

Won Hai Shien Recipes II

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General Notes:

1. Oil for frying is soy bean oil.
2. A light weight cleaver is used for all chopping, exception a heavier cleaver is used for cutting the meat.
3. The Asian products are purchased at Cost Price in Majuro.
4. Shrimp is shelled and then the back is sliced to make a butterfly cut. The vein is picked out. The vein can also be removed by poking near the edge of the shrimp back with a toothpick and bringing out the vein for removal.
5. The wok and all utensils must be clean and dry before adding the oil.
6. Rice cooking wine (white) is a common ingredient and is kept in a condiment bottle for easy use. Soy sauce is also kept handy this way.
7. Unless mentioned, the cooking happens quickly, one step right after the other.
8. Measurements were recorded from observing the chef; taste testing and revisions are recommended.

Chinese Dumplings (Won Tons)

Ingredients:

Ground sausage, about 1 pound
1 tblsp rice cooking wine
½ tsp salt
White pepper
1 tsp fresh ginger, finely grated
Green (spring) onion, chopped fine
1 egg, raw
½ tsp chicken powder
Shrimp, shelled and deveined: a dozen will make 24 dumplings
Won ton wrappers

Preparing the dish:

1. Mix the sausage with all of the ingredients except the shrimp and the won ton wrappers.
2. Cut the shrimp into halves.
3. Cut the won ton wrappers into circles using scissors.
4. Spread a teaspoon of sausage mixture on the middle of the wrapper, leaving ¾ inch around the edge.
5. Place half of one shrimp on top of the sausage, in the middle.
6. Dip finger into bowl of water and wet the edge of the wrapper.
7. Fold the wrapper. Pinch the middle third. Then work each end, crimping and pleating.

Cooking the dish:

8. Boil water in a large pot (she used a wok). Add a few pieces but do not crowd. Boil the dumplings for several minutes, long enough to insure the pork is cooked. Pull out with a netted or slotted spoon and make sure the dumplings are well drained.
9. Squirt a little sesame oil over the dumplings.
10. Serve with sauce: Soy, green onion, garlic and ginger mix.

Note: other ingredients can go into the dumplings such as cabbage and spinach.



Papaya Salad

Ingredients:

Half a large, ripe, firm papaya, peeled
2 tblsp fish sauce
Pinch Salt
3 Hot peppers (small, red or green)
1 lime
2 tblsp sweet chili sauce
Quarter cup chopped peanuts, unsalted



Preparing the dish:

1. Peel and remove the seeds from the papaya, leaving a little white rind is fine.
2. Slice the papaya very thin, then cut into thin julienne pieces.
3. Put the julienned pieces into ice water to keep the papaya crisp.
4. When all of the papaya is cut, remove from the ice water and put into bowl.
5. Add pinch of salt.
6. Add fish sauce and mix.
7. Add minced hot peppers.
8. Squeeze the lime over the salad.
9. Add sweet chili sauce and mix the salad thoroughly.
10. Put into a serving bowl and garnish the top with chopped peanuts.



Note: the hot peppers gave the dish a nice 2 to 3 star heat. Adjust seasonings according to your taste.



Beef Rolls

Ingredients:

½ pound beef, finely chopped
2 tblsp minced garlic
BBQ sauce
Tortillas, flour, taco size (we also tried corn but they didn't roll well)
¼ head green cabbage
Cooking rice wine
Vegetable oil
½ carrot
1 tblsp chili sauce
Black pepper
Oyster sauce

Preparing the dish:

1. Heat a large deep frying pan with high heat, add enough oil to cover bottom (2 to 3 tblsp).
2. Add beef and cook a minute, stir.
3. Add garlic.
4. Add dollop of BBQ sauce.
5. Add cabbage and stir fry everything for a minute.
6. Add cooking wine, squirt once around the perimeter of the skillet.
7. Add chili sauce.
8. Add about 1 tsp black pepper.
9. Add 1 tblsp (generous) squirt of oyster sauce
10. Cook until cabbage is tender and pull from pan.
11. Turn heat to medium and put a tortilla into a clean, non-oiled frying pan. Flip and remove. You are warming them so they roll easily.
12. Put cabbage mixture into the tortilla and roll. She uses tongs with one hand to help her roll them.
13. Cut in half and place on platter. Repeat until mixture and/or tortillas are gone.

Note: the flour tortillas can be made ahead and frozen. You can take them directly from the freezer to the frying pan.



Tomato and Egg Dish

Ingredients:

3 large beefsteak tomatoes, cut into small bite-sized pieces
3 eggs, beaten
Cooking oil
2 to 3 tblsp Ketchup
1 Pinch salt
1 Pinch MSG (optional)
2 tsp white granulated sugar
Soy sauce
Rice, cooked

Preparing the dish:

1. Heat a large deep frying pan with high heat, add 1 tblsp cooking oil.
2. Add the eggs, stir and cook quickly. Remove as soon as egg is cooked.
3. Add 1 tblsp cooking oil to pan.
4. Add tomatoes.
5. Add 2 to 3 tblsp ketchup, stir and simmer a minute.
6. Add a pinch of salt.
7. Add a pinch of MSG (optional).
8. Add 2 tblsp white granulated sugar. Stir.
9. Add the scrambled egg back into the mix and stir.
10. Squirt one perimeter of soy sauce.
11. Stir and finish. Remove from heat and put into serving dish.
12. Serve with rice.



Smoked Pork and Scallions

Ingredients:

½ pound thick cut bacon, cut into bite-size pieces
Scallions (or leeks) cut into 1-inch pieces on the diagonal, including greens
Cooking oil
Chopped dry red chilies
1 tbsp minced garlic
1 tbsp soy bean sauce (NOT soy sauce, this comes in a can or a jar)
¼ to 1/3 of 1 carrot, thinly julienned
Cooking rice wine
1 tsp sugar
Oyster sauce
Pinch white pepper

Preparing the dish:

1. Boil the bacon for a few minutes to help remove some of the salt and fat. Drain.
2. Heat a large deep frying pan with high heat, add 1 tbsp cooking oil.
3. Add pork and fry.
4. Add 1 tsp chopped dry red chilies (or more according to taste).
5. Add garlic.
6. Add soy bean sauce.
7. Add scallions and carrot. Stir fry a minute.
8. Add 2 perimeter squirts cooking rice wine.
9. Add sugar and stir for a minute.
10. Add 1 perimeter squirt oyster sauce.
11. Add pinch of white pepper.
12. Remove from heat and put into serving dish.



Hot and Sour Soup

Ingredients:

2 tblsp canned enoki (golden) mushrooms
2 tblsp bamboo shoots (canned in large chunks), sliced into small julienned pieces
2 tblsp Chinese cabbage, finely shredded and chopped
1 tblsp dried black mushroom
Firm tofu, 4 slices, cut into small matchstick pieces
¼ to 1/3 of 1 carrot, thinly julienned
1 ½ tblsp Sriracha Sauce
2 tblsp white vinegar
2 tblsp soy sauce
4 small cubes beef bullion
Pinch salt
Pinch MSG (optional)
½ tsp black pepper
¼ cup Cornstarch and water, thin mixture
1 egg, raw, beaten
Chopped green (spring) onion

Preparing the dish:

1. In medium to large sauce pan, boil 1 gallon water.
2. Add the mushrooms.
3. Add the bamboo shoots.
4. Add the Chinese cabbage.
5. Add the tofu.
6. Add the carrot.
7. Add the Sriracha sauce.
8. Add the white vinegar.
9. Add the soy sauce.
10. Add the beef bullion.
11. Add pinch salt.
12. Add pinch MSG (optional).
13. Drizzle the cornstarch and water mixture slowly into the soup, stirring at the same time.
14. Drizzle the egg slowly into the soup, stirring at the same time.
15. Add green onions.
16. Remove from heat and serve in small bowls.

