Boston University Presents

Cooking Up Culture

China

With Robyn De Luca
Chicken and Vegetable Stir-fry

Serves 4

Ingredients:
1 lb. boneless chicken breast cut into bite size pieces
2 red bell peppers sliced
4 carrots thinly sliced
1 large red onion sliced
4 cups peapods
4 green onions thinly sliced

For sauce
1 teaspoon grated or finely chopped ginger
1 teaspoon grated or finely chopped garlic
1 Tablespoon Hoisin sauce
1 Tablespoon light Soy Sauce
½ Teaspoon Corn Starch
¼ cup chicken stock

2 tablespoons vegetable oil divided

Directions:
Have all ingredients ready before you begin to cook.

Mix sauce ingredients together and set aside.
Heat a large wok on high until very hot. Carefully pour in 1 tablespoon of the oil. Add vegetables to wok one at a time in the order in which they appear above, cooking each until done but still crisp. Remove from wok and set aside. Pour in last 2 tablespoons of oil and stir in chicken. Cook chicken until no longer pink. Stir in sauce, cooking for 1 minute. Return vegetables to wok, cook until heated and coated with sauce.
Longevity Noodles

Serves 6

Ingredients

1LB Chinese egg noodles or linguine
1 bunch thinly sliced green onions (reserve ¼ cup for garnish)
2 Tablespoons finely minced fresh ginger
2 teaspoons finely minced garlic
2 teaspoons light soy sauce
1 teaspoon Chinese black rice vinegar
Salt to taste

2 Tablespoons Vegetable oil

Directions:

Bring a large pan of salted water to a boil over high heat and cook noodles according to package directions being careful not to overcook. Drain, shake well and set aside.

Pour the oil into a large wok and heat until hot but not smoking. Add ginger, garlic and green onion. Stir-fry for 30 seconds, add in soy sauce and black vinegar. Remove from heat, add noodles to wok and toss to coat evenly.

Transfer noodles to a serving bowl and garnish with reserved green onions
Spring Rolls

1 package of spring roll wrappers defrosted

**Filling Ingredients:**

1 small head of napa cabbage shredded
3 carrots shredded
10 fresh shiitake mushrooms chopped (or dried black mushrooms soaked in hot water for 30 min.)
2 green onions finely sliced
2 Teaspoons grated fresh ginger
1 Teaspoon garlic very finely minced
1 Tablespoon soy sauce
2 teaspoons Hoisin sauce
1 Teaspoon sesame oil

Vegetable oil for frying the spring rolls

1 Tablespoon cornstarch mixed with ¼ cup of cold water to seal up the spring rolls

**Directions:**

Mix all filling ingredient together in a large bowl.

Lay a spring roll wrapper in front of you so that it forms a diamond shape. Place approximately 2 tablespoons of filling near the bottom. Brush a very small amount of the cornstarch mixture along the edges of wrapper. Roll over once, tuck in the sides and then continue rolling to seal up spring roll.

Pour approximately 2 inches of vegetable oil into a large wok and heat to 350°.

Deep-fry the spring rolls a few at a time until they are golden brown and crispy (about 3 minutes). Remove with a slotted spoon and drain on paper towels.