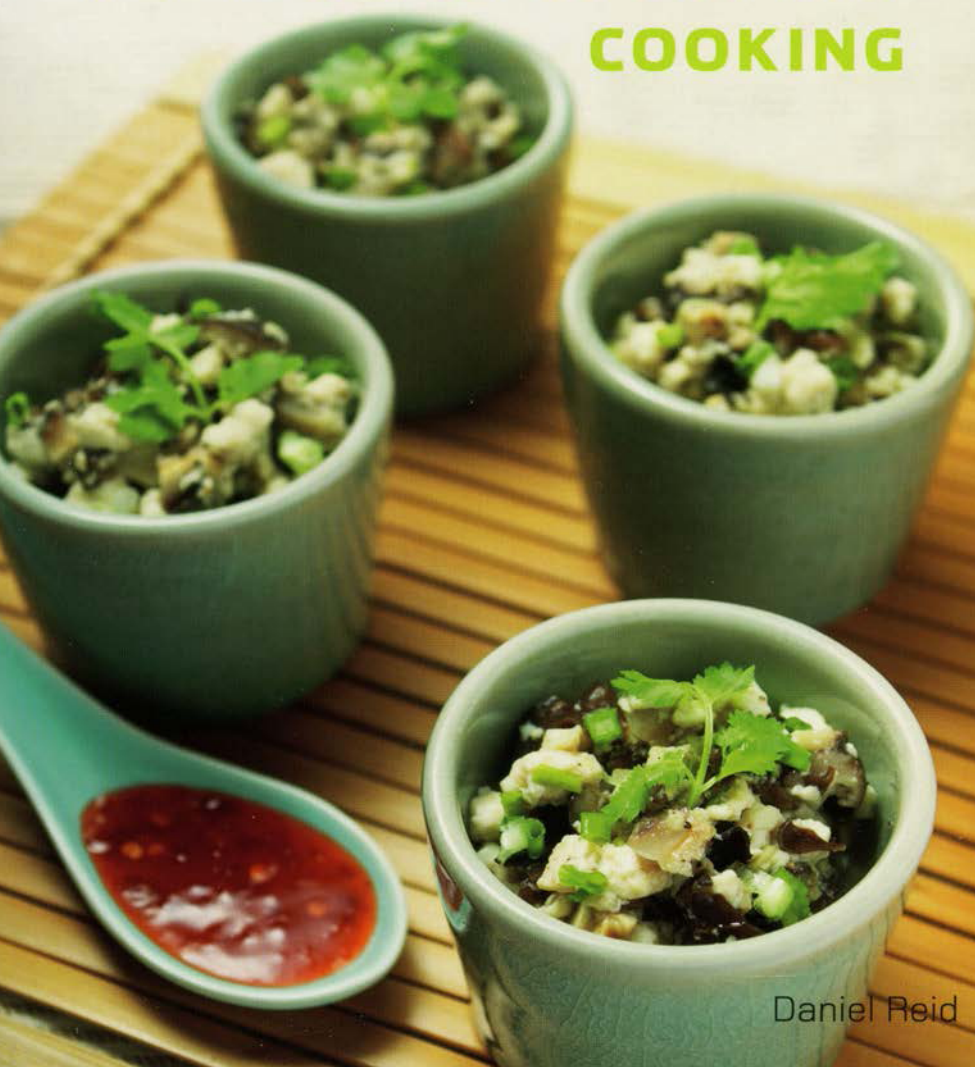


Periplus Mini Cookbooks

Chinese

VEGETARIAN

COOKING



Daniel Reid

Measurement Conversions

All our recipes are thoroughly tested in the Periplus Test Kitchen. Standard metric measuring cups and spoons are used throughout, and all cup and spoon measurements are level. We have used medium-sized (60 g, grade 3) eggs in all recipes.

International Measures

Volume

1 teaspoon = 5 ml
1 UK/US tablespoon = 15 ml = 3 teaspoons
1 Australian tablespoon = 20 ml = 4 teaspoons

Lengths

6 mm = $\frac{1}{4}$ inch
12 mm = $\frac{1}{2}$ inch
2.5 cm = 1 inch

Weights

30 g = 1 oz
225 g = 8 oz
500 g = 1 lb

We have used international 15 ml tablespoon measures. If you are using an Australian 20 ml tablespoon, the difference will not be noticeable for most recipes. However, for flour, cornflour or baking powder, subtract one teaspoon for each tablespoon specified.

Cup Equivalents

$\frac{1}{4}$ cup = 60 ml = 2 fl oz	1 cup sugar, rock crystal = 125 g
$\frac{1}{2}$ cup = 125 ml = 4 fl oz	1 cup raw brown rice = 220 g
1 cup = 250 ml = 8 fl oz	1 cup fresh coriander leaves = 50 g
2 cups = 500 ml = 16 fl oz = 1 pint	1 cup beansprouts = 50 g
4 cups = 1 liter = 32 fl oz = 1 quart	1 cup dried soy beans = 200 g
	1 cup cornflour = 120 g

Oven Temperature Guide

When using convection ovens, the outside of the food cooks more quickly. As a general rule, set the oven temperature 15°C to 20°C lower than the temperature indicated in the recipe, or refer to your oven manual.		°C	°F
	Low	150	300
	Moderate	180	350
	Med. Hot	200	400
	Hot	220	425
	Very Hot	230	450

Published by Periplus Editions (HK) Ltd.

www.periplus.com

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ISBN: 978-1-4629-1100-4 (ebook)

Printed in Singapore

12 11 1104CP
10 9 8 7 6 5 4 3

Distributors

Asia Pacific: Berkeley Books Pte Ltd,
61 Tai Seng Avenue, #02-12
Singapore 534167
Tel (65) 6280 1330; Fax (65) 6280 6290.
inquiries@periplus.com.sg
www.periplus.com

Indonesia: PT Java Books Indonesia,
Kawasan Industri Pulogadung,
Jl. Rawa Gelam IV No. 9
Tel: 62 (21) 4682 1088; Fax 62 (21) 461 0206.
crm@periplus.co.id
www.periplus.co.id

Photography: Jörg Sunderman
Food Styling: Myrna Sim
Recipe Tester: Angie Ng
Design: Periplus Design Team

Chinese

VEGETARIAN

COOKING

Daniel Reid



Delicious and easy vegetarian favorites like
Vegetarian Fried Beehoon, Vegetarian Beancurd Skin Rolls
and Spicy Tofu with Roasted Peanuts

PERIPLUS EDITIONS
Singapore • Hong Kong • Indonesia

Basic Chinese Ingredients

Bamboo shoots are the fresh shoots of the bamboo plant, which make an excellent vegetable. Fresh shoots taste better than canned, but must be peeled, sliced and boiled in water for about 20 minutes before using. Pre-cooked sliced bamboo shoots, packed in water, can be found in the refrigerated section of supermarkets and are convenient and ready to use. Canned bamboo shoots should be boiled for 5 minutes to refresh before using.

Black bean paste (*tau cheo*) is similar to Japanese miso but much saltier—made of soft, slightly fermented soybeans in a salty brown sauce with a distinctive tang. They are mashed and used to season fish, noodle and some vegetable dishes. They are sold in bottles in supermarkets.

Oyster sauce is a sauce that is soy-based with oyster extract. Vegetarians should look for a version sold as “mushroom oyster sauce”.

Rice wine is used frequently in Chinese cook-

ing. Japanese sake, *mirin* or a dry sherry may all be used as substitutes.



Sesame oil is extracted from sesame seeds that have been toasted, producing a dark, dense and highly aromatic oil that is used for marinades, sauces and soups, or as a table condiment. Its nutty, smokey flavor has become a hallmark of Chinese cuisine.



Black Chinese mushrooms have large caps with creamy gills. They are normally sold dried, but are also available fresh in many places (same as shiitake). The stems of the dried mushrooms are discarded because they are too tough to eat. Fresh shiitake stems are quite edible. Dried black mushrooms are often preferred

because their flavor is stronger than fresh ones. They must be reconstituted by soaking in hot water for 20 minutes or longer (up to an hour if you've purchased the thicker, more expensive grade). Squeeze them gently to remove excess moisture, trim and discard the stems, but save the stems and the soaking water to add to your soup stock.

Black Chinese vinegar is made from rice, wheat and millet or sorghum. The best black vinegars are well-aged and have a complex, smoky flavor similar to balsamic, which may be substituted. Chinese cooks add black vinegar sparingly to sauces, dips and when braising meats.



Sichuan pepper is also known as *fagara*, Chinese pepper or flower pepper (*hua jiao* in Mandarin). It has a sharp pungence that tingles and slightly numbs the lips and

tongue, an effect known in Chinese as *ma la* “numb hot”.

Sichuan pepper-salt powder may be prepared by toasting 2 tablespoons Sichuan peppercorns in a dry pan with 1 teaspoon of sea salt, then grinding the mixture to a fine powder. This makes an excellent table condiment.

Sesame paste is made from ground, roasted sesame seeds and comes in glass jars covered with oil. It is quite hard and needs to be mixed with a little sesame oil or water

to make it into a smooth paste. If you can't find it, use Middle Eastern tahini mixed with some sesame oil to give it more flavor. Not to be confused with sweet sesame paste made from black sesame seeds which is used in some snacks and desserts.

texture and a slightly sweet flavor. It is sold dried and must be soaked in water before using.



Wood ear fungus is a type of thin, crinkly mushroom added to dishes for its crunchy texture. It is available both fresh and dried. Wash well and discard any hard patch in the center. Soak dried wood ear fungus in water until soft before using.



White fungus is also known as white wood ears, and has a crunchy



Soft tofu



Tofu skin



Dried sweet tofu strips (*tau kee*)



Firm tofu



Pressed tofu
(*tau kwa*)

Tofu or bean curd comes in various form. **Soft tofu** is silky and smooth but difficult to cook because it falls apart. **Firm tofu** holds its shape well when cut or cooked and has a strong, slightly sour taste. **Pressed tofu** (often confusingly labeled as firm tofu) is a type of firm tofu with much of the moisture extracted and is therefore much firmer in texture and excellent for stir-fries. Refrigerate fresh tofu closed in a plastic container submerged in water. **Tofu skin** is the dried skin that forms on top of boiling soy milk; it is dried and sold in sheets as a wrapper, or as *tau fu kee*, a thick twisted skin added to meat or vegetable dishes. Dried sweet tofu strips are chewy and only slightly sweet. They are brown in color and are often used in vegetarian cooking as a meat substitute.



Chinese Eggplant Salad

500 g (1 lb) long purple eggplants
Fresh coriander leaves, to garnish (optional)

Dressing

6 cloves garlic, finely minced
1 teaspoon soy sauce
2 teaspoons black Chinese vinegar
 $\frac{1}{2}$ teaspoon salt
1 teaspoon sugar
 $\frac{1}{2}$ teaspoon freshly ground black pepper
1 tablespoon sesame oil

1 Pierce the eggplants all over with a fork, then cook in a microwave oven on high for 8 minutes, or steam in a steamer for 10 minutes.

2 Drain the eggplants in a colander. When cool enough to handle, cut the eggplants in half lengthwise, then cut each half into sections, and place them in a mixing bowl.

3 Stir all the Dressing ingredients; except the sesame oil together in a separate bowl until the sugar and salt are dissolved. Using a whisk or fork, beat in the sesame oil until well blended. Pour the Dressing evenly over the eggplant and toss to coat well. Transfer to a serving dish. Garnish with the coriander leaves, if using.

Serves 4

Preparation time: 10 mins

Cooking time: 8 mins



Tangy Okra Salad

300g (10 oz) okra (ladies' fingers), washed
Fresh basil or Chinese celery leaves, to garnish (optional)

Dressing

4 cloves garlic, finely minced
1 teaspoon grated fresh ginger
 $\frac{1}{2}$ teaspoon salt
1 teaspoon sugar
 $1\frac{1}{2}$ teaspoons black Chinese vinegar
1 teaspoon soy sauce
1 tablespoon sesame oil

1 Bring a pot of water to a rolling boil, then add the okra. Return to the boil, cover, and reduce the heat to low. Cook for 3–4 minutes, until the okra turns a shiny dark green. Remove from the heat and drain well in a colander.

2 To make the Dressing, place all the ingredients, except the sesame oil, in a small bowl. Slowly dribble in the sesame oil while beating continuously with a whisk or a fork until the Dressing is well blended.

3 Arrange the cooked okra on a serving platter, then pour the Dressing evenly over them, add the garnish if using, and serve.

Serves 4

Preparation time: 10 mins

Cooking time: 15 mins



Lotus Root and Vegetable Salad with Chinese Dressing

300 g (10 oz) fresh lotus root, washed and peeled
150 g (5 oz) green beans, tops and tails removed, halved
1 teaspoon salt
1 carrot, peeled and sliced
80 g (1/2 cup) fresh or frozen green peas
1 stalk celery, fibers removed, diced

Dressing

3 tablespoons vegetarian mushroom oyster sauce
2 cloves garlic, minced
1 teaspoon sesame oil
2 teaspoons sesame paste or tahini
1/2 teaspoon salt

Serves 4

Preparation time: 30 mins

Cooking time: 50 mins

1 Place the lotus roots in a pot and add 2 liters (8 cups) water. Bring to a full boil, cover, reduce the heat to low, and cook for 40 minutes. Remove from the heat, drain the lotus roots, and reserve the stock. Rinse the lotus roots in cool water, drain, and set aside to cool. When cool enough to handle, slice the lotus roots into round slices about 6 mm (1/4 in) thick.

2 Bring the lotus stock to a boil and blanch the beans until they turn dark and shiny, about 2 minutes. Remove from the heat, drain, and rinse the beans in cool water. Drain and set aside to cool. Discard the stock.

3 Bring a cup of water with the salt to a boil in a saucepan. Add the carrots and blanch for 3 minutes; remove, rinse and set aside. Add the peas and celery, and cook for 1 minute; remove, rinse, and set aside.

4 In a large bowl, combine the Dressing ingredients, stirring well. Add all the vegetables and toss together until well coated. Transfer to a smaller salad bowl or platter and serve.

Jicama (bangkuang) can be used as a substitute if lotus root is not available. Cut into bite-sized pieces and blanch in hot water or eat raw if young and tender.

Bell Pepper and Pumpkin Salad with Sweet Sesame Vinaigrette

500 g (1 lb) pumpkin,
peeled, deseeded and
cut into large chunks
60 g (2 oz) glass
noodles
1 bell pepper, deseeded
and thinly sliced
3 teaspoons sesame
seeds, dry roasted and
coarsely pounded
Chili oil, to garnish
(optional)

Dressing

3 teaspoons soy sauce
2 teaspoons black Chi-
nese vinegar
1/2 teaspoon black pepper
1/2 teaspoon salt
1/2 to 1 teaspoon sugar
2 teaspoons sesame oil

1 Place a steamer rack in a saucepan. Arrange the pumpkin chunks on a heatproof plate and set on the rack. Cover the steamer tightly and steam the pumpkin over medium heat for 25 minutes. Remove the pumpkin from the steamer. When cool enough to handle, cut the pumpkin into thin strips, set aside.

2 Soak the glass noodles in hot water for 10–15 minutes until soft and drain.

3 Stir together all the Dressing ingredients, except the sesame oil. Using a whisk or fork, beat in the sesame oil until well blended.

4 Place the pumpkin strips and thinly sliced bell pepper in a large salad bowl. Stir the Dressing again to blend, and pour it evenly over the vegetables.

5 Transfer to a smaller serving dish, sprinkle with the ground sesame seeds, and drizzle with chili oil, if using.

Serves 4–6

Preparation time: 35 mins + 20 mins soaking time

Cooking time: 40 mins





Cooling Medicinal Soup

This is a soothing soup with cooling, calming medicinal properties. Its Chinese name translates as “forget your troubles” and is derived from the combined effects of the tiger lily buds, bamboo pith and wolfberry, which calm “liver fire” and relax the nervous system. Chinese vegetarian cuisine has a long tradition of blending beneficial medicinal herbs with ordinary food items to create dishes that nourish the body, correct imbalances and please the palate, all at the same time.

1 liter (4 cups)
vegetable or chicken
stock (made from
vegetable or chicken
bouillon cubes)
1/2 teaspoon salt
1 tablespoon dried
wolfberries (see note)
50 g (1/2 cup) dried lily
buds, bases trimmed,
soaked in water 20
minutes and drained
6 pieces fresh or dried
black wood ear mush-
rooms (if dried, soak in
water for 20 minutes),
cut into thick strips
8 pieces dried bamboo
pith, soaked in cool
water for 20 minutes
and snipped into
lengths (see note)

1 Bring the vegetable or chicken stock to a boil with the salt, then add the wolfberries, and let the water return to a boil. Add the tiger lily buds, wood ear mushrooms and bamboo fungus. Bring the soup to a boil. Cover, lower the heat and simmer for 3 minutes. Serve hot.

2 Soups like this are traditionally served with a tray of seasonings and condiments so that each person can season the soup to their own personal taste. Try the following choices: sesame oil, red chili oil, Sichuan pepper-salt powder, chopped fresh coriander leaves, chopped spring onions, chopped basil leaves and chopped parsley.

Wolfberries, the fruit of the Chinese boxthorn or matrimony vine, are available dried. They look and taste a bit like small red currants but are not as sweet.

Dried bamboo pith is the dried center part of the bamboo plant. If necessary, substitute with finely cut bamboo shoot strips.

Dried lily buds are the unopened buds of a variety of Chinese day lily. The buds should be soaked and their tough stems removed before use.

Serves 4

Preparation time: 15 mins + 20 mins soaking time

Cooking time: 20 mins

Nourishing Vegetable and Tofu Soup

Black moss fungus or “angel hair” is known for its blood-building properties and as a tonic food that turns grey hair black again. Here, it’s combined with soft tofu and green peas to make a tasty, nourishing soup.

1 liter (4 cups) vegetarian soup stock or water
1/2 teaspoon salt
1/4 teaspoon black pepper
1 carrot, peeled and diced
1 cake soft tofu (about 250 g or 9 oz), cubed
50 g (1/2 cup) fresh black Chinese mushrooms, diced, or 5 pieces dried black Chinese mushrooms, washed and soaked in hot water for 10 minutes and diced
80 g (1/2 cup) fresh or frozen green peas
1 handful dried black moss fungus, washed and soaked 10 minutes in cool water
3 teaspoons cornflour mixed with 3 tablespoons cool water
2 teaspoons sesame oil
50g (1 cup) fresh bean sprouts, washed and trimmed
2 spring onions, chopped, to garnish

1 Bring the stock or water and the salt and pepper to a full boil, then add the diced carrot and tofu cubes. Cover, reduce the heat to medium, and cook for 3 minutes.

2 Add the mushrooms, peas, and fungus to the soup, cover, and cook for another 2 minutes.

3 Stir the cornflour mixture into the soup and it will thicken as it comes to a boil. Drizzle in the sesame oil, stir, and turn off the heat. Ladle into individual bowls, sprinkle bean sprouts and spring onions into each bowl and serve.

If black moss fungus is not available, use 60 g (1/2 cup) glass noodles, soaked in hot water for 10 minutes to soften.

Serves 4

Preparation time: 5 mins + 10 mins soaking time

Cooking time: 20 mins





Spinach, Mushroom and Tofu Soup

1 tablespoon oil
2 cloves garlic, minced
2 slices fresh ginger
300 g (10 oz) fresh Chinese spinach, washed and trimmed
800 ml (3 $\frac{1}{4}$ cups) vegetable stock or water
250 g (9 oz) soft tofu, cubed
100 g (1 cup) fresh button mushrooms or black Chinese mushrooms,
2 teaspoons sesame oil
Salt and freshly ground black pepper, to taste

1 Heat the oil in a wok until smoking, add the garlic and ginger, and stir-fry for 30 seconds. Add the spinach and stir-fry for about 2 minutes until wilted.
2 Add the vegetable stock, tofu, and mushrooms, and cover the wok. Bring to a full boil, reduce the heat to low, and cook for 2 to 3 minutes.
3 Remove from the heat, stir in the sesame oil, salt and pepper to taste, and serve.

Serves 4

Preparation time: 10 mins

Cooking time: 10 mins



Tiger Lily and Red Date Soup

1½ liters (6 cups) vegetable stock (made from vegetable bouillon cubes) or water
100 g (½ cup) dried soybeans, picked through for grit, rinsed and soaked overnight, then drained
2 slices ginger
1 teaspoon salt
50 g (½ cup) dried lily buds (see note)
washed, bases trimmed
6 dried red dates,
washed, pits removed
1 tablespoon fresh coriander leaves

1 Bring the vegetable stock or water to a boil in a large pot, then add the soybeans, ginger and salt. Return to a boil, then cover, lower heat and simmer gently for 1 hour.
2 Add the lily buds and red dates. Bring the soup to a boil again and simmer for 15 minutes.
3 Serve garnished with coriander leaves.

Dried lily buds are the unopened buds of a variety of Chinese day lily. The buds should be soaked and their tough stems removed before use.

Serves 4

Preparation time: 10 mins + overnight soaking

Cooking time: 2¼ hours

Noodles and Mixed Vegetable Soup

This recipe may also be prepared with any sort of leafy green vegetables, as well as various types of noodles—for example, it's excellent with rice or mung bean vermicelli. Simply follow the label directions for preparing the noodles, then add to the soup.

5 dried black Chinese mushrooms, soaked in hot water for 20 minutes, stems discarded
1 1/2 liters (6 cups) vegetable stock or water
1 tablespoon Chinese wolfberries (optional)
2 teaspoons salt
2 teaspoons soy sauce
1 teaspoon sugar
125 g (4 oz) fresh lotus root, thinly sliced (optional)
150 g (3/4 cup) bamboo shoots, blanched and drained, halved lengthwise and thinly sliced
200 g (7 oz) dried noodles, any variety
125 g (4 oz) bok choy, sliced into lengths
2 teaspoons sesame oil

Serves 4

Preparation time: 10 mins
+ 20 mins soaking time

Cooking time: 40 mins

- 1 Drain the soaked mushrooms, cut them in half, and reserve the soaking liquid. Set aside.
- 2 Bring the vegetable stock or water to a boil in a large pot. Add the wolfberry, if using and mushrooms, cover, and cook for 1 to 2 minutes.
- 3 Add the salt, soy sauce, and sugar, then add the lotus root and bamboo shoots. Cover, reduce the heat to low, and cook for 3 to 4 minutes. Remove from the heat and set aside, covered.
- 4 Bring a large pot of water to a boil, and cook the noodles according to the package directions.
- 5 Remove and drain the noodles, rinse under cool water, then drain and divide the noodles into 4 individual serving bowls.
- 6 Bring the soup to a boil, add the bok choy and remove from the heat. Stir in the sesame oil, and ladle the soup and vegetables over the noodles.

Chinese wolfberries, also known as Chinese boxthorns or matrimony vines, are available from Chinese medicine or grocery stores. Dried cranberries or other small, taut berries may be substituted.

Bamboo shoots are available fresh at some Chinese markets, and can be stored in a refrigerator. They need to be boiled before use. Remove the hard outer layer, then boil for about 20 minutes, uncovered, until tender. Pre-cooked bamboo shoots are available in plastic packets in the refrigerator section of the supermarket. Canned pre-cooked bamboo shoots are also available, but less flavorful, and should be rinsed well before use. Pickled bamboo shoots are regarded as a delicacy in some Asian countries.





Vegetarian Fried Beehoon

Rice vermicelli is a popular alternative to wheat noodles in vegetarian cooking, and is an excellent choice for those who do not tolerate wheat products well.

8 dried black Chinese mushrooms, soaked in hot water for 20 minutes
1 teaspoon salt
200 g (7 oz) dried rice vermicelli
1 tablespoon sesame oil
2 tablespoons oil
1 cm (1/2 in) fresh ginger, cut into fine strips
2 cloves garlic, minced
1 teaspoon soy sauce
1 teaspoon sugar
1/2 teaspoon salt
200 g (7 oz) cabbage, finely shredded
1 small carrot, cut into fine strips
1 bunch garlic chives, snipped into lengths
1 tablespoon vegetarian mushroom oyster sauce
50 g (1 cup) fresh bean sprouts, washed and trimmed
1 teaspoon freshly ground black pepper
1 red finger-length chili, sliced, to garnish
2 limes, cut in wedges

1 After soaking the mushrooms, remove and discard the stems and slice the caps, reserving the soaking liquid. Set the mushrooms aside.

2 Bring a pot of water with the salt to a full boil, and add the rice vermicelli. Cook for exactly 3 minutes, then drain. Place the noodles in a mixing bowl and drizzle with the sesame oil; toss to coat thoroughly and set aside.

3 Heat the oil in a wok until smoking, and add the ginger, garlic, and mushrooms and stir-fry 1 to 2 minutes. Add the soy sauce, sugar, and salt, and stir-fry.

4 Add the cabbage and carrot and stir-fry for 2 to 3 minutes; stir in 3 tablespoons of the reserved mushroom water and cook for 2 to 3 minutes more.

5 Add the garlic chives and vegetarian mushroom oyster sauce and stir-fry for 2 minutes, then add the bean sprouts and stir-fry for 1 more minute.

6 Add the black pepper, stir to distribute evenly, and place the vegetables on the rice vermicelli. Toss to combine, garnish with the sliced chili, and serve with slices of lime.

Serves 4

Preparation time: 15 mins + 20 mins soaking time

Cooking time: 30 mins

Noodles with Chili and Sesame Sauce

- 1 teaspoon salt
- 250 g (9 oz) dried ramen or other wheat noodles,
- 1 tablespoon sesame oil
- 2 baby cucumbers, deseeded and sliced thinly into long, thin strips
- 1 green bell pepper, deseeded and slivered
- 50 g (1 cup) fresh mung bean sprouts, blanched
- 1 small bamboo shoot, boiled and cut into fine strips
- 1 small onion, halved and thinly sliced
- 2 tablespoons black sesame seeds, toasted

Sauce

- 2 teaspoons red chili oil
- 2 tablespoons dark sesame paste or tahini blended with 2 tablespoons water
- 1 tablespoon sesame oil
- 2 teaspoons sugar
- 1 tablespoon black Chinese vinegar
- 1 teaspoon salt

- 1 In a large mixing bowl, stir all the Sauce ingredients together and blend until smooth. Set aside.
- 2 Bring a large pot of water with the salt to a boil and cook the noodles according to the package directions.
- 3 Drain the noodles, rinse under cool water and drain again well. Place the noodles in a large bowl and drizzle with the sesame oil. Toss to coat evenly.
- 4 Add the vegetables to the Sauce in the mixing bowl and toss to mix well with the noodles. Place on a serving platter, or divide into individual portions in small bowls and sprinkle with toasted black sesame seeds.

Serves 4

Preparation time: 25 mins

Cooking time: 20 mins





Noodles with Sesame and Garlic

This traditional and very tasty form of Chinese “fast food” is quick and easy to prepare. You may apply the recipe to virtually any type of noodles, adjusting the sauce to your own taste, and adding whatever sort of vegetables you like best. Works great as a salad or appetizer!

1 teaspoon salt
250 g (9 oz) dried wheat
or other noodles
50 g (1 cup) fresh mung
bean sprouts, washed
and drained
1 red bell pepper,
deseeded and cut into
fine strips
2 spring onions, minced
Freshly ground black
pepper to taste

Dressing

2 tablespoons sesame
paste or tahini, blended
with 3 teaspoons water
1 teaspoon black Chinese
vinegar
 $\frac{1}{2}$ teaspoon salt
 $1\frac{1}{2}$ teaspoons sugar
1 teaspoon vegetarian
mushroom oyster sauce
1 teaspoon soy sauce
1 tablespoon olive oil
2 cloves garlic, minced

1 In a large mixing bowl, stir together the Dressing ingredients, then set aside.

2 Bring a large pot of water with the salt to a boil, and cook the noodles according to the package directions.

3 Drain the noodles, rinse under cool water, and drain again. Place the noodles in a large bowl. Add the Dressing and mix well. Toss in the bean sprouts and the red bell pepper. Garnish with the spring onions and ground black pepper.

Serves 4

Preparation time: 10 mins

Cooking time: 8 mins

Vegetarian Beancurd Skin Rolls with Sesame Ginger Dipping Sauce

200 g (4 cups) fresh mung bean sprouts
50 g (1/2 cup) *enokitaki* mushrooms, separated, cleaned, and blanched
2 carrots, peeled and cut into very fine strips
110 g (1 cup) sugar snap or snow peas, sliced thinly lengthwise
4 sheets dried tofu skin
1 tablespoon flour
2 tablespoons oil

Dipping Sauce

2 tablespoons sesame paste or tahini, blended with 5 teaspoons water
1/2 teaspoon black soy sauce
1/2 teaspoon salt
3 1/2 teaspoons sugar
4 teaspoons black Chinese vinegar
1 teaspoon sesame oil
2 cloves garlic, minced
1 spring onion, thinly sliced
2 slices fresh ginger, minced
1 red finger-length chili, deseeded and minced

Serves 4

Preparation time: 15 mins

Cooking time: 10 mins

1 Bring a large pot of lightly salted water to a boil and add the bean sprouts, mushrooms, carrots, and snow peas. Stir a few times, leave in the water for about 30 seconds, then transfer to a colander, rinse in cool water, drain, and set aside.

2 Cut each tofu skin sheet in half. Place one half on top of the other. Repeat, ending up with 4 layered rectangles about 20 x 25 cm (8 x 10 in).

3 Place the vegetables in a mixing bowl, sprinkle evenly with the flour and mix. Divide the vegetables evenly into 4 portions, and place them neatly at the edge of each of the 4 rectangles. Roll the skins over the vegetables to form cylinders. To prevent the tofu skin from opening up while frying, seal the skin with a dab of paste made from flour and water.

4 Heat the oil in a large skillet over high heat and when the oil is hot, but not smoking, gently place the rolls in the pan and fry for about 2 minutes, then turn and fry the other side for another 2 minutes. The skins should turn light golden brown, but be careful not to scorch them. When done, remove from the skillet and place on paper towels on a plate to remove excess oil.

5 When cool, cut each roll at an angle into 3 pieces and serve with the Dipping Sauce.

6 To make the Dipping Sauce, stir the liquid ingredients together in a mixing bowl until well blended, then stir in the remaining ingredients and serve.

Enokitaki mushrooms or golden mushrooms are clusters of slender cream-colored stalks with tiny caps, and are sometimes available fresh and canned—the tough end of the stems must be discarded before use.



Steamed Tofu with Black Mushrooms

1 cake soft tofu (300 g/
10 oz)

5 dried black Chinese
mushrooms, soaked in
hot water for 20 min-
utes, stems removed,
caps finely diced

3 pieces dried wood ear
fungus, soaked in hot
water for 20 minutes
and then minced

5 cloves garlic, minced

5 slices fresh ginger,
minced

6 spring onions, minced

Chopped celery leaves or
fresh coriander leaves,
to garnish

Seasonings

1 teaspoon salt

1 teaspoon sugar

1 teaspoon soy sauce

1 tablespoon rice wine

1/2 teaspoon freshly
ground black pepper

2 tablespoons sesame oil

1 Place water in a steamer pot with rack and bring to a boil.

2 Meanwhile, wash the tofu, drain well, and pat dry with paper towels (or let the tofu drain on the rack for one hour before preparation). Using your fingers, crumble and mash the tofu into one medium heat-proof bowl or four individual serving bowls (as shown).

3 Stir the Seasonings into the mashed tofu. Add the diced mushrooms, wood ear fungus, garlic, ginger, and spring onions. Stir until evenly blended.

4 Set the bowl(s) of tofu mixture on the steaming rack, cover the steamer tightly, and steam for 20 minutes. Remove the bowl(s) from the steamer, set onto a plate, and garnish with chopped celery leaves or fresh coriander leaves before serving.

Serves 4

Preparation time: 20 mins

Cooking time: 25 mins



Tofu and Vegetable Party Platter

Three large strips dried *konbu*, soaked in water for 40 minutes, rinsed and drained
2 cakes pressed tofu (tau kwa)
1 carrot, peeled and sliced
16 large dried black Chinese mushrooms, soaked in hot water for 15 minutes
1 medium *daikon* radish, peeled and cubed
 $\frac{1}{4}$ cup wood ear fungus, rinsed, soaked and drained, stems removed
 $2\frac{1}{2}$ cm (1 in) fresh ginger, grated
1 red finger-length chili, halved lengthwise
1 medium head broccoli, cut into florets
 $\frac{1}{2}$ head iceberg lettuce, separated into leaves

Stock

1 liter (4 cups) water
 $\frac{1}{2}$ tablespoon five spice powder
1 teaspoon salt
2 teaspoons sugar
2 tablespoons rice wine
85 ml ($\frac{1}{3}$ cup) soy sauce

Dips

Hot Chinese or English mustard
Soy sauce
Toasted sesame seeds
Sweet Thai chili sauce

1 To prepare the *konbu*, roll up each piece of soaked *konbu* to form a roll, then pierce it with a toothpick to secure and set aside.

2 To prepare the Stock, bring the water to a boil in a large pot. Add all the seasonings and return to the boil.

3 Add the tofu and all the vegetables to the stock, except the broccoli and lettuce leaves. When it returns to a boil, cover and reduce the heat to low, and cook for 20 to 30 minutes. Stir gently once or twice to prevent sticking. After 20 minutes, add the broccoli. If the stock begins to evaporate, add a little more water.

4 Meanwhile, line a serving dish with the lettuce leaves. When the vegetables are tender, drain in a colander, reserving the stock. Discard the ginger and chili.

6 When cool enough to handle, cut the tofu squares and mushrooms into bite-sized pieces; remove the toothpicks from the seaweed rolls and cut each roll into bite-sized slices. Arrange all the cut ingredients on the serving dish.

7 Warm the stock in a small saucepan and drizzle 2 tablespoons of the stock evenly onto the cut vegetables and serve.

8 Serve with the hot Chinese or English mustard, wasabi, soy sauce, toasted sesame seeds or sweet Thai chili sauce.

Konbu or dried kelp is a type of seaweed commonly used in Japanese cooking. It has a dark brown color, often with whitish patches of salt, and is sold in strips or small folded sheets. Look for konbu in the Japanese section of supermarkets.

Serves 4

Preparation time: 20 mins + 40 mins soaking time

Cooking time: 1 hour 20 mins





'Crinkle-fried' Dried Tofu Slices

This recipe employs a traditional Sichuan cooking technique called *gan bian* ("crinkle-fry"), in which the main ingredient is continuously stir-fried in a small amount of oil over medium heat until it starts to "crinkle," such as in the famous Sichuan dish, "crinkle-fried green beans."

3 tablespoons oil
1 teaspoon salt
300 g (10 oz) dried
sweet tofu strips, cut
into strips (about 3
cups)
1 carrot, peeled and
coarsely grated
1 teaspoon black Chinese
vinegar
1 teaspoon sesame oil
20 g (1/2 cup) Chinese
celery leaves or corian-
der leaves, coarsely
chopped

Sauce

3 teaspoons hoisin sauce
1 teaspoon sugar
3 teaspoons rice wine
2 teaspoons soy sauce

Serves 4

Preparation time: 10 mins

Cooking time: 25 mins

1 Heat the oil in a wok until hot, but not smoking. Add in the salt, and stir in the dried sweet tofu strips. Stir-fry continuously over medium heat until the tofu strips start to crinkle and turn crispy, about 15 minutes. Remove and set aside on a plate.

2 In the remaining oil, stir-fry the carrot for 30 seconds, then add the Sauce ingredients. Cook for another minute, then add the fried tofu strips. Stir-fry for 1 minute, ensuring that the tofu strips are coated with the Sauce. Add the vinegar and stir-fry for 30 seconds more. Turn off the heat, add the sesame oil, and toss to combine.

3 Transfer to a serving plate, garnish with the chopped celery leaves or coriander leaves, and serve.

Dried sweet tofu strips, or *tau kee* (also known as *teem chok*) are brown in color. These slightly sweetened hard dried tofu strips are often used in vegetarian cuisine as a meat substitute.

Hoisin sauce or Peking duck sauce is a sweet and spicy reddish-brown sauce made from soybeans, garlic, pepper and various spices. It is commonly used as a dipping sauce for pork and duck dishes, and as a flavoring in stews.

Spicy Tofu with Roasted Peanuts

This is a tasty, lively dish with firm and crunchy textures and plenty of spice. It goes well with rice, and could also be used as a stuffing for various wraps, such as Chinese pancakes, seaweed sheets, or whole leaves of iceberg lettuce.

2 tablespoons oil
1–2 red finger-length
chilies, halved length-
wise, deseeded, and
minced
3 cloves garlic, minced
2 slices fresh ginger,
minced
1 spring onion, minced
1/2 head cabbage, cut
into squares
2 cakes pressed tofu,
cubed
65 g (1/3 cup) roasted
peanuts, shells and
skins removed
1 stalk celery, tough
fibers removed, diced

Sauce

2 tablespoons black bean
sauce
1 teaspoon sugar
2 teaspoons rice wine
1 tablespoon water

1 Combine the Sauce ingredients in a bowl and set aside.

2 Heat the oil in a wok over high heat until very hot, and stir-fry the chili, garlic, ginger, and spring onion. Add the cabbage and tofu. Stir-fry for 1 minute.

3 Add the Sauce and continue to cook for 4 to 5 minutes.

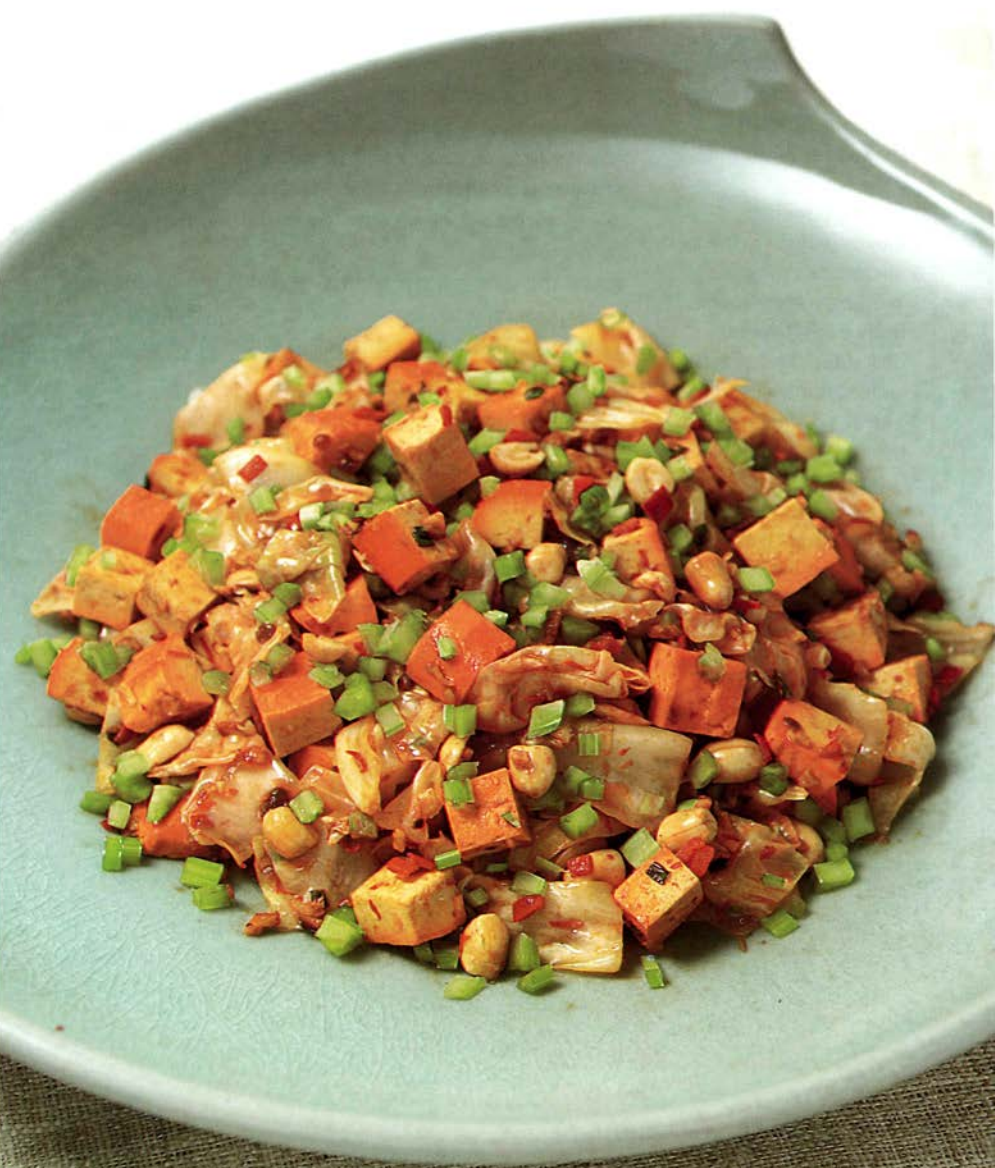
4 Add the peanuts, stir-fry for 30 seconds more or until the peanuts are heated through, and remove from the heat. Place in a serving dish, garnish with the diced celery, and serve.

Pressed tofu is a variety of firm tofu with most of the moisture pressed out of it. It usually comes in the form of a small, firm rectangular block and is bright yellow. Substitute with firm tofu if unavailable.

Serves 4

Preparation time: 20 mins

Cooking time: 10 mins



Spicy Spinach Stir-fried with Tofu Skin

2 sheets dried tofu skin,
soaked in water 20
minutes and drained
15 g (1 cup) dried white
fungus (optional),
soaked for 30 minutes;
drained
2 tablespoons oil
2 cloves garlic, crushed
3 slices fresh ginger
1 red finger-length chili,
halved lengthwise,
deseeded, and sliced
1 onion, thinly sliced
1 carrot, peeled and
thinly sliced
1/2 teaspoon salt
1 teaspoon sugar
2 tablespoons water
1 teaspoon black Chinese
vinegar
225 g (8 oz) spinach,
rinsed well, thick stems
removed, leaves
cut into segments
1 teaspoon freshly
ground black pepper
2 teaspoons sesame oil

1 Slice the soaked tofu skins into strips. Shred the soaked fungus, if using. Set aside.

2 Heat the oil in a wok over high heat until very hot, and stir-fry the garlic, ginger, chilies, and onion for 2 minutes. Add the tofu skin, fungus and carrot. Stir-fry for a further 1 to 2 minutes.

3 Stir in the salt, sugar, and 2 tablespoons of water. Cover with a lid, reduce the heat to low, and cook for 6 minutes.

4 Add the vinegar, stir to mix, and put in the spinach, black pepper, and sesame oil and stir-fry for another 3 minutes or until the spinach is wilted and the stalks are cooked through.

Serves 4

Preparation time: 20 mins + 30 mins soaking time

Cooking time: 15 mins





Sichuanese Ma Po Tofu

- 2 tablespoons oil
- 3 slices fresh ginger, minced
- 2 cloves garlic, minced
- 125 ml (1/2 cup) water
- 2 cakes firm tofu (500 g/1 lb), cubed
- 160 g (1 cup) fresh or frozen mixed vegetables, such as peas, corn, diced carrots
- 6 dried black Chinese mushrooms, soaked for 20 minutes and drained, caps sliced
- 1 teaspoon ground Sichuan pepper
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon cornflour mixed with 1 tablespoon water
- 1 spring onion, minced
- 1 red finger-length chili, thinly sliced
- 1 teaspoon sesame oil

Sauce

- 3 teaspoons hoisin sauce
- 1/2 teaspoon sugar
- 1 teaspoon soy sauce
- 2 teaspoons rice wine

1 Combine the Sauce ingredients in a bowl and set aside.
2 Heat the oil in a wok over high heat until smoking and add the minced ginger and garlic. Stir-fry for 10 seconds.

3 Add the Sauce, stir a few times, add the water, and stir again to blend. When the Sauce comes to a boil, add the tofu, vegetables and mushrooms and stir-fry. Cover, reduce the heat to medium, and cook for 7 to 8 minutes.

4 Add the Sichuan pepper and black pepper, stirring to blend. Cover and simmer 1 more minute before adding the cornflour mixture. Stir until the Sauce thickens and bring to a boil again.

5 Remove from the heat, stir in the spring onion, chili, and sesame oil, and serve with rice.

Serves 4

Preparation time: 5 mins

Cooking time: 15 mins

Claypot Tofu with Vegetables

For best results, prepare this dish in a traditional Chinese claypot, which is designed to allow all the seasoning flavors to blend slowly and completely. A normal casserole pot can also be used.

1 liter (4 cups) water
Two 20 cm (8 in) pieces
dried *konbu* seaweed
(optional)
2 teaspoons rice wine
1 cake soft tofu (about
250 g/9 oz), cubed
1 daikon radish, peeled,
cut lengthwise and
sliced thinly at an angle
1 carrot, cut lengthwise
and sliced thinly
6 button mushrooms,
wiped clean and cut
into 3 pieces each
1 small cooked bamboo
shoot, washed, drained,
and thinly sliced
1 onion peeled and cut
into thin crescents
1 teaspoon sugar
2 teaspoons salt
2 teaspoons soy sauce
20 fresh snow peas, tops,
tails, and ribs removed
1 red finger-length chili,
halved lengthwise
2 teaspoons sesame oil

1 Put the water, *konbu* (if using), and rice wine into a claypot or casserole dish. Bring to a boil, reduce the heat to low, cover, and cook for 20 minutes.

2 Add the tofu, daikon radish, carrot, mushrooms, bamboo shoot, and onions. Stir in the sugar, salt, and soy sauce, cover, and cook for another 10 minutes.

3 Add the snow peas and chilies, cooking for 1 more minute. Remove from the heat.

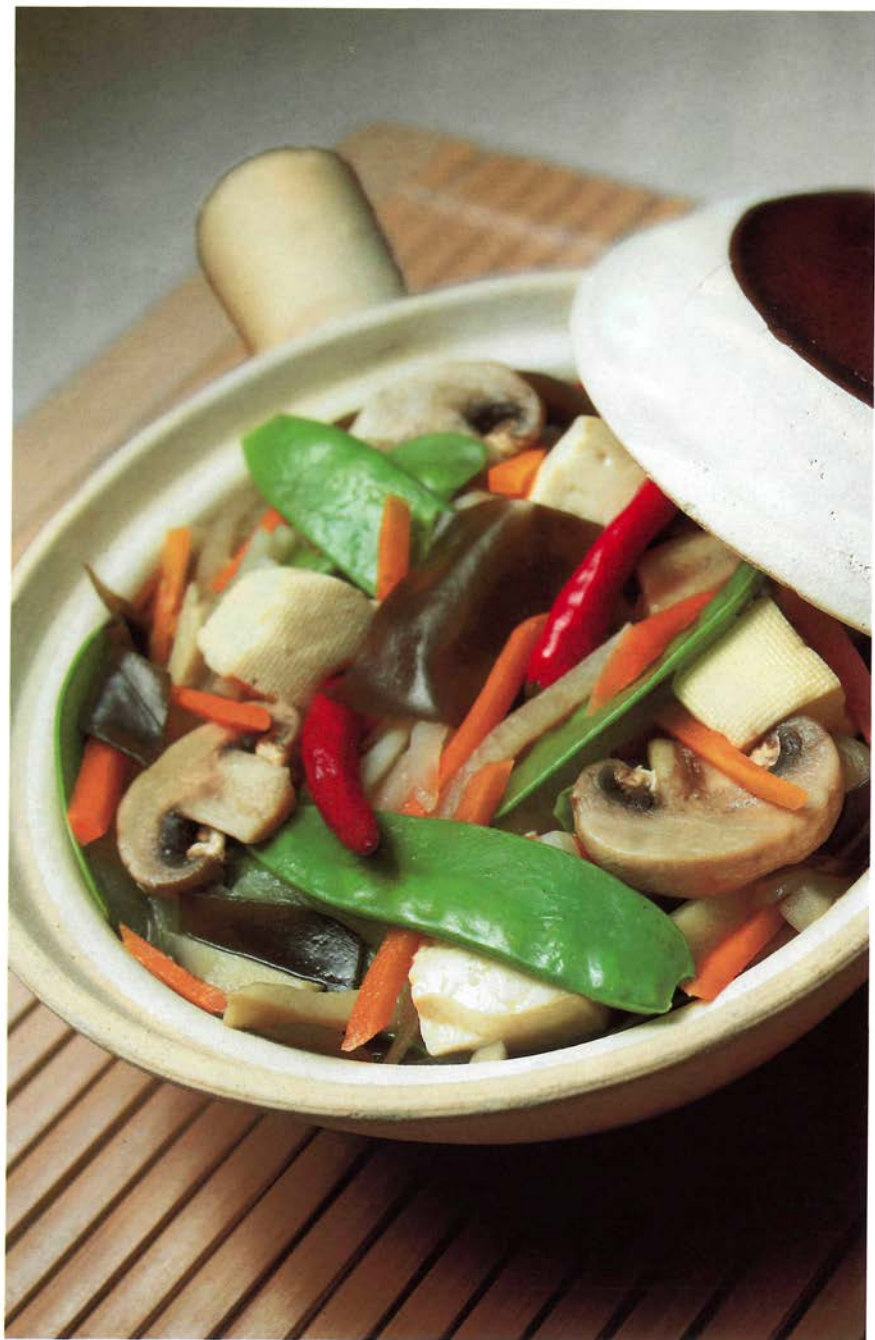
4 Drizzle in the sesame oil, mixing well, and serve.

Konbu or dried kelp is a type of seaweed commonly used in Japanese cooking. It has a dark brown color, often with whitish patches of salt, and is sold in strips or small folded sheets. Look for *konbu* in the Japanese section of supermarkets.

Serves 4

Preparation time: 30 mins

Cooking time: 45 mins







Water Spinach with Black Bean Sauce

- 2 tablespoons oil
- 3 cloves garlic, minced
- 1 tablespoon black bean paste
- 500 g (1 lb) fresh water spinach, tough stems discarded, carefully washed and snipped into sections
- 1 red finger-length chili, deseeded and sliced

- 1 Heat the oil in a wok over high heat until very hot, and stir-fry the garlic and black bean paste, about 30 seconds.
- 2 Add the water spinach and red chili, reduce the heat to medium, and stir-fry continuously for about 3 minutes, or until wilted and the bean paste is evenly distributed. Remove from the heat and serve.

Water spinach, also known as water convolvulus or morning glory, is a leafy green vegetable with crunchy, hollow stems. It is commonly used in Southeast Asian and Chinese cooking. It must be washed thoroughly to remove dirt and sand, and the thick, tough ends of stems removed. If unavailable, substitute normal spinach.

Serves 4

Preparation time: 8 mins

Cooking time: 10 mins



Chinese Squash with Fermented Beancurd Sauce

750 g (1½ lbs) silk squash (*loofah*) or winter melon,
1 tablespoon oil
3 cloves garlic, minced
1 teaspoon minced fresh ginger
1 teaspoon cornflour dissolved in 2 tablespoons water
1 spring onion, cut into lengths, to garnish
1 red finger-length chili, deseeded and sliced, to garnish

Sauce

2 squares fermented beancurd (see note)
½ teaspoon salt
1 teaspoon sugar
1 teaspoon sesame oil
60 ml (¼ cup) water

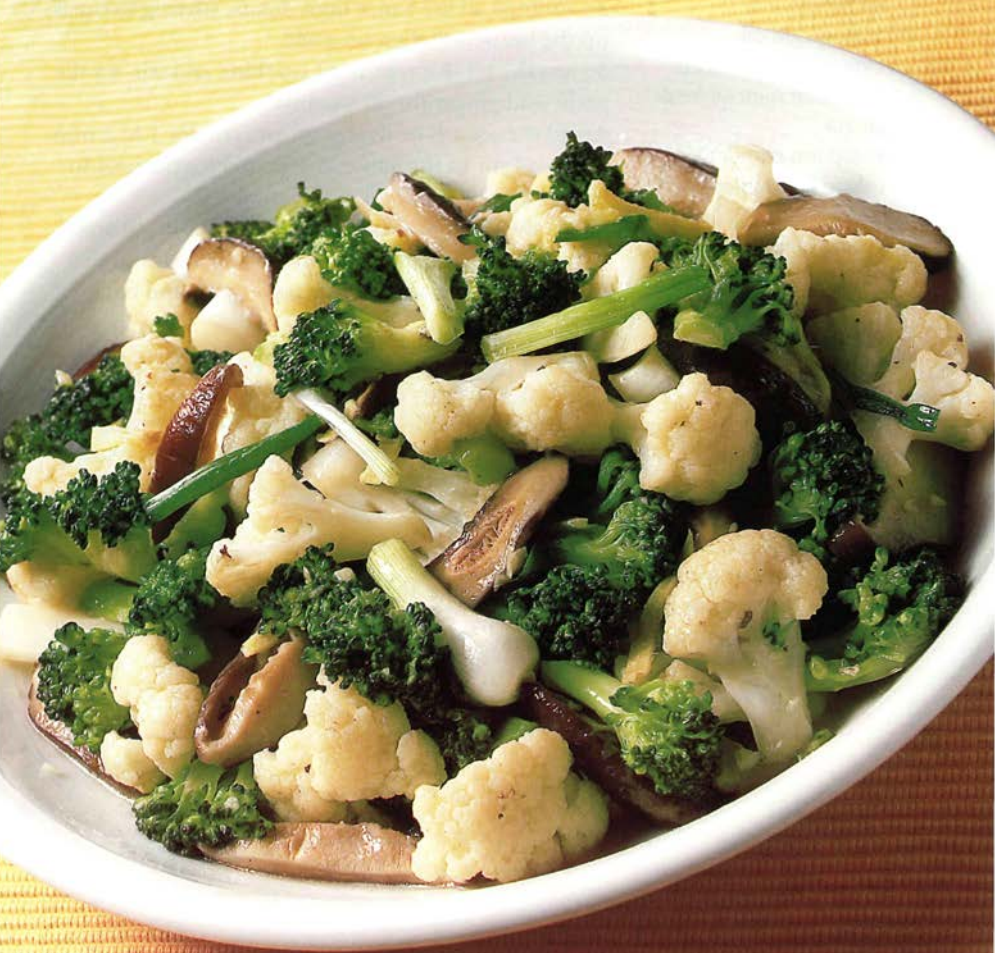
- 1 Peel the squash or winter melon, remove the seeds, and cut into large chunks lengthwise.
- 2 Combine all the Sauce ingredients, stirring to break up the beancurd, then set aside.
- 3 Heat the oil in a wok until smoking and stir-fry the garlic and ginger for 30 seconds.
- 4 Add the squash or winter melon, stir-fry 1 to 2 minutes, and stir in the Sauce. Cover, reduce the heat to low, and cook until soft, 4 to 5 minutes.
- 5 Add the cornflour mixture to the squash, stir well, cover, and cook 1 more minute for the Sauce to thicken. Garnish with the spring onions and chili.

Fermented beancurd is sold in bottles in most Asian markets. The beige-colored cubes are soft and creamy in texture, and taste like strong, salty cheese. Available plain or with sesame oil and chili—both types may be used for this recipe.

Serves 4

Preparation time: 10 mins

Cooking time: 10 mins



Stir-fried Vegetables with Black Chinese Mushrooms

6 large dried black Chinese mushrooms, soaked in hot water for 20 minutes
750 ml (3 cups) water
1 head broccoli, cut into small florets
1/2 head cauliflower, cut into small florets
4 tablespoons oil
4 slices fresh ginger, minced
1 clove garlic, minced
2 spring onions, cut into lengths
1 tablespoon rice wine
2 teaspoons soy sauce
1 teaspoon salt
1 teaspoon sugar
2 teaspoons sesame oil

1 Slice the soaked mushroom caps into thin strips and discard the stems, reserving the soaking water.

2 Place the water in a covered pot and bring to a boil. Add the broccoli and cauliflower florets and let the water return to a full boil. Blanch the vegetables for 1 minute, then drain in a colander.

3 Heat the oil in a wok until smoking, and add the ginger, garlic, spring onions and mushrooms. Stir for 1 minute. Add the wine and soy sauce, and stir-fry for 2 minutes.

4 Stir in the vegetables, and season with the salt, sugar, sesame oil, and 2 tablespoons of the mushroom soaking water. Cook for 2 more minutes and serve.

Serves 4

Preparation time: 20 mins + 20 mins soaking time

Cooking time: 15 mins



Stir-fried Mixed Vegetables

This tasty blend of vegetables, seasoned with fermented bean sauce, provides a wide range of nutrients and medicinal elements, and also provides a very attractive combination of colors and textures. If you prefer, you may use any variety of fresh mushroom in place of the dried black Chinese mushrooms. And if you like a hotter flavor, you may include a teaspoon of your favorite chili paste in the sauce mix. The dish goes well with rice, and may be used as a stuffing for various crêpes and pancakes, nori seaweed wraps, or fresh lettuce leaves.

85 ml ($\frac{1}{3}$ cup) oil
1 carrot, shredded
1 daikon radish, peeled
and cut into matchsticks
5 large dried black Chinese mushrooms,
soaked for 20 minutes,
caps thinly sliced
1 leek, green top
discarded, sliced
into quarters length-
wise, and cut into
lengths
1 $\frac{1}{2}$ tablespoons
black bean paste
1 tablespoon rice wine
1 teaspoon sugar
1 bunch ($\frac{2}{3}$ cup) fresh
enokitaki mushrooms,
tough ends removed
2 tablespoons sesame oil
Fresh coriander leaves,
chopped

1 Heat the oil in a wok over high heat until smoking, and stir-fry the carrot, daikon, mushrooms and leek for 1 minute.

2 Season the vegetables with the bean sauce, wine, and sugar. Reduce the heat to medium-high, and cook for 4 to 5 minutes.

3 Add the *enokitaki* mushrooms, stir-fry 1 to 2 minutes more, and stir in the sesame oil. Remove from the heat, garnish with the chopped coriander leaves, and serve.

Serves 4

Preparation time: 20 mins + 30 mins soaking time

Cooking time: 10 mins

Stir-fried Beans with Sprouts and Fresh Chili

2 tablespoons oil
1 onion, thinly sliced
2 cloves garlic, minced
500 g (1 lb) green beans,
trimmed and cut into
lengths
2 slices fresh ginger,
cut into fine strips
1 red finger-length chili,
deseeded and cut into
thin strips
1/4 teaspoon salt
1 teaspoon soy sauce
1 tablespoon rice wine
200 g (7 oz) bean sprouts
2 teaspoons black Chi-
nese vinegar
2 teaspoons sesame oil
Fresh coriander leaves, to
garnish
Freshly ground black
pepper, to taste

1 Heat the oil in a wok until very hot and stir-fry the onion, garlic, beans, ginger, and chilies for 30 seconds. Add the salt, soy sauce, and wine and stir-fry for another 4 to 5 minutes.

2 Add the bean sprouts and stir-fry for 1 minute. Add the vinegar and cook for another 30 seconds. Add the sesame oil, stir to mix, remove from the heat, and transfer to a platter and garnish with the fresh coriander leaves. Sprinkle the pepper to taste.

Serves 4

Preparation time: 20 mins

Cooking time: 15 mins



Tomatoes with Toasted Pine Nuts

- 50 g (1/3 cup) pine nuts, toasted
- 2 tablespoons oil
- 1 onion, diced
- 2 spring onions, cut into lengths
- 3 ripe tomatoes, cut into wedges
- 1/4 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon soy sauce
- Fresh coriander leaves, to garnish

1 Toast the pine nuts in a dry skillet over medium-low heat, stirring constantly, until they turn golden brown, about 2 to 3 minutes. Remove from pan and set aside.

2 Heat the oil in a wok over high heat until hot, and stir-fry the onions and spring onions to release the aromas, about 30 seconds.

3 Add the tomatoes, pine nuts, salt, sugar, and soy sauce, and stir-fry continuously for 1 to 2 minutes. Remove from the heat, garnish with the coriander leaves, and serve immediately.

Serves 4

Preparation time: 10 mins

Cooking time: 5 mins





Stir-fried Vegetarian Brown Rice

Many of the ingredients in this version of the ubiquitous fried rice, such as black Chinese mushrooms and seaweed, may have possible medicinal properties. You may omit the *konbu* and use a vegetable broth instead. You may also try other combinations of vegetables, such as corn, turnips, and other types of mushrooms.

220 g (1 cup) uncooked brown rice, rinsed and drained

Two 15-cm (6-in) strips dried *konbu*, soaked in 625 ml (2½ cups) water for 20 minutes

2 tablespoons oil

2 onions, thinly sliced

4 cloves garlic, minced

1 carrot, halved lengthwise, and sliced thinly

1 bell pepper, deseeded and diced

6 dried black Chinese mushrooms, soaked for 20 minutes and drained, caps diced

80 g (½ cup) fresh or frozen green peas

Fresh coriander leaves, to garnish

Seasonings

½ teaspoon salt

1 teaspoon sugar

2 teaspoons soy sauce

1 teaspoon freshly ground black pepper

1 Slice the *konbu* into strips and return to the soaking liquid. Place the *konbu* and water in a saucepan and bring to a boil. Reduce the heat to low and simmer for about 20 minutes, until the liquid is reduced.

2 Place the drained rice, *konbu* and *konbu* broth in a saucepan, bring to a boil over medium heat, and cook until the rice is tender, about 25 minutes. Cool the rice and remove the *konbu* strips.

3 Heat the oil in a wok or large skillet until hot, then add the onion and garlic. Stir-fry for 1 minute. Add the carrots, bell pepper, mushrooms, peas, and Seasonings. Continue to stir-fry for 2–3 minutes, then add the cooked rice and *konbu*. Mix well and cook until the rice is heated through, about 5 minutes.

Adjust the Seasonings with more salt and soy sauce as desired.

4 Remove from the heat, and transfer the rice and vegetables to a serving bowl.

Konbu or dried kelp is a type of seaweed commonly used in Japanese cooking. It has a dark brown color, often with whitish patches of salt, and is sold in strips or small folded sheets. Look for *konbu* in the Japanese section of supermarkets.

Serves 4

Preparation time: 20 mins + overnight soaking

Cooking time: 1 hour





Healthy Chinese Rice and Soybeans

You may use this extremely healthy and tasty rice-and-beans combo as the staple dish to be eaten with other main dishes.

100 g (1/2 cup) dried soybeans
750 ml (3 cups) water
1/2 teaspoon salt
220 g (1 cup) brown rice,
washed and soaked in
500 ml (2 cups) water

Garnishes

1 carrot, diced and
blanched
1 cup bell pepper, finely
chopped
1 bunch fresh coriander
leaves, finely chopped
2 spring onions, finely
chopped
Freshly ground black
(or Sichuan) pepper,
to taste

1 Clean and rinse the soybeans well. Drain and place in a saucepan with water to cover by at least 2 1/2 cm (1 in). Soak overnight.

2 The next day, drain the water from the soybeans and add 3 cups of fresh water. Bring to a boil over medium heat, cover, and reduce the heat to low. Cook until the beans absorb all the water, about 1 1/2 hours. Check the beans occasionally to make sure they don't scorch. When soft, transfer them to a bowl and set aside to cool.

3 Add the salt to the soaked rice and bring to a full boil. Cover, reduce the heat to very low, and cook for about 30 minutes, or until the rice starts to crackle. Do not remove the lid while cooking. Remove from the heat and set aside, still covered, for 15 minutes. Transfer to a bowl and set aside to cool, turning the rice once or twice with a spoon to cool and dry evenly.

4 When the rice and beans have cooled to warm, carefully fold them together in a large serving bowl. Stir in all or any of the Garnishes and serve.

Serves 4

Preparation time: overnight soaking

Cooking time: 50 mins

Vegetarian Sandwich with Sesame Spread

This modern adaptation of a sort of “Chinese sandwich” calls for a high-quality whole-grain bread, thinly sliced and toasted.

- 3 thin slices of whole-grain bread, toasted
- 1 tomato, thinly sliced
- 12 to 15 celery leaves, coarsely chopped
- 2 to 3 leaves iceberg lettuce
- 1 small onion, thinly sliced

Spread

- 35 g ($\frac{1}{4}$ cup) raw sunflower seeds, presoaked at least 3 hours in cool water and drained
- 2 tablespoons sesame paste or tahini, blended with 3 teaspoons water
- $\frac{1}{2}$ tablespoon sesame oil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon sugar
- 1 teaspoon soy sauce
- 1 teaspoon freshly ground black pepper
- Garlic to taste, roasted (optional)

1 To prepare the Spread, place all the ingredients in a blender, and blend until smooth. Adjust seasonings if necessary.

2 To assemble the sandwich, place a slice of toast on a plate and cover with one-quarter of the spread. Arrange half of the tomato slices, chopped celery leaves, lettuce and onion slices on top of the spread. Top with a second slice of toast spread-side down, then cover the top of that slice with spread and arrange remaining vegetables on it. Complete the sandwich with the third slice of toast placed spread-side down.

3 Cut in half with sharp knife, or serve whole.

Serves 1

Preparation time: 10 mins

Assembling time: 5 mins

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Sweet Green Lentil Soup

If you prefer the soup chilled, let it cool after cooking, then put it in the refrigerator for a few hours prior to serving. Large quantities may be prepared in advance and kept for 4 to 5 days in the refrigerator. You may also flavor the soup by adding a cinnamon stick or some grated nutmeg to the water.

- 100 g (3½ oz) green lentils, picked clean and washed thoroughly
- 3 pandanus leaves, tied in a knot, or
- 1 teaspoon vanilla extract
- 1 liter (4 cups) water
- 5 tablespoons sugar

1 Soak the lentils overnight and drain. Place the lentils and pandanus leaves in a pan with 4 cups of water and bring to a boil. Reduce the heat to medium-low and stir in the sugar. Cook until the beans are soft, about 45 minutes.

2 Adjust the sweetness, if necessary. Discard the pandanus leaves and serve in individual bowls.

Makes 4 small bowls

Preparation time: overnight soaking

Cooking time: 10 mins







Sweet Red Date Soup with Lotus Seeds

This is both a popular Chinese dessert soup and a traditional Chinese herbal remedy for high blood pressure, arteriosclerosis, insomnia and immune deficiency. All the ingredients are important items in the Chinese herbal pharmacopeia, and together they provide a potent tonic boost to the human energy system. According to Chinese lore, this soup should be served hot; eating it cold counteracts the medicinal benefits.

3 whole florets white
(wood ear) fungus,
soaked in cool water for
1 hour
30 dried white lotus
seeds, soaked in cool
water overnight
12 dried red dates or
jujubes, washed and
pits removed
1½ liters (6 cups) water
75 g (½ cup) rock crystal
sugar

1 Drain the white fungus, trim, and discard the tough bases. Shred and set aside.
2 Drain the lotus seeds and place in a large pot with the red dates, white fungus and water.
3 Bring to a boil, then add the rock sugar. Cover, reduce the heat to low, and cook for 1 hour.
4 Adjust for sweetness, if necessary. Transfer the soup to a tureen or ladle into individual serving bowls.
Serve hot.

Dried red dates, are also known as Chinese jujubes, or *hong zao* in Mandarin, are the size of olives and although sour when raw, they are sweet when ripe and dried. Red dates are often eaten during Chinese New Year.

Serves 4

Preparation time: overnight soaking

Cooking time: 1½ hours

Sweet Pumpkin and Lotus Seed Soup

For variation, you may add a cinnamon stick, split vanilla bean, or other aromatic spices to the soup while cooking. If you like the taste, try using 80 ml ($\frac{2}{3}$ cup) of maple syrup for a sweetener in place of the rock sugar, or using 37 g ($\frac{1}{4}$ cup) rock sugar and 40 ml ($\frac{1}{3}$ cup) maple syrup.

225 g (8 oz) pumpkin,
peeled, deseeded and
cubed (about 3 cups)
2 liters (8 cups) water
1 whole floret white
fungus, soaked in cool
water for 1 hour
20 dried white lotus
seeds, soaked overnight
in cool water and
drained
75 g ($\frac{1}{2}$ cup) rock
crystal sugar
1 tablespoon cornflour or
water chestnut flour
combined with 1 table-
spoon water

1 Put the pumpkin cubes and water in a large pot, bring to a boil, then reduce the heat to medium.
2 Drain the white fungus and trim and discard the tough stems. Roughly shred and add the fungus, lotus seeds, and rock sugar to the pot. Cover and return to a boil, reduce the heat to low, and cook for 50 minutes.
3 Stir the cornflour mixture, and add to the soup. Stir for 1 minute, cover, and cook for another 10 minutes. Remove from the heat and serve.

Serves 4

Preparation time: 10 mins + overnight soaking

Cooking time: 1 $\frac{1}{2}$ hours



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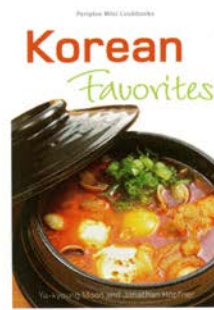
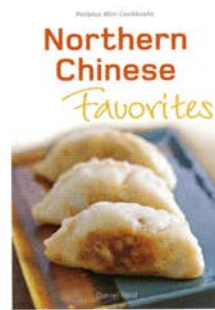
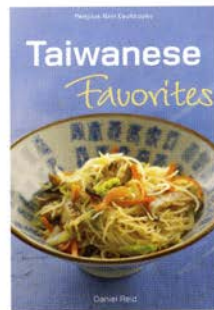
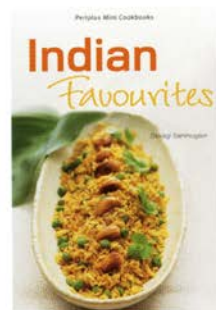
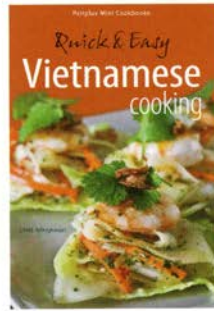
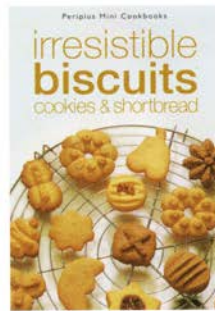
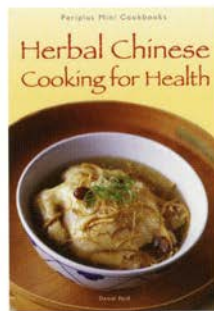
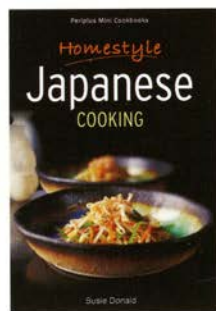
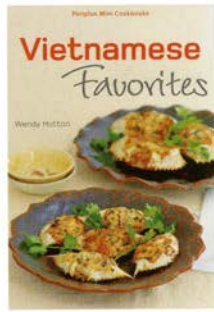
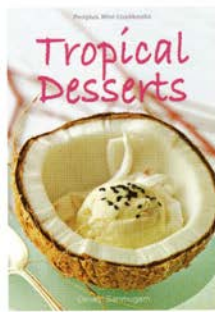
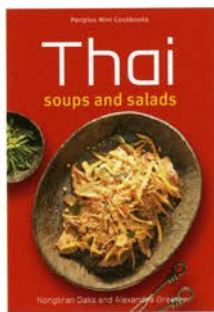
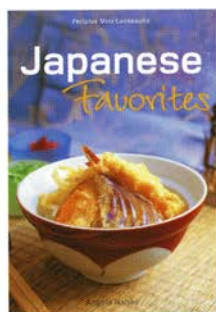
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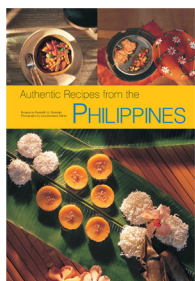
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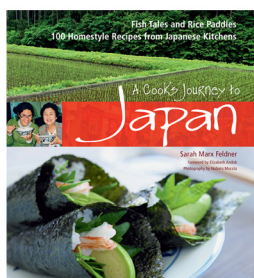


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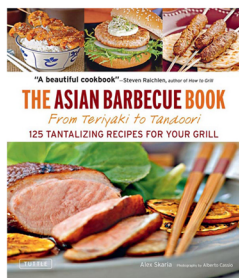
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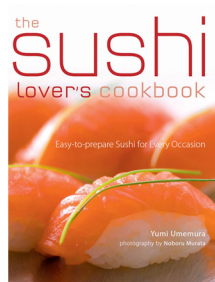
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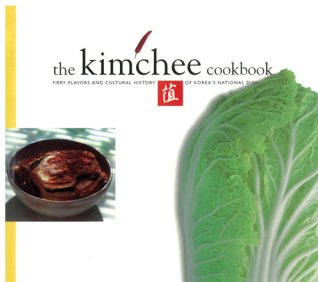
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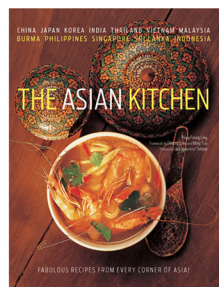
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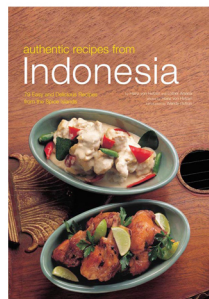
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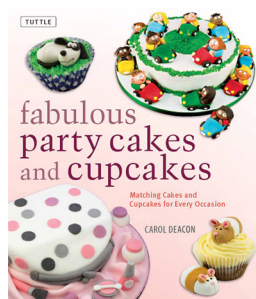
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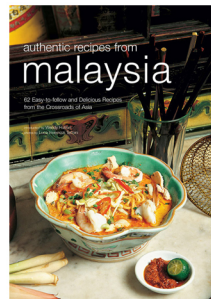
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