

ST. OLIVER'S SPICE PEOPLE



MANGIA E STAI PIÙ ZITTO

COOKING CLASSES FOR THE MASSES

LESSON 11 - 03 Chinese Cooking



WOK and ROLL

March 12, 2011



Prayers

Spice People is a ministry of St. Oliver Plunkett Catholic Church. It is designed to celebrate and enjoy the cultural diversity of the members of our parish by learning to cook and to enjoy the foods and customs from around the world. Each lesson begins with a prayer, and our traditional Catholic blessing is prayed before serving the foods. We hope that you will enjoy having these copies and praying with us.

Prayer before the Spice People Sessions

We give You thanks from grateful hearts for this meal, for our fellowship, for Your love, for Your provision of food and those who prepared this meal. Help us to remember that You are with us around the table and may our hearts and words be a blessing to You in return.

Amen

The Catholic Blessing of the Food

Bless us O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ our Lord.

Amen.

SPICE PEOPLE

Sandy Walsh, BMCIC

Crew:

Barbara Aho

Teresa Barczak

Debbie Cliche

Nita Ellington

Cathy Hedges

Candida Jimenez

Geri Spudich

Elena Porras Trejo

Vicki Ziegler

2010 — 11 Guest Chefs:

Elena Porras Trejo

Sandy Walsh

Ted McVay

Fr. Neil Jones

Mark McCagg

Geri Spudich



Menu

Chef Mark's Recipes:

- Cantonese Cashew Chicken
- Cantonese Stir Fry Sauce
- Jasmine Rice

—Salads and Sides:

- Spicy Chinese Cucumber Salad
- Shrimp and Seared Pineapple over Seaweed with Soy Lime Sauce
 - Thai Carrot Salad
- Marinated Oriental Vegetables
 - Ramen Noodle Salad
 - Oriental Cabbage Salad

Desserts:

- Chinese Noodle Cookies
- Strawberry Margarita Pie
 - Sticky Rice
 - Coconut Bars
- Teresa's Sour Cream Pound Cake
 - Geri's Pineapple Cake
 - Punch Bowl Cake

Other Recipes:

- Sandy's Macaroni and Cheese
- Sauerkraut Soup



Cantonese Chinese Chicken

This is a dish made all over the world with many different variations. This is (close to) the version I have eaten at the **House of Chong** in Pensacola, Florida since I was 7 years old. Our family would look forward to this treat whenever we could scrape together the cash to dine out. We always had it with white (jasmine) rice and usually an egg roll or fried won ton as an appetizer. Feel free to change out the vegetables to your taste, but if you stick to the velvet, sauce, and preparation method you will not be disappointed! (One more little hint, the Chong folks added chunks of fresh iceberg lettuce right before serving and I loved it... but my wife didn't care for the texture... so like any good husband... not today!)

This is a great dish to make for company, friends and family, but does have considerable prep time involved. I suggest doing the prep the day before (all of it). Then, the day of your meal *you* will appear amazingly fast and organized... and all the work won't take you away from your company. All parts of this recipe are designed for feeding 4 pretty hungry folks... so add or subtract as necessary.

We will need to make a few things **the day before** your Cashew Chicken feast... so here we go...

Aromatics

Garlic (fresh, peeled) - about 5 cloves

Ginger (fresh, peeled) - use the same amount of volume as the garlic

Green Onions (fresh, chopped a bit) about 1 bunch

Vegetable Oil – about 2 tablespoons

Throw all ingredients into a small food processor and blend together until uniform. Set aside.

Velvet (a coating/marinade for the chicken)

Rice flour – ¼ cup

Soy sauce – 1 teaspoon

Sugar – ½ teaspoon

Salt – pinch

Pepper – pinch

Eggs – 2, beaten lightly

Vegetable Oil – ¼ cup

Aromatics (yeah, we just made this) – 1 teaspoon

Blend all ingredients well, by hand or in a blender. Refrigerate.

Chicken (Tenders work best, but boneless, skinless breasts work fine too)

Wash about 2 pounds of chicken in cold water. Pat dry with paper towels.

Using an insanely sharp filet knife, cut the chicken so that you end up with nice chunks about 1" by 1/2".

In a sealable bowl or container, add the chicken to the velvet. Stir well, cover and refrigerate overnight.

If you get bored, stirring once again before you go to bed would be a good thing.

Veggie Prep

Sweet onions, halved and julienned, 2 cups

Green (or red, if it's in December) peppers, cored and cut like the onions, 2 cups

Green Onions (or scallions), cut 1" long, 2 cups

Throw in the fridge and you'll be ready to wok and roll tomorrow!

The day of the feast... The rest of this will take 30 minutes or less until time to eat... so let's Wok and Roll!

Make the Rice

Follow directions on the bag. Don't be a cheapskate... buy JASMINE rice. When it's done just turn off heat and let it sit. It will be fine.

Fry the chicken

Add 3 cups of vegetable, canola or peanut oil to your wok (ok, we are going to discuss this in class so pay attention).

Heat the oil and get it VERY HOT... until it starts to smoke. If you add the chicken to cool oil, it will be soggy. Gently add the chicken to the oil, separating the pieces so you don't knock off the velvet. Fry until golden brown. Remove and set aside.

Cashews

Gently pour 1 cup of cashews into the hot oil. Fry for 15 or 20 seconds. DO NOT BURN. Remove, set aside. Drain the hot oil into a safe container for use some other time.

Showtime

Wipe out your wok, and then turn it on HIGH HEAT. After it begins to smoke, add 1 tablespoon or so of oil. Spread the oil around the bottom with your cooking utensil (spoon, paddle, etc.). Immediately add 1 tablespoon of aromatics. Stir around the wok so it doesn't burn. Add prepped veggies and cook for about 30 seconds, stirring occasionally. Add chicken, cashews, then sauce. Stir gently until sauce thickens (2 – 5 minutes). Add slur as necessary. Plate up your rice and spoon out the goods over the rice.

ENJOY!

About Chef Mark: He is happily married to his lovely wife (and today's sous chef) Deb (Thanks, baby!), he has over 30 years of professional management experience in the restaurant industry, among others, and just for fun opened and operated 8 Asian restaurants for while, where he got a lot of practice doing this. He is a graduate of the University of Florida and certified as a Serv - Safe Instructor. He is also looking for a really cool opportunity (a/k/a A JOB) so a prayer or a recommendation would be greatly appreciated. Mark can be reached at mark_mccagg@yahoo.com.

Chef Mark's Cantonese Stir Fry Sauce

Oyster Sauce - 3/4 cup

Soy Sauce - 1/4 cup

Rice wine (Mirin or Shao Xing) - 1 Tablespoon

White Sugar - 1 Tablespoon



Dilute sugar in wine, and then add other ingredients until well mixed. This is a great sauce for fried rice, Lo Mein, general Stir Fry or CASHEW CHICKEN.

If you are doing Cashew Chicken, add 1 cup chicken stock and slur (rice flour and water) during the final cooking process.

This amount of sauce is good for about 4 servings. Never be afraid to add or reduce sugar.

— Mark McCagg

Spicy Chinese Cucumber Salad

1 tablespoon soy sauce

1/4 cup rice wine vinegar

1 tablespoon sugar

1 tablespoon vegetable oil

Dash of sesame oil

1 teaspoon red pepper flakes

2 cucumbers, peeled, seeded and thinly sliced

1 small red bell pepper, seeded and thinly sliced into strips

In a medium bowl, mix together the soy sauce, vinegar, sugar, oils and pepper flakes. Mix in the cucumbers and red bell pepper. Chill before serving. Yield: 4 servings. Mix in the cucumbers and red bell pepper. Chill before serving. Yield: 4 servings.

— Teresa Barczak



Shrimp and Seared Pineapple over Seaweed with Soy Lime Sauce



Ingredients:

1 lb. shrimp (21-25 per pound)
2 Tablespoons jerk seasoning
1 fresh pineapple, cored and sliced
1/2 box Asian seaweed & sesame salad greens
brown sugar
olive oil to coat pan
pinch kosher salt
pinch ground black pepper

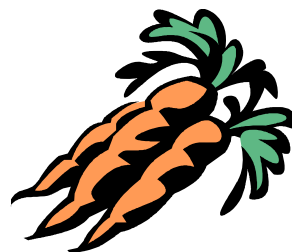
Dressing:

Equal parts of olive oil, soy sauce and Roses lime juice. "Layer" in jar starting with oil. **Do not shake.**

Season shrimp with seasoning; sear in hot pan 1 minute on each side. Remove and chill. Coat pan with olive oil. Rub a little brown sugar over each slice of pineapple, sprinkle with salt and pepper. Brown each side in coated pan. Remove and chill.

When ready to serve, place greens on plate, and then layer with shrimp and pineapple. (Cut rings in half or quarters.) Drizzle with dressing.

— Geri Spudich

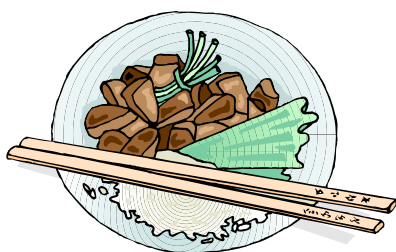


Thai Carrot Salad

One large bunch of carrots shredded
 1/4-1/2 cup rice wine vinegar
 1/4-1/2 cup brown sugar
 1/8 cup soy sauce
 hot green chiles or jalapenos chopped fine to taste

Toss everything together and refrigerate prior to serving. Retoss before serving.

— Sandy Walsh



Marinated Oriental Vegetables

Ingredients:

2 cups fresh snow peas
 1 (8-ounce) can sliced water chestnuts, drained
 1 (8-ounce) can sliced bamboo shoots, drained
 ½ cup sliced fresh mushrooms
 ½ cup chopped green onion
 ¼ cup rice wine vinegar
 2 Tablespoons reduced-sodium soy sauce
 1 teaspoon finely grated fresh gingerroot
 1 Tablespoon vegetable oil
 2 teaspoons sesame oil
 1/8 teaspoon garlic powder
 1/8 teaspoon crushed red pepper

Method:

Trim ends from snow peas. Place snow peas in a steaming basket. Plunge basket into boiling water, and remove immediately. Drain well.

Combine snow peas, water chestnuts, bamboo shoots, mushrooms, and onion in a medium bowl; set aside.

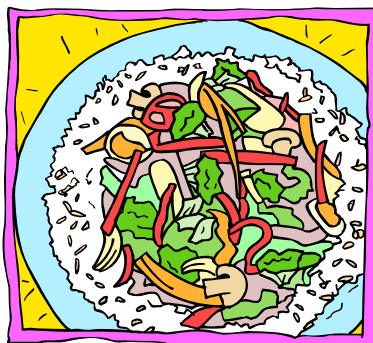
Combine vinegar, soy sauce, and gingerroot in a small bowl. Gradually add oil, beating constantly with a wire whisk. Add garlic powder and red pepper. Pour over vegetables; toss lightly.

Chill 2 hours. Toss lightly again before serving.

— Elena Porras Trejo

Ramen Noodle Salad

(also known as Best Broccoli Slaw)



Ingredients:

1 bag pre-shredded cabbage (or broccoli slaw)
 2 1/2 small green onions – finely chopped
 1 pkg. chicken ramen noodles
 1/4 -1/2 cups sunflower seeds
 3 oz. slivered almonds
 1/2 stick butter
 1/2 cup oil
 1 Tablespoon soy sauce
 1/4 cup cider vinegar
 Just over 1/3 cup sugar

Mix cabbage (or broccoli) slaw and green onion. Refrigerate. Remove seasoning pack from the ramen noodle and discard. Break the noodles into small pieces. Melt butter and sauté nuts and noodles until golden. Cool and store separately.

In a jar, mix oil, soy, vinegar and sugar – shake well. When ready to serve combine cabbage/onion, nuts mixture and well shaken dressing. Toss and serve immediately.

Note: To make this a meal, add 2 cups or so of rotisserie Chicken.

— *Barbara Aho*
 (from *June Stone*)



Oriental Cabbage Salad *Jean Ruder*

Ingredients:

1 medium head Napa cabbage
2 pkgs. Ramen noodles
1 cup cashews (pieces)
1 Tablespoon sesame seeds
5 green onions chopped
1 stick butter or margarine

Dressing:

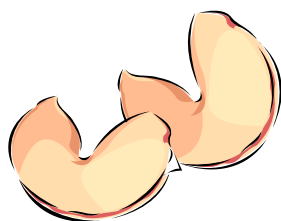
½ cup vegetable oil
½ cup sugar
1 Tablespoon soy sauce
¼ cup vinegar

Directions:

Shred cabbage like you would for cole slaw and add sliced green onions. Place in a large bowl. In a large sauté pan, melt butter. Crumble Ramen noodles in the packages. Remove packets of seasonings from the noodles and sauté noodles with the cashews and sesame seeds until golden brown. Remove from heat and cool to room temperature and then add to cabbage and onions.

Whisk oil, sugar, vinegar and soy sauce in a bowl. Toss with cabbage mix. Serve immediately.

Submitted by:
— *Cathy Hedges*



Chinese Noodle Cookies

Chinese Noodle Cookies are not traditional Chinese cookies, but they are made with Chinese Noodle. Some people would argue that they are not cookies at all, but candies. That may be so, but they are delicious and have several interesting variations. Enjoy!

The first and most often seen of the Chinese Noodle Cookies are butterscotch cookies, also known as:

Butterscotch Haystacks

Ingredients:

- 1 package Butterscotch chips (approximately 12 oz.)
- 1 can (10 ounces) cashews
- 1 can (5 ounces) Chow Mein noodles (about ½ bag)

Directions:

Melt butterscotch according to package directions. Usually in the microwave on low or in a large pot on low. Stir in nuts and noodles. Spoon onto waxed paper and let dry.

— Nita Ellington

Chinese New Year's Chews

Ingredients:

- 1 (6 ounce) packages Semi-sweet choc chips
- 1 (6 ounce) package butterscotch chips
- 1 can Chow Mein Noodles
- Spanish peanuts or dry roasted peanuts etc.

Directions:

Melt all the chips together in a large pan over low heat, stirring constantly. Add noodles and stir to coat. Add whatever else you may desire, stirring to coat. Place on wax paper by spoonful and cool until set.

Rocky Road Chinese Noodle Cookies

Ingredients:

- 1 (12 ounce) package Semi-sweet choc chips
- 1 large can Chow Mein Noodles
- 1 cup (or as desired) Miniature marshmallows

You get the idea. Have fun designing your own.



Strawberry Margarita Pie

Ingredients:

- 1 1/4 cups crushed pretzels
- 1/4 cup sugar
- 1/2 cup margarine, melted
- 1 (14 oz.) can sweetened condensed milk
- 1/2 cup frozen margarita mix concentrate, thawed
- 1 (10 oz.) pkg. frozen strawberries in syrup, thawed
- 1 (8 oz.) whipped topping

Directions:

Mix pretzels, sugar and melted margarine in a bowl. Press firmly into the bottom of ungreased 8" or 9" spring form pan; Chill.

Combine the sweetened condensed milk and margarita mix in a large bowl. Beat with electric mixer until smooth. Add strawberries and beat at low speed until mixed. Fold in the whipped topping. Pour into prepared crust. Cover and freeze at least 3 hours or overnight. Let stand at room temp for 30 minutes before serving.

ENJOY!!

— *Deb Cliche*



Sticky Rice

Ingredients:

- 1 1/2 cups uncooked short-grain white rice
- 2 cups water
- 1 1/2 cups coconut milk
- 1 cup white sugar
- 1/2 teaspoon salt
- 1/2 cup coconut milk
- 1 tablespoon white sugar
- 1/4 teaspoon salt
- 1 tablespoon tapioca starch
- 3 mangos, peeled and sliced
- 1 tablespoon toasted sesame seeds

Directions:

1. Combine the rice and water in a saucepan; bring to a boil; cover and reduce heat to low. Simmer until water is absorbed, 15 to 20 minutes.
2. While the rice cooks, mix together 1 1/2 cups coconut milk, 1 cup sugar, and 1/2 teaspoon salt in a saucepan over medium heat; bring to a boil; remove from heat and set aside. Stir the cooked rice into the coconut milk mixture; cover. Allow to cool for 1 hour.
3. Make a sauce by mixing together 1/2 cup coconut milk, 1 tablespoon sugar, 1/4 teaspoon salt, and the tapioca starch in a saucepan; bring to a boil.
4. Place the sticky rice on a serving dish. Arrange the mangos on top of the rice. Pour the sauce over the mangos and rice. Sprinkle with sesame seeds.

This recipe is from ALLRECIPES.COM

Submitted by:
— *Elena Porras Trejo*

Coconut Bars

1 (2-layer) package yellow cake mix
 ½ cup (1 stick) margarine, melted
 1 egg
 1 cup pecans, chopped
 1 to 1 ½ cups shredded coconut
 8 ounces cream cheese, softened
 1 (1-pound) package confectioners' sugar
 2 eggs
 1 teaspoon vanilla extract

Combine the cake mix, margarine and 1 egg in a mixing bowl. Beat at medium speed until smooth. Press into a 9x13 glass baking dish sprayed lightly with nonstick cooking spray. Sprinkle with the pecans and coconut.

Beat the cream cheese, confectioners' sugar, 2 eggs and vanilla in a mixing bowl until smooth. Pour over the top. Bake at 350 degrees for 40 minutes. Remove from the oven and cool completely. Chill in the refrigerator before cutting into bars.

Makes: 3 dozen

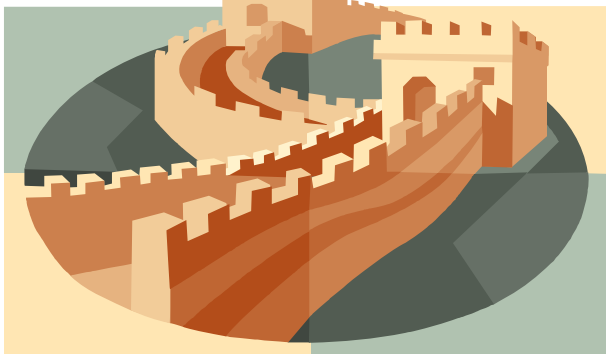
— Cathy Hedges

Variations on a Bar Cookie

These Coconut Bars are one of the most versatile desserts tested in our Junior League kitchens. Substitute German chocolate cake mix for the yellow cake mix in the recipe to add a continental flair.

The youngster in your family (is that you?) will love it when you layer 6 ounces of semisweet or white chocolate chips over the coconut. Substitute macadamia nuts for the pecans and add an exotic layer to your treats. Do all of these substitutions and every chocoholic from miles around will come running to sample your delicious treats.

These Coconut Bars are one of the most versatile dessert tested in our Junior League kitchens.



Sour Cream Pound Cake

From Linda Kelly Bridal Catering, Jacksonville, FL



3 Cups of all-purpose flour
 3 Cups of sugar
 6 Eggs
 ½ pound butter (unsalted)
 1 Cup Sour Cream
 ¼ teaspoon soda
 ½ teaspoon salt
 1 teaspoon fresh lemon juice
 1 teaspoon vanilla

Cream butter and sugar with lemon juice and vanilla.

Add eggs one at a time, beating after each addition. Add flour and sour cream alternately (salt and soda should be mixed into flour before adding to butter).

Bake in well oiled bundt pan at 325 degrees until cake pulls away from pan and is done in center.

Note: after 55 minutes I placed tin foil on top of the cake to keep top from over-cooking. I left in oven for another 15 minutes. Watch closely!
 Allow to cool in pan approximately 20 minutes before removing from pan.

Helpful hint from Linda Kelly:

Flour should always be added in thirds and liquid should be added in halves. (e.g. 1/3 of flour – ½ of sour cream – 1/3 of flour – ½ of sour cream – 1/3 of flour).

LEMON GLAZE

Whisk together 2 cups powdered sugar, 2 Tbsp. milk, and 2 tsp. fresh lemon juice, adding additional 1 Tbsp. milk, 1 tsp at a time, for desired consistency.

Delicious!!

Submitted by:
 — Teresa Barczak



Pineapple Cake

Sponge Cake:

1 ¼ cup sifted flour
 1 cup sugar
 ½ teaspoon baking powder
 ½ teaspoon salt
 6 egg whites
 1 teaspoon cream of tartar
 ½ cup sugar
 6 egg yolks
 ¼ cup water
 1 teaspoon vanilla

Sift together flour, 1 cup sugar, baking powder and salt.

In large bowl, beat egg whites until frothy. Add cream of tartar. Gradually beat in 1/2 cup sugar, a little at a time. Beat until whites form stiff, but not dry peaks. In small bowl, combine egg yolks, water and vanilla and sifted dry ingredients. Beat at medium high speed until light and fluffy, about 4-5 minutes. Fold yolk mixture gently but thoroughly into beaten egg whites. Turn into an ungreased 10" tube pan. Bake at 350° F about 45 minutes. Invert pan over a long neck bottle until cool. Remove from pan when cool. Frost with Creamy Pineapple Frosting.

Creamy Pineapple Frosting:

Cream together ¼ cup butter and ¼ cup shortening. Gradually add 3 cups sifted confectioners' sugar; beat until light and fluffy. Blend in 1 (8 ½ - oz.) can crushed pineapple, drained, 1/8 teaspoon salt, ¼ teaspoon vanilla. Spread over top and sides of cake.

Enjoy!

— Geri Spudich

PUNCH BOWL CAKE

This recipe and very delicious cake was provided by Louise Goodwin who took the recipe from her copy of the Blue Willow Inn cookbook. The authors Louis and Billie Van Dyke who are also the owners and operators of the famous Blue Willow Inn received it from Keith Browning. Keith worked for Louis and Billie off and on at the restaurant and with catering since 1985. While attending a function away from the restaurant, Keith was served Punch Bowl Cake. The cake was a hit of the function, and Keith requested the recipe. The Inn first served this on a Mother's Day and it has become a favorite of their many customers.



Duncan Hines yellow cake mix
 1 16-ounce can cherry pie filling
 1 16-ounce can crushed pineapple
 2 16-ounce packages Cool Whip
 1 12-ounce package shredded coconut
 ½ cup chopped pecans

- Follow the directions on the cake mix and bake the cake.
- Once the cake has cooled, crumble one layer of the cake into a punch bowl along with half the coconut.
- Spread pineapple over the cake.
- Cover with one container of Cool Whip and top with one half of the pecans.
- Crumble the second layer of cake over the mixture.
- Spread the coconut then cherry pie filling on top.
- Top with the remaining Cool Whip and pecans.
- Refrigerate overnight.

— Louise Goodwin

The Spice People are grateful to Louise for helping us when we were short-handed, and for bringing us delicious food and recipes.

Sandy's Macaroni and Cheese

Ingredients:

- 16 oz. elbow macaroni
- 1 stick butter or margarine
- salt
- pepper
- 8 oz. grated mild cheddar cheese
- 8 oz. grated sharp cheddar cheese
- 8 oz. grated Velveeta brand cheese
- 2 eggs, beaten
- 1 can evaporated milk
- paprika



Preparation:

Boil macaroni and drain. Add butter or margarine. Add salt and pepper to taste. Add cheese to macaroni. Add eggs and milk. Sprinkle paprika on top of macaroni and cheese. Bake at 350 degrees till browned.

— Louise Goodwin shared this recipe
From: About.com. Southern Food

Another one of Louise's recipes submitted to one of her cookbooks by Barbara Tenny of Delta, PA



Sauerkraut Soup

Makes 8 servings

Ingredients:

- 1 lb. smoked Polish sausage,
cut into ½ inch pieces
- 5 medium potatoes, cubed
- 2 large onions, chopped
- 2 large carrots cut into ¼ slices
- 42-45 oz. can of chicken broth
- 32-oz. can or bag of sauerkraut,
rinsed and drained
- 6-oz. can tomato paste

1. Combine all ingredients in large slow cooker. Stir to combine.
2. Cover. Cook on high 2 hours, and then on Low 6-8 hours.
3. Serve with rye bread.

— Louise Goodwin shared this recipe