



Gourmet Luncheon January 8, 2020
A Lunar New Year's Celebration
Hosted by Linda Chin
with Mari Donnelly, Terri Chapman and Theresia Binder

Pork Pot Stickers

INGREDIENTS:

- 1 pound ground pork
- 1 1/4 cups green onions, thinly sliced
- 1/3 cup finely chopped fresh cilantro leaves
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 1 tablespoon reduced sodium soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoons chili garlic sauce, or more, to taste
- 2 teaspoons sesame oil
- 32 (3-inch) round wonton wrappers
- 2 tablespoons canola oil
- 1/2 teaspoon sesame seeds

DIRECTIONS:

1. In a large bowl, combine ground pork, green onions, cilantro, garlic, ginger, soy sauce, rice wine vinegar, chili garlic sauce and sesame oil.*
2. To assemble the pot stickers, place wrappers on a work surface. Spoon 1 tablespoon of the pork mixture into the center of each wrapper. Using your finger, rub the edges of the wrappers with water. Fold the dough over the filling to create a half-moon shape, pinching the edges to seal.*
3. Heat canola oil in a large skillet over medium heat. Working in batches, add pot stickers in a single layer and cook until beginning to crisp on the bottom, about 2-3 minutes. Working quickly, add 1/4 cup water; cover and cook until liquid has evaporated and bottoms of dumplings are crisp and golden, about 3-5 minutes.
4. Serve immediately, garnished with sesame seeds, if desired.

NOTES:

**The filling in the potstickers does not have to be cooked prior to wrapping.*

**To freeze, place uncooked potstickers in a single layer on a baking sheet overnight. Transfer to freezer bags.*

Lychee Saketini Blush

Serves 2

2 ounces Stolichnaya vanilla vodka
2 ounces sake
2 tablespoons lychee syrup
½ ounce grenadine (a splash)

Chill 2 martini glasses
Fill a martini shaker with ice and add vodka, sake, lychee syrup, and grenadine
Shake to combine
Strain into the chilled glasses
Serve immediately

Vietnamese Shredded Chicken Salad



(We made this without the chicken to accompany the appetizer.)

By Jennifer Segal, inspired by *Saveur* magazine

<https://www.onceuponachef.com/recipes/vietnamese-shredded-chicken-vegetable-salad.html>

Servings: 2-3 main dish salads, 4 side salads

INGREDIENTS

FOR THE SALAD

2 heaping cups cooked shredded chicken, from one store-bought rotisserie chicken
4 cups shredded napa cabbage
4 scallions, thinly sliced
1 cup grated or matchstick carrots
1 red bell pepper, sliced into bite-sized pieces
1/2 cup roughly chopped fresh mint
1/2 cup roughly chopped fresh cilantro
1/2 cup chopped peanuts

FOR THE DRESSING

1/4 cup fresh lime juice, from about 3 limes
2 teaspoons Sriracha sauce
3 cloves garlic, minced
2 tablespoons sugar
3 tablespoons fish sauce (preferably a brand imported from Thailand or Vietnam)
3 tablespoons vegetable oil

INSTRUCTIONS: In a large salad bowl, combine all of the salad ingredients except for the peanuts. In a separate bowl, combine all of the ingredients for the dressing; whisk until the sugar is dissolved. Right before serving, toss the dressing with the salad. Transfer to a serving bowl and garnish with the peanuts. Serve cold

Long Life Noodles

Long Life Noodles (yī miàn, 伊面) or yi mein, symbolize longevity and can always be found on the banquet table at Chinese celebrations. Yi Mein, also known as e-fu noodles are always served at birthday, new baby, wedding or lunar new year banquets.

Prep Time 10 mins
Cook Time 10 mins
Total Time 20 mins

Servings: 4
Author: Bill
<https://thewoksoflife.com/long-life-noodles-yi-mein/>

Ingredients

3 quarts water (for pre-cooking the noodles)
12 ounces Chinese egg noodles
¼ teaspoon sugar
¼ teaspoon salt (or to taste)
1 tablespoon hot water
2 teaspoons regular soy sauce
2 teaspoons dark soy sauce
2 tablespoons oyster sauce (or vegetarian oyster

sauce)
1/2 teaspoon sesame oil
Freshly ground white pepper
3-4 tablespoons vegetable oil (divided)
5 fresh shiitake mushrooms (thinly sliced)
8 ounces scallions (225g, cut into 2-inch long pieces, with the light and dark green parts separated)
¼ thinly sliced red bell pepper

Instructions for Long Life Noodles

Boil 3 quarts of water in a large wok or pot to pre-cook your Yi Mein noodles. Once boiling, add the noodles. The directions on the box may say to boil the noodles for 5 minutes, but we recommend no more than 3 to 4 minutes to keep them firm and chewy. Overcook them, and you will end up with a mushy texture.

Sample a noodle while cooking, and when it tastes closer to the uncooked side of al dente pasta, it's ready. When the noodles are done, immediately drain and set aside.

Dissolve the sugar and salt in 1 tablespoon of hot water, and add the regular soy sauce, dark soy sauce, oyster sauce, sesame oil, and white pepper. Stir until combined.

Heat the wok until just smoking, and spread 2 tablespoons of oil around the perimeter.

Add the mushrooms, red pepper and the light green parts of the scallions, and stir fry for 30 seconds. The mushrooms are like sponges and will soak up the oil, so add another tablespoon of oil if they look too dry.

Add the noodles (they still should be warm but with no water dripping), and stir fry everything for another 20 seconds. If they cooled off, just cook them a bit longer until they are warmed, because warming the noodles before adding the sauce is important!

Spread the prepared sauce mixture evenly over the noodles, and stir-fry everything together for 1 minute, or until the soy sauce mixture is distributed evenly. Spread another tablespoon of oil around the perimeter of the wok to prevent sticking if you feel you need it. How much oil you use is definitely a personal preference. If the noodles stick together, drizzle a bit of oil directly over the noodles. You can also add a splash of hot water if the noodles are too dry, even after adding the sauce.

Mix gently so you don't break up the noodles--remember, you want to have long noodles to give longevity and prosperity to whoever's going to be eating this dish!

Add in the remaining green parts of the chives and mix until they turn bright green and the noodles are heated through. This will take 1-3 minutes, depending on if your noodles were cold or still warm when you started stir frying, and how hot your stove and wok can get.

Quick and Healthy Chinese Broccoli - Gai-Lan

Author: Winnie Wu

<http://asianlifestyledesign.com/2015/03/quick-and-healthy-chinese-broccoli-gai-lan/>

Serves:4

Prep time:3 mins

Cook time:3 mins

Total time:6 mins



Ingredients

- one bunch gai-lan
- 1 tablespoon baking soda
- 1 tablespoon oil
- 1 teaspoon salt
- oyster sauce and water

Instructions

1. Bring a large pot of water to a boil
2. In the meantime, wash the gai-lan and trim off the ends
3. Once the water reaches boiling point, add the baking soda, oil and salt
4. In the meantime, prepare a large bowl of cold water in the sink, add ice if necessary.
5. When the pot with vegetables returns to a boil, drain the gai-lan and plunge into the ice water to stop the cooking.
6. Drain well. Place on platter and cut in half with scissors.
7. For the oyster sauce, in a small dish pour a couple tablespoons of oyster sauce and thin with water. Pour on top as desired, or you can just dip into sauce if you prefer.

OYSTER SAUCE

Linda used from <https://www.food.com/recipe/blanched-gai-lan-with-oyster-sauce-chinese-broccoli-83997>

- 2 tablespoons oyster sauce
- ½ teaspoon cornstarch
- 2 tablespoons chicken stock
- 1 tablespoon rice wine or 1 tablespoon dry sherry
- 1 teaspoon sugar
- 1 teaspoon soy sauce
- ½ teaspoon sesame oil
- 1 teaspoon finely shredded ginger
- 1 garlic clove, minced finely

DIRECTIONS

- Combine the oyster sauce, cornstarch, chicken stock, rice wine, sugar, soy sauce, ginger, garlic and sesame oil in a small saucepan.

Chinese Steamed Whole Fish

Prep Time 20 mins

Cook Time 15 mins

Total Time 35 mins

Servings: 4

Author: Bill <https://thewoksoflife.com/steamed-whole-fish/> for video/tutorial



Ingredients

1 whole striped bass or sea bass (about 1 ½ lbs/680g, cleaned; see instructions)

3 tablespoons fresh ginger (finely julienned)

2 scallions (finely julienned with green and white parts separated)

8 sprigs fresh cilantro (roughly chopped)

1/8 cup canola oil (plus 2 tablespoons)

¼ cup water

¼ teaspoon salt

¼ teaspoon sugar

¼ cup light soy sauce (or seasoned soy sauce)

Fresh ground white pepper to taste

Instructions

Remove any scales from your fish using a serrated steak knife. The areas to look for are the belly and the edges of the fish including the top, near the dorsal fins, and the head. There is nothing worse than having to pick out scales while you're having dinner.

Cut off any fins with kitchen shears. They are pretty tough, so be careful with this step. Leave the tail and head intact for presentation.

Look at the cavity, and you should see the backbone. You may also see a membrane that you should pierce and cut, revealing a blood line near the bone. Run your finger or a spoon across it to clean it thoroughly.

Check the head and gills. You should not see any gills left, and if there are, remove them with the kitchen shears and rinse the area clean. Older Chinese folks who like dining on the fish head will appreciate this step.

Give the fish a final rinse, shake off the excess water (no need to pat it dry) and transfer to a heat-proof plate for steaming. No salt, seasoning, or wine should be used on the fish before steaming. Repeat. Nothing on the fresh fish before steaming!

Assembling the dish:

For steaming, I used an elongated heat-proof plate. To accommodate that, I needed to MacGyver a steaming apparatus that would fit said plate. It's simple enough. I used a wok and metal steam rack. If you need more height to keep the plate above the water in the wok, set a rack on top of a metal can with both ends removed. It's a handy and cheap addition to your kitchen arsenal!

Steam for 9 minutes and turn off the heat. Use a butter knife to peek at the meat and confirm the fish is cooked through. The meat should be opaque down to the bone, but the bone should be slightly translucent and not fully cooked (remember, you will not be eating the bone. Trust me on this one!).

Next, carefully pour off all of the liquid accumulated on the plate from steaming, the green portions of the scallion, and the cilantro over the fish.

Heat 2 tablespoons oil and the the ginger in a saucepan until the ginger begins to sizzle. Next, add the water, salt, sugar, soy sauce, and fresh ground white pepper and heat the mixture until simmering.

Once simmering, add the rest of the oil and white portions of the scallion and stir until the liquid begins to simmer and sizzle once again. Spoon the entire mixture evenly over the fish and serve hot!



Prep Time 45 mins

Cook Time 25 mins

Total Time 1 hr 10 mins

<https://thewoksoflife.com/chinese-walnut-cookies/>

Chinese Walnut Cookies

Servings: 6-Makes 1 dozen cookies, 2 cookies per serving.

Author: Kaitlin

Ingredients

2 cups cake flour (270 g)

1/2 teaspoon baking soda (3 g)

1/4 teaspoon baking powder (2 g)

8 tablespoons butter or lard (4 oz or 115g, at room temperature)

1/2 cup sugar (115 g)

1/4 teaspoon salt (1 g)

1 egg (beaten and divided; the egg I used weighed about 62 g with shell on)

3/4 cup finely chopped toasted walnuts, plus 12 raw walnut halves (75 g)

Instructions

1. Sift the cake flour, baking soda and baking powder together and set aside. Mix the butter, sugar, and salt in a large mixing bowl, stir thoroughly until the mixture is creamed. Now add the flour mixture to the butter mixture along with the finely chopped walnuts. Beat the egg, put aside 2 teaspoons of the beaten egg and add the rest to the dough mixture. Work the mixture into a dough ball. You can do this by hand or with an electric mixer. Just note that the dough might be lightly crumbly, but it should come together when you take the time and work it into a ball.
2. Line a baking sheet with parchment paper. On a clean surface, divide the dough into 12 equal pieces and roll each into a ball, position them on the baking sheet a couple inches apart. All of the cookies should fit onto one pan.
3. Take the walnut halves and gently press one into each cookie. Let the cookies rest for 15 to 20 minutes while covered with a clean kitchen towel.
4. While that's happening, preheat the oven to 350 degrees F. Once the dough is done resting, brush each with the beaten egg that you put aside and then bake for 20 minutes. Turn off the oven and let the cookies sit inside the oven for another 5 minutes before taking them out. Let cool and enjoy!



Pork Pot Stickers



Lychee Saketini
Blush



Vietnamese Shredded
Chicken Salad



Long Life Noodles
Chinese Broccoli
w/ Oyster Sauce
Steamed Whole Fish



Chinese Walnut Cookies