Easy & Tasty Chinese Food Home Cooking: 11 Recipes with Photos

By Hongyang

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About the Author
Hongyang 红洋 was born in China, had achieved Bachelor degree from China and Magister degree from Germany. She had worked as a TV reporter for German and Canadian TV stations. She lives in Toronto, Canada and besides her full time job in the Telecommunication Industry writing has become one of her favorite hobbies since 2005.

红洋出生于中国，获得中国学士学位和德国 Magister 学位。她曾担任过德国和加拿大电视台记者。她现居加拿大多伦多，任职于电信公司，自 2005 年起写作成为她的业余爱好之一。

Ebook Description
This photo cookbook contains 11 Chinese recipes for preparing beef, chicken, shrimps, fish, pork, and vegetarian dishes. There are 70 photos showing individual steps and making it very easy to follow. There is an extra chapter with 27 frequently asked questions and answers on Chinese ingredients, and photos are provided for being clear at a glance.

Table of Contents
Chapter 1: Frequently asked questions and answers about cooking Chinese food
Chapter 2: Chicken with Red & Green Pepper (Spice)
Chapter 3: Chicken with Shrimp in Sweet and Sour Sauce (Spice)
Chapter 4: Beef with Onion
Chapter 5: Fish with Pineapple Sauce
Chapter 6: Fish with green Onion and Ginger in Soya Sauce
*Chapter 1: Frequently asked questions and answers about cooking Chinese food*

Q1: Is it complicated to cook healthy Chinese food at home?
No.

Q2: Do I need to have a WOK to cook Chinese food?
No, it is not necessary.

Q3: What ingredients do I need to cook Chinese food?
Black Pepper, Soya Source, Sesame Oil, Corn Starch, Baking Soda, Cooking Wine, Sambal Oelek, Green Onion, Gingerroot, Garlic, Salt, Sugar, Vegetable Oil.
Q4: Where do I get these ingredients?
You can get them from the most grocery stores, not necessary going to a Chinese grocery store.

Q5: What kind of black pepper do I need?
Any kind. But I like this one with lemon aroma.

Q6: What kind of Soya Sauce do I need?
There are two kinds of Soya Sauces: dark Soya Sauce and light Soya Sauce. I prefer the light one.

Q7: How do I know it is light Soya Sauce?
This Chinese character “ 生” means “light”, try to find it on the bottle.

Q8: How does the Soya Sauce bottle look like?
These are for your reference.
Q9: What is Sesame oil?
Sesame oil is made of sesame seeds and it is also a good source of calcium, magnesium, iron, phosphorus, vitamin B1, zinc and dietary fiber. In addition to these important nutrients, sesame seeds contain two unique substances: sesamin and sesamolin. Both of these substances belong to a group of special beneficial fibers called lignans, and have been shown to have a cholesterol-lowering effect in humans, and to prevent high blood pressure and increase vitamin E supplies in animals. Sesamin has also been found to protect the liver from oxidative damage.

Q10: How much should I use the sesame oil when I cook?
1 tablespoon sesame oil for each dish.

Q11. How does the Chinese sesame oil bottle look like?
There are many brands, this is one of them for your reference.
Q12: Why should I use Corn Starch?
To make the sauce thick.

Q13: What kind of Corn Starch should I use?
Any kind or you can use Potato Starch.

Q14: Why should I use Baking Soda?
Baking Soda will make the meat tender. I normally use it for pork, chicken and beef.
Q15: How much Baking Soda should I use?
Small amount on a teaspoon and dissolve it in water, then put it into the meat – Beef, Chicken or Pork.

Q16: When should I use Cooking Wine?
When you cook meat.

Q17: What kind of Cooking Wine should I use?
I prefer the Chinese Rice Cooking Wine. There are many brands, this is one of them for your reference.
Q18: Can I use other cooking alcohol instead of the Chinese rice cooking wine?
Yes, such as Sherry, Gin, Rum or Schnapps.

Q19: How much alcohol should I put into the meat?
1 tablespoon.

Q20: What is the Sambal Oelek?
Sambal is a chili based sauce and it is typically made from a variety of chili peppers and is sometimes a substitute for fresh chilis.

Q21: Can I use other Hot Sauce instead Sambal Oelek?
Yes.

Q22: What is Tofu?
Tofu is a food made by coagulating soy milk and then pressing the resulting curds into soft white blocks. Tofu contains a low amount of calories, relatively large amounts of protein, and little fat. It is
high in iron and, depending on the coagulant used in manufacturing, may also be high in calcium and/or magnesium.

Q23: How many kinds of Tofu are there?
There are two kinds of Tofu – Soft Tofu and Hard Tofu.

Q24: How do I know if the Tofu is still fresh?
If the Tofu tastes sour, that means the Tofu is no longer fresh. If it tastes very sour, better don’t eat it.

Q25: If the Tofu tastes only a little bit sour, what should I do?
Cook in salt water for 5 minutes.

Q26: How do I find Tofu in a grocery store?
Normally soft Tofu is put in a white plastic container with clear water.
Q27: What kind of oil should I use when I cook Chinese food?
Vegetable oil. Don’t use Olive oil.

Chapter 2: Chicken with Red & Green Pepper (Spice)

Step 1: Paprika, Green Onion, Chicken Breast

Step 2:
Chop green and red paprika, chicken breast, ginger, garlic, green onion into small pieces.
Make a sauce: light soya sauce, sugar, black pepper, Chinese rice wine, corn starch (one teaspoon).
Put the sauce into the meat, mix it and seasoning for 15-20min.
Step 3:
Stir-fry meat with ginger, garlic and green onion.
Stir-fry paprika.
Dissolve 1 tablespoon cornstarch into water.
Make a sauce: light soya sauce, sugar, hot sauce, and water.

Step 4:
Stir-fry meat with paprika together.
Put the sauce and liquid cornstarch in and mix it, until the sauce becomes thick.
Add a tablespoon of sesame oil in and mix it.
Step 1:
Chop red paprika, chicken breast, ginger, garlic, green onion into small pieces.
Make a sauce: light soya sauce, sugar, black pepper, Chinese rice wine, corn starch (one teaspoon).
Put the sauce into the meat, mix it and seasoning for 15-20min.

…… (preview part)
Thanks for reading this photo cook book and hopefully these 11 recipes will provide you an easy way cooking Chinese food at home!

Enjoy!
Bon Appétit!
Guten Appetit!
Man Man Chi! 慢慢吃！（Eating Slowly）

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