS

### INGREDIENTS

- 8 crab claws with shells removed
- 100g fat pork, minced
- 100g lean pork, minced
- 200g prawn meat, minced
- 70g bamboo shoots, chopped fine
- Corn flour for dusting
- 2cup cooking oil

- A** 2 teaspoons corn flour
- 2 egg whites
- 1 tablespoon chopped spring onion
- 1 teaspoon salt
- Pinch of ve-tsin and pepper

### METHOD

- 1 Combine the minced fat pork, lean pork, prawn meat and bamboo shoots with **A**
- 2 Beat the mixture with a spoon for 10 minutes and Divide into 8 portions, coat the crab claw with the mixture.
- 3 Dust the coated crab claws with corn flour and deep Fry in oil until a golden colour.

## BAKED HAM IN HONEY SAUCE

### INGREDIENTS

- 500g cooked ham  
200g lotus seeds,  
**A** 1 tablespoon honey  
5 tablespoons water  
3 tablespoons tomato sauce
- B** ½ tablespoon corn flour  
½ tablespoon water

### METHOD

- 1 Boil lotus seeds in water till cooked
- 2 Place lotus seeds with cooked ham in a dish. Add 1 teaspoon of honey and steam for ½ hour  
When cooked, pour away excess liquid
- 3 Bring **A** to the boil. Stir in **B** and cook until the mixture slightly thickens.
- 4 Pour the gravy over the ham and serve immediately.

## BEAN PASTE PASTRY

### INGREDIENTS

- 300g red bean paste  
100g flour  
2 eggs  
10 teaspoons water

### METHOD

- 1 Put flour in a bowl and add the water and eggs. Mix thoroughly and filter the mixture.
- 2 Rub a frying pan evenly with oil, heat and pour half  
When pancake is cooked  
Remove from heat.
- 3 Repeat with the rest of batter.
- 4 Spread the bean paste on the pancakes and  
Fold into rectangles.
- 5 Fry again in the frying pan with a little oil until fairly brown and crisp. Slice and serve.

## SWEET RED BEAN SOUP

### INGREDIENTS

2 cup red beans  
small piece of dried orange peel  
400g rock sugar  
200g lotus seeds,  
6 cups water

### METHOD

- 1 Wash the red beans and place into a saucepan. Add lotus seeds, orange peel and 6 cup of water. Bring to the boil and continue simmering until beans are half cooked
- 2 Add the rock sugar and continue to simmer until the Bean is well cooked. Serve hot.

## ALMOND JELLY

### INGREDIENTS

- 1 packet Agar Agar powder  
400g can evaporated milk  
1 cup sugar  
1 teaspoon almond essence  
4 cups water

### METHOD

- 1 place water, sugar and Agar Agar powder in a saucepan. Boil to dissolve the sugar and Agar Agar. Stir evenly during boiling.
- 2 Add the evaporated milk and the almond Essence, and stir thoroughly.
- 3 Pour the Agar Agar mixture into a mould and Place in a refrigerator to set.
- 4 Remove from mould to serve. Decorate with fresh or canned fruit.

## SHARK'S FIN SOUP

### INGREDIENTS

300g cleaned and stewed shark's fins  
100g crab meat  
1 egg, beaten  
5 tablespoons cooking oil

**A** 4 rice bowls chicken stock  
½ teaspoon cooking wine  
4 teaspoons salt  
2 teaspoons ve-tsin  
2 teaspoons sugar  
½ tablespoon light soy sauce  
½ teaspoon sesame oil pinch of pepper

**B** 5 tablespoons corn flour  
5 teaspoons water

### METHOD

- 1 Heat 5 tablespoons of cooking oil,  
Then add **A** and shark's fins
- 2 When mixture slightly boils, and stirred **B**  
gradually
- 3 Add the crab meat and beaten egg,  
Stir again and allow the mixture to boil.  
Serve hot.

## FRIED PORK WITH PRESERVED VEGETABLE

### INGREDIENTS

200g pork  
100g canned preserved vegetables, shredded  
8 dried mushrooms, soaked and shredded  
1 clove garlic, chopped  
1 stalk spring onion, shredded  
3 tablespoons cooking oil

**A** 1 teaspoon soy sauce  
1 teaspoon corn flour  
½ teaspoon sesame oil

**B** 3 tablespoons water  
½ teaspoon ve-tsin

**C** ½ teaspoon corn flour  
1 tablespoon water

### METHOD

- 1 Season the shredded pork with **A** for 15 minutes
- 2 Heat the cooking oil and fry the garlic and  
mushrooms. Then add the pork and preserved  
vegetables and fry together.
- 3 Add **B** and fry for a few minutes and add **C** And  
shredded onion. Cook for a further few minutes  
serve.



## STEAMED POT STEWED CHICKEN

### INGREDIENTS

- 1 tender chicken, cleaned and cut into pieces
- 1 slice ginger
- ½ teaspoon salt
- 6 pieces dried mushrooms, soaked
- 2 teaspoons cooking wine (optional)

### METHOD

- 1 Place all ingredients into a heat – proof bowl or a Chinese steam-pot . add ½ cup of water.
- 2 Place the bowl with the ingredients on a stand in a larger stewing pot containing water.
- 3 Steam for two hours until the chicken is thoroughly cooked and ready to serve.

## LUXURY FREID EGGS

### INGREDIENTS

- 5 Eggs
- 40g cooked ham, shredded
- 1 onion, sliced
- 40g roast pork, shredded
- 2 dried mushrooms, soaked and shredded
- 2 tablespoons green peas
- 1 stalk spring onion, chopped
- 4 tablespoons cooking oil

- A**
- ½ teaspoon salt
  - ½ teaspoon soy sauce
  - ½ teaspoon sesame oil
  - pinch of pepper
  - 3 tablespoons water

### Method

- 1 Beat eggs in a bowl. Add onion slice, spring onion, green peas, shredded mushroom, roast pork and cooked ham. Add **A** and mix well
- 2 Heat the cooking oil and fry egg mixture until cooked. Garnish with a sprig of Chinese parsley.

## DUCK SOUP WITH SALTED VEGETABLES

### INGREDIENTS

- 1 medium duck about 1 ½ kg
- 300g salted vegetables, soaked in water for 1 hour
- 6 cup water
- 4 tomatoes
- 1 preserved sweet lemon
- 4 cloves garlic, crushed
- 3 slices ginger
- 2 preserved Chinese plums (optional)
- 4 tablespoons oil

### METHOD

- 1 Heat oil fry ginger slices and garlic. Add water, duck, preserved plums And lemon, salted vegetables and Tomatoes.
- 2 Boil for 1 hour until duck is tender, and Ve-tsin and pepper to taste. More water may be added if necessary

## SAUTED BEAN CURD

### INGREDIENTS

- 2 Cakes bean curd, sliced
- 2 dried mushrooms, soaked and shredded
- 50g bamboo shoots, sliced
- 1 stalk spring onion
- 3 red chillies, shredded
- 2 slices ginger
- 1 tablespoon chili bean paste
- 200g lean pork, sliced
- 3 tablespoons cooking oil.

- A** 1tablespoon soy sauce  
1 teaspoon sugar  
1 tablespoon cooking wine  
1teaspoon sesame oil
- B** ½ tablespoon corn flour  
1 tablespoon water

### METHOD

- 1 Fry the bean curd slice in the heated cooking oil until golden brown.
- 2 Fry the ginger slices, then add the mushrooms, snow peas, lean pork and bamboo shoots. Fry for a further few minutes.
- 3 Add the chili bean paste, spring onion and shredded chillies and continue frying.
- 4 Lastly, and well-stirred **A** and **B** and cook until the gravy thickens. Serve immediately.

## DEEP FRIED PRAWNS

### INGREDIENTS

12 large prawns, unshelled  
1 ½ tablespoons ginger, chopped  
5 cloves garlic, chopped  
2 red chillies, chopped  
5 tablespoons cooking oil

**A** 1 teaspoon salt  
1 teaspoon sugar  
3 tablespoons water

### METHOD

- 1 Heat the cooking oil and fry ginger, garlic and chillies.
- 2 Add the prawns and fry until they turn red, then add **A** simmer until the gravy thickens.
- 3 Remove and serve.

## SWEET WHITE CLOUD EARS SOUP

### INGREDIENTS

25g white cloud ears, soaked for 2 hours  
200g rock sugar  
4 cups water  
10 water chestnuts, skinned and sliced

### METHOD

- 1 Place white cloud ears with the water in a heat – proof bowl.
- 2 Steam for 2 hours, then add rock sugar and water chestnuts. Continue to steam until rock sugar is dissolved. Serve hot.

## ROAST LEAN PORK

### INGREDIENTS

500g lean pork with some fat, cut into strip of 6cm width

- A**
- 1 teaspoon ve-tsin
  - 2 teaspoons salt
  - 4 tablespoons sugar
  - 1 tablespoon black soy sauce
  - 1 or 2 drops cochineal
  - 3 tablespoons water

### METHOD

- 1 Marinate the pork strip in **A** for 4 to 5 hours.
- 2 Preheat oven to 220°C. place pork strip on a cooking rack and roast for 20 minutes.
- 3 Remove from oven and baste with remaining marinade. Lower oven temperature to 190°C and continue roasting for another 15 minutes.
- 4 Remove from oven, cool and slice to serve.

## BRAISED MUTTON IN SOY SAUCE

### INGREDIENTS

500g mutton, cubed  
1 carrot ,cubed  
1 large onion, cubed  
3 slices ginger  
3 cloves garlic, chopped  
2 tablespoons cooking oil

- A**
- 1 tablespoon cooking wine
  - 1 star anise
  - 1 stick of cinnamon
  - 2 tablespoons black soy sauce
  - ½ tablespoon light soy sauce
  - ½ tablespoon sugar

### METHOD

- 1 Boil mutton cubes in salted water for ½ hour. Remove mutton from stock.
- 2 Heat the cooking oil and fry garlic and ginger. Add the mutton and brown for a few minutes.
- 3 Add 1 cup of the mutton stock carrot, onion and **A**. Bring to the boil and reduce heat to simmer until the mutton is tender. Serve hot.

## FRIED CHICKEN WITH CASHEW NUTS

### INGREDIENTS

200g chicken breasts, diced  
80g roasted cashew nuts  
5 pieces dried mushrooms,  
soaked and diced  
1 green pepper diced  
50g carrots, diced  
1 onion diced  
2 cloves garlic, crushed  
2 teaspoons light soy sauce  
1 teaspoon corn flour  
1 teaspoon salt  
pinch of pepper  
2 slices ginger  
2 tablespoons cooking oil

### METHOD

- 1 Marinate the chicken with the corn flour and light soy sauce for 10 minutes
- 2 Heat the cooking oil and fry the garlic, ginger and diced mushrooms.
- 3 Add the chicken, green pepper, carrot and onion and fry for a few minutes. Add the salt and pepper to taste.
- 4 Remove from heat and add the roasted cashew nuts & serve.

## STEWED BEEF IN CLAY POT

### INGREDIENTS

500g topside steak, cut into small pieces  
2 slices ginger  
1 star anise small piece of dried Chinese orange peel  
2 cloves garlic  
1 cup water  
2 tablespoons cooking oil  
**A** ½ teaspoon salt  
½ teaspoon ve-tsin  
1 tablespoon black soy sauce  
½ tablespoon cooking oil pinch of pepper  
1 teaspoon sugar

### METHOD

- 1 Season beef with **A** for 10 minutes.
- 2 Heat cooking oil in a clay-pot. Fry the garlic then add the beef and fry for a further few minutes.
- 3 Add 1 cup of water, star anise, orange peel and Ginger slices.
- 4 Reduce temperature and simmer for 6 hours.

## ASSORTED COLD DISH

### INGREDIENTS

100g cooked ham, sliced  
100g fried egg  
200g cooked chicken meat, sliced  
100g canned asparagus  
100g canned button mushrooms  
150g roast pork, sliced

### METHOD

Arrange the well-prepared food tastefully  
On a large plate and serve.

## BEAN CURD WITH SPICY SAUCE

### INGREDIENTS

2 cakes bean curd  
120g minced pork  
1 tablespoon minced spring onion  
1 slice ginger chopped  
2 red chillies chopped  
1 clove garlic chopped  
½ tablespoon bean paste  
2 tablespoons black soy sauce  
1 teaspoon sugar pinch of ve-tsin  
¾ cup water or stock  
3 tablespoons cooking oil

**A** 1 teaspoon corn flour  
1 tablespoon water

### METHOD

- 1 Heat the oil and fry chopped garlic, ginger, chillies, bean paste and minced pork for a few minutes.
- 2 Add black soy sauce, ve-tsin, sugar and bean curd. Bring to the boil, then add ¾ cup water or stock and thicken with **A**.
- 3 Serve hot.

## MIXED VEGETABLE DELUXE

### INGREDIENTS

20g dried mushrooms, soaked  
230g carrots, sliced  
50g snow peas  
80g canned button mushrooms  
250g cauliflower, cut into florets  
40g canned bamboo shoots, sliced  
2 tablespoons cooking oil

**A**     $\frac{3}{4}$  cup water  
          $\frac{1}{2}$  teaspoon salt  
          $\frac{1}{2}$  teaspoon ve-tsin  
          $\frac{1}{2}$  teaspoon sugar  
         1 teaspoon soy sauce  
         1 teaspoon sesame oil  
          $\frac{1}{2}$  tablespoon oyster sauce pinch of pepper

**B**    1 tablespoon corn flour  
          $1\frac{1}{2}$  tablespoons water

### METHOD

- 1    Heat the cooking oil and fry the dried mushroom, carrots, snow peas, button mushroom, cauliflower and bamboo shoots for a few minutes
- 2    Add **A**, bring to the boil then add **B**. serve hot.

## FRIED SPINACH WITH ABALONE

### INGREDIENTS

1    canned abalone, cut into slices  
4    stalks spinach, cleaned and cut into 6 cm lengths  
1    teaspoon oyster sauce  
1    teaspoon sesame oil  
1    teaspoon salt  
     Pinch of ve-tsin and pepper  
3    tablespoons cooking oil

**A**     $\frac{1}{2}$  tablespoon corn flour  
         1 tablespoon water

### METHOD

- 1    Heat the cooking oil and fry spinach for a few minutes. Add the oyster sauce, sesame oil, Salt and pepper.
- 2    Add the abalone slices and fry for a few minutes Then add **A** and bring to the boil. Serve hot.

## SPRING ROLLS

### INGREDIENTS

150g pork shredded  
100g bean sprouts, cleaned  
100g carrots, shredded  
3 stalks spring onions, shredded  
5 pieces dried mushrooms, soaked and shredded  
10 pieces spring roll wrappers

- A**    ½ teaspoon ve-tsin  
         2 teaspoons salt  
         1 teaspoon sugar  
         2 teaspoons oyster sauce  
         1 teaspoon sesame oil
- B**    1 tablespoon corn flour  
         2 tablespoons water
- C**    2 tablespoons plain flour  
         1 tablespoon water  
         3 tablespoons cooking oil

### METHOD

- 1    Heat 3 tablespoons cooking oil and fry mushrooms, pork, bean sprouts and carrots for a few minutes and add **A**. Fry for another few minutes and add **B**
- 2    Divide the mixture into 10 equal portion. Put each portion on a spring roll wrapper and form into a roll. Seal the end with **C**.
- 3    Fry the spring rolls in a suitable amount of oil until brown and crispy. Serve hot.

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## DEEP SAUCED BEAN CURD

### INGREDIENTS

10 pieces of bean curd, each cut into 2 diagonally  
¼ cup water mixed with ½ teaspoon salt  
2 tablespoons cooking oil  
3 cups cooking oil

- A**    100g minced pork  
         50g fish meat  
         20g salted fish  
         4 dried mushrooms, soaked and chopped  
         1 tablespoon salt  
         1 teaspoon salt  
         1 teaspoon pepper  
         ½ tablespoon cooking wine  
         5 tablespoons water
- B**    1 tablespoon black soy sauce  
         1 teaspoon sesame oil  
         2 tablespoons oyster sauce  
         ½ teaspoon ve-tsin
- C**    1 tablespoon corn flour  
         2 tablespoons water

### METHOD

- 1    Beat mixture A by hand for ½ hour
- 2    Make slits in the halved bean curd and stuff with the beaten mixture **A** and seal the openings with salt water
- 3    Heat the 3 cups of cooking oil and deep-fry the prepared bean curd until golden brown. Remove and drain.
- 4    Heat 2 tablespoons of cooking oil. Add **B** and bring to the boil. Add **C** and drained bean curd. Mix well and serve immediately.

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## MEAT SAUCE NOODLES

### INGREDIENTS

1kg noodles  
200g prepared bean paste (see below)  
2 tablespoons cooking wine  
400g minced pork  
2 tablespoons cooking oil  
1 cucumber, shredded

### METHOD

- 1 Heat 2 tablespoons of cooking oil and fry the minced pork until cooked. Add the chopped onion and prepared bean paste. Add the cooking wine and continue frying for 5 minutes
- 2 Boil the noodles and serve with the meat sauce and shredded cucumber.

### METHOD OF PREPARING BEAN PASTE

½ cup bean paste  
3tablespoons sugar  
½ teaspoon ve-tsin  
4tablespoons flour  
½ cup water  
4tablespoons cooking oil  
Heat 4 tablespoons of cooking oil. Fry Flour till brown, add bean paste, sugar, Ve-tsin and water. Fry thoroughly.

## MILKY CHICKEN

### INGREDIENTS

1 chicken about 1 ½ kg  
8 dried mushrooms, soaked and sliced  
1 small carrot, sliced  
2 tablespoons cooking oil  
A 3 tablespoons evaporated milk  
1 rice bowl stock  
½ teaspoon ve-tsin  
½ teaspoon sugar  
1 teaspoon sugar  
1 teaspoon sesame oil pinch of pepper  
B 1 ½ tablespoons corn flour  
1 tablespoon water  
C 1 egg white  
1 tablespoon water

### METHOD

1. Boil chicken in enough water until tender. Remove and cut into pieces. Pour A over Chicken pieces and leave for 15 minutes. Drain off the liquid into a bowl and put aside.
2. Boil carrot slices and dried mushrooms in the water
3. Until cooked. Remove and drain.
4. Heat 2 tablespoons of cooking oil, add A and bring to the boil. Add B and stir until mixture thickens.
5. Add C, carrots, mushroom and chicken pieces and bring to the boil again.

# ***WEIGHTS AND MEASURES***

In the imperial and American system, measure in weight is similar in volume are different, and the following table show the equivalents:

## **SPOON MEASURE:**

### **Imperial**

1 teaspoon (5ml) (tsp)  
.1 teaspoon (20 ml) (tbsp)

## **LIQUID MEASURES:**

### **Imperial**

20 fluid oz  
10 fluid oz

### **American**

16 fluid oz    1 pint  
8 fluid oz     1 cup

## **WEIGHT:**

### **Imperial**

1 oz                288.35g  
2 oz                56.70g  
4 oz                113.40g  
8 oz                226.80g  
1.1 lb              453.00g  
1.1 lb              ½ kilo  
2.2 lb              1 kilo

### **Working equivalent**

32g  
63g  
125g  
250g  
500g

## **LIQUID MEASURES:**

<b>Imperial</b>	<b>Exact conversion</b>	<b>Working equivalent</b>
¼ pint (gill)	142 ml	150 ml
½ pint	284 ml	300 ml
1 pint	568 ml	600 ml
1 ½ pint	994 ml	1 litre

## **LINEAR MEASURES:**

<b>English</b>	<b>Metric</b>
1 in	2 ½ cm
2 in	5 cm
3 in	7 ½ cm
6 in	15 cm

## **OVEN TEMPERATURE:**

<b>°F</b>	<b>°C</b>
225	110
250	130
275	140 very cool
300	150
325	170 very moderate
350	180 moderate
375	190 moderately hot
400	200
425	220 hot
450	230 very hot
475	240

## **It is useful to note for easy reference that:**

1 kilogramme (1000grammes) =2.2lb    therefore  
½ kilo (500 grammes) roughly =1lb  
1litre roughly    =1¾ imperial pints therefore  
½ litre roughly    = 1 imperial pint