

**Boston University  
Presents**



# **China**

With Robyn De Luca

# Chicken and Vegetable Stir-fry

Serves 4

## **Ingredients:**

1lb. 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  $\frac{1}{4}$  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  $\frac{1}{4}$  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.