WORLD TABLE BOOKS

Chinese Table

A taste of the Chinese kitchen.



100 RECIPES / FULLY ILLUSTRATED EDITION

Chinese Table

A taste of the Chinese kitchen.

10 recipes | Sample edition

A Chinese home table is built from contrasts: a clear soup beside a rich braise, a cool vegetable dish beside hot rice, soft tofu beside crisp greens. This collection brings those contrasts into an everyday kitchen, with dishes from different regional traditions and clearly described home adaptations. Many savory recipes are intended to share alongside rice and other dishes; soups, snacks and sweets have their own stated portions.

Measure with confidence

Metric weights govern each recipe; US weights and volumes are provided alongside. Weigh ingredients after peeling, trimming or boning when described that way, unless a whole item is specified. Bone-in quantities include the bones. A scale is especially useful for dough, starch and small seasoning quantities. Process water is listed separately and discarded when stated. Spoon measures use the usual rounded kitchen equivalents of 5 ml per teaspoon and 15 ml per tablespoon.

A small, useful pantry

Light soy sauce seasons; dark soy sauce adds color. Chinkiang black vinegar has a malty depth, while rice vinegar is lighter. Chinese sesame paste is made from toasted seeds. Doubanjiang is a fermented chili-bean paste; douchi are fermented black soybeans. Shaoxing is a rice cooking wine. Glutinous rice flour, ordinary rice flour, wheat flour and wheat starch behave differently and cannot be freely interchanged. Check product labels for allergens and salt.

Before the burner goes on

Cut, measure and arrange stir-fry ingredients before heating the pan: the final cooking often takes only minutes. Dry washed vegetables and proteins to help them brown and reduce splashing. Cook in the listed batches instead of packing the wok tightly. Use a pan suited to the heat and follow its manufacturer's limits, especially for nonstick cookware. Stir a starch slurry again just before adding it, then let the sauce bubble long enough to lose its raw starch taste.

Dough and steam

For yeast dough, lukewarm liquid is about 35°C / 95°F. Keep resting dough covered so it does not form a skin. Proofing is complete when the dough has the described volume and feel; a cool kitchen takes longer than a warm one. Keep steamer water below the food and maintain steady steam, refilling with hot water as needed. Leave gaps between buns and dumplings, and lift hot plates with heatproof gloves. Allow the stated pause before opening a steamer lid.

Time and cookware

Preparation, cooking and waiting times are estimates. They allow for the listed batch sizes and cookware; a smaller skillet or single-tier steamer can require extra batches. Recipe notes identify these cases. Tenderness, dough expansion and internal temperature are the final guides to doneness. Preparation and waiting can sometimes overlap, so a practiced cook may finish sooner than the stated total.

Cook and store with care

Keep raw meat and seafood separate from food ready to eat, and use a food thermometer where specified. For frying, use a stable deep pan no more than half full of oil, dry food first and keep water away from the oil. Cool cooked food promptly, refrigerate at 4°C / 40°F or colder and follow each recipe's storage directions. Rice needs particularly prompt cooling and its stated short storage time. Reheat only the portion needed.

Nutrition and portions

Nutrition values are approximate per stated portion and exclude unlisted accompaniments. Product brands, edible yield, discarded marinade, coating retention and absorbed frying oil affect the result. When a recipe makes buns, dumplings, cookies or other individual pieces, its yield states how many pieces form a portion.

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Chapter 1

Cold dishes & small plates

Smashed cucumber salad

Northern Chinese

Rough cucumber edges hold a sharp garlic dressing. A short salt-and-drain step keeps the bowl crisp rather than watery.

4 side portions

Prep 15 min | Cook 0 min | Wait 15 min | Total 30 min

Equipment: Kitchen scale, knife, cutting board and mixing bowls; Heavy saucepan or stockpot sized to the listed liquid.

Ingredients

Cucumbers	
Thin-skinned cucumbers	500 g / 1 lb 1.6 oz
Fine salt	3 g / 0.11 oz
Dressing	
Garlic minced	8 g / 0.28 oz
Light soy sauce	15 ml / 1 tbsp
Chinkiang black vinegar	20 ml / 1 tbsp + 1 tsp
Sugar	4 g / 0.14 oz
Toasted sesame oil	10 ml / 2 tsp
Chili oil	5 ml / 1 tsp

Method

1. Crack the cucumbers

Wash and dry the cucumbers. Lay each on a board and press with the flat base of a small saucepan until it splits lengthwise. Cut into irregular 3 cm / 1 1/4 in pieces; avoid crushing them into pulp.

2. Salt and drain

Toss with the salt in a colander over a bowl. Leave for 15 minutes, then shake well and discard the drained liquid. Do not add the dressing while the cucumber is still draining.

3. Mix the dressing

Stir garlic, soy sauce, vinegar and sugar in a clean bowl until the sugar dissolves. Add sesame oil and chili oil. The dressing should taste brighter than a finished bite of cucumber.

4. Toss and serve

Add the drained cucumber and toss until every broken surface glistens. Transfer to a shallow bowl and serve at once, before the dressing draws out more liquid.

Cook's note

Use firm cucumbers with small seeds. Heavy salting or a long hold will soften the pieces. The draining salt is partly discarded; sodium is not estimated.

Substitution

Use rice vinegar for black vinegar for a lighter flavor. Omit chili oil for a mild salad; keep the sesame oil.

Storage

Refrigerate promptly at 4°C / 40°F or colder. Use within 24 hours for the best texture. Do not freeze. Keep at room temperature for less than 2 hours, or 1 hour above 32°C / 90°F.

Allergens: Soy, Wheat, Sesame

Approximate per portion: 60 kcal | Protein 1.2 g | Carbohydrate 6.5 g | Fat 3.6 g

Check packaged ingredients and any substitutions for additional allergens.

Smashed cucumber salad





1. Crack whole cucumbers with the base of a saucepan.



2. Salt the cut cucumber in a colander.



3. Mix garlic, soy sauce, black vinegar and oils.



4. Toss the drained cucumber in the dressing.

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Chapter 2

Breakfast, pancakes & steamed breads

Plain rice congee

Chinese home cooking

Slow simmering opens the rice grains into a soft, spoonable porridge. Adjust with hot water at the end rather than letting the base catch.

4 portions

Prep 5 min | Cook 1 hr 10 min | Wait 10 min | Total 1 hr 25 min

Equipment: Kitchen scale, knife, cutting board and mixing bowls; Heavy saucepan or stockpot sized to the listed liquid.

Ingredients

Congee

Short-grain white rice	150 g / 5.29 oz
Water	1800 ml / 60.87 US fl oz
Fine salt	2 g / 0.07 oz
Scallions finely sliced	15 g / 0.53 oz

Method

1. Rinse

Rinse rice in several changes of water, then drain. Bring the measured water to a boil in a heavy 3 liter / 3 quart saucepan.

2. Start the rice

Add rice and stir along the bottom. Return to a gentle boil, then lower to a lazy simmer. Leave the lid slightly ajar to reduce the risk of boiling over.

3. Simmer

Cook for 60-70 minutes, stirring every 10 minutes and more often near the end. Grains should split and lose their hard centers. If thickening too quickly, add hot water 100 ml / 3.4 fl oz at a time.

4. Finish

Stir in salt and rest off the heat for 10 minutes. Ladle into bowls and add scallions. Congee should flow from the ladle rather than stand in a mound.

Cook's note

Congee thickens substantially as it stands. A low flame and a heavy pan reduce scorching.

Substitution

Use jasmine rice for a lighter, slightly less creamy texture.

Storage

Cool in shallow containers promptly and refrigerate at 4°C / 40°F or colder within 1 hour if possible. Use within 24 hours. Add water and reheat once to 74°C / 165°F; discard rice left warm for more than 2 hours.

Allergens: No listed major allergens

Approximate per portion: 140 kcal | Protein 2.7 g | Carbohydrate 30.3 g | Fat 0.3 g

Check packaged ingredients and any substitutions for additional allergens.

Plain rice congee





1. Rinse and drain white rice.



2. Stir rice into boiling water.



3. Simmer until grains split and soften.



4. Rest and ladle into bowls with scallions.

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Chapter 3

Dumplings, wontons & dim sum

Pork and napa cabbage jiaozi

Northern Chinese

Boiled northern-style jiaozi combine juicy pork with salted, well-drained napa cabbage. Thin edges seal around a slightly thicker wrapper center.

36 dumplings; 6 per portion

Prep 1 hr | Cook 30 min | Wait 30 min | Total 2 hr

Includes three batches of twelve dumplings.

Equipment: Kitchen scale, knife, cutting board and mixing bowls; Heavy saucepan or stockpot sized to the listed liquid; Thermometer suitable for the stated food or oil temperature.

Ingredients

Wrappers	
All-purpose flour	300 g / 10.58 oz
Cool water	160 ml / 5.41 US fl oz
Fine salt	2 g / 0.07 oz
Filling	
Ground pork	300 g / 10.58 oz
Napa cabbage	300 g / 10.58 oz
Fine salt for cabbage	3 g / 0.11 oz
Scallions minced	30 g / 1.06 oz
Ginger minced	10 g / 0.35 oz
Light soy sauce	25 ml / 1 tbsp + 2 tsp
Toasted sesame oil	15 ml / 1 tbsp
Water	40 ml / 2 tbsp + 2 tsp
White pepper	0.5 g / 0.02 oz
Boiling	
Water not consumed	3000 ml / 101.44 US fl oz

Method

1. Rest dough

Mix wrapper ingredients and knead 8 minutes. Cover 30 minutes. Chop cabbage finely, toss with its salt, stand 15 minutes and squeeze out excess liquid.

2. Mix filling

Stir pork with soy sauce, sesame oil, ginger, pepper and filling water until sticky. Fold in cabbage and scallions. Refrigerate while shaping.

3. Wrap

Divide dough into 36 equal pieces, keeping them covered. Roll each to a 9 cm / 3 1/2 in circle with thinner edges. Add about 18 g / 0.6 oz filling, fold and pinch tightly, with no filling on the seam.

4. Boil

Bring boiling water to a rolling boil. Cook dumplings in three batches, stirring gently after adding. Once floating, simmer 3-5 minutes more, about 7-9 minutes total. Open one and check dough has no raw ring and pork reaches 71°C / 160°F.

Cook's note

A sealed edge matters more than elaborate pleating. Do not overfill. Makes 36 dumplings, six per portion.

Substitution

Ground chicken can replace pork; its center must reach 74°C / 165°F.

Storage

Cool promptly in shallow containers and refrigerate at 4°C / 40°F or colder within 2 hours (1 hour above 32°C / 90°F). Use within 3 days. Reheat cooked leftovers once until steaming throughout, reaching 74°C / 165°F.

Allergens: Soy, Wheat, Sesame

Approximate per portion: 350 kcal | Protein 14.6 g | Carbohydrate 40.8 g | Fat 13.5 g

Check packaged ingredients and any substitutions for additional allergens.

Pork and napa cabbage jiaozi





1. Knead dough and salt chopped cabbage.



2. Mix pork with squeezed cabbage.



3. Roll wrappers, fill and pinch closed.



4. Boil in batches and check a center dumpling.

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Chapter 4

Rice & noodles

Egg fried rice

Chinese home cooking

Separate, dry grains and a hot pan are the foundations of egg fried rice.

4 portions

Prep 15 min | Cook 10 min | Wait 0 min | Total 25 min

Equipment: Kitchen scale, knife, cutting board and mixing bowls; Large wok or wide heavy skillet and a heatproof spatula; Thermometer suitable for the stated food or oil temperature.

Ingredients

Rice and eggs

Cooked rice, safely chilled	600 g / 1 lb 5.2 oz
Large eggs	3 eggs
Scallions sliced	40 g / 1.41 oz
Neutral oil	30 ml / 2 tbsp
Light soy sauce	20 ml / 1 tbsp + 1 tsp
White pepper	0.5 g / 0.02 oz
Fine salt	1 g / 0.04 oz

Method

1. Prepare

Break up chilled rice with clean fingers. Beat eggs. Keep scallion whites and greens separate.

2. Scramble

Heat half the oil in a 30 cm / 12 in wok over medium-high heat. Add eggs; stir 30-60 seconds until just set and transfer to a clean bowl.

3. Fry rice

Heat remaining oil and add scallion whites for 20 seconds. Add rice and stir-fry 4-5 minutes, pressing apart clumps without crushing grains. The rice must be steaming throughout.

4. Season

Add soy sauce around the hot edge, then return eggs. Stir-fry 1 minute. Add greens, salt and pepper. Check the center reaches 74°C / 165°F before serving.

Cook's note

Use a wide skillet in place of a wok; cook in two batches if necessary.

Substitution

Freshly cooked rice can be spread thinly and cooled safely before use; do not leave it out overnight.

Storage

Use safely chilled rice within 24 hours of its original cooking. Frying is its one reheating: heat to 74°C / 165°F, eat promptly and do not chill and reheat a second time. Discard rice left at room temperature for more than 2 hours.

Allergens: Soy, Wheat, Egg

Approximate per portion: 315 kcal | Protein 9.3 g | Carbohydrate 43.7 g | Fat 10.9 g

Check packaged ingredients and any substitutions for additional allergens.

Egg fried rice





1. Separate safely chilled rice grains.



2. Scramble eggs and remove.



3. Stir-fry rice in a hot wok.



4. Return egg and add seasoning and scallion greens.

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Chapter 5

Soups & gentle stews

Tomato and egg drop soup

Chinese home cooking

Tomatoes soften into a light broth before ribbons of egg are stirred through.

4 portions

Prep 10 min | Cook 12 min | Wait 0 min | Total 22 min

Equipment: Kitchen scale, knife, cutting board and mixing bowls; Heavy saucepan or stockpot sized to the listed liquid.

Ingredients

Soup

Tomatoes chopped	350 g / 12.35 oz
Large eggs	2 eggs
Unsalted chicken stock	1000 ml / 33.81 US fl oz
Neutral oil	10 ml / 2 tsp
Scallions sliced	20 g / 0.71 oz
Fine salt	3 g / 0.11 oz
White pepper	0.5 g / 0.02 oz
Toasted sesame oil	5 ml / 1 tsp

Method

1. Prepare

Beat eggs lightly. Separate scallion whites and greens; chop tomatoes into 2 cm / 3/4 in pieces.

2. Soften tomatoes

Heat neutral oil over medium heat. Stir scallion whites 20 seconds, add tomatoes and cook 4 minutes until juicy.

3. Simmer

Add stock, salt and pepper. Bring to a boil, then simmer 5 minutes until tomatoes soften.

4. Make ribbons

Return to a gentle boil. Pour egg in a thin stream while stirring slowly once around the pot. Leave 20 seconds, then stir gently; cook until egg is set. Add sesame oil and scallion greens.

Cook's note

Rapid stirring breaks the egg into tiny grains rather than broad ribbons.

Substitution

Use unsalted vegetable stock for a meat-free soup.

Storage

Cool promptly in shallow containers and refrigerate at 4°C / 40°F or colder within 2 hours (1 hour above 32°C / 90°F). Use within 3 days. Reheat cooked leftovers once until steaming throughout, reaching 74°C / 165°F.

Allergens: Sesame, Egg

Approximate per portion: 100 kcal | Protein 7.4 g | Carbohydrate 5 g | Fat 6 g

Check packaged ingredients and any substitutions for additional allergens.

Tomato and egg drop soup





1. Chop tomatoes and beat eggs.



2. Soften tomatoes in a little oil.



3. Simmer in stock.



4. Stream in egg and finish with scallion greens.

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Chapter 6

Chicken & duck

Kung pao chicken

Sichuan

A Sichuan-style kung pao balances diced chicken, dried chilies and peanuts in a restrained sweet-sour glaze.

4 portions

Prep 25 min | Cook 10 min | Wait 15 min | Total 50 min

Equipment: Kitchen scale, knife, cutting board and mixing bowls; Large wok or wide heavy skillet and a heatproof spatula; Thermometer suitable for the stated food or oil temperature.

Ingredients

Chicken

Skinless chicken thigh 1.5 cm / 5/8 in dice	500 g / 1 lb 1.6 oz
Light soy sauce	15 ml / 1 tbsp
Shaoxing wine	15 ml / 1 tbsp
Cornstarch	10 g / 0.35 oz

Sauce

Light soy sauce	20 ml / 1 tbsp + 1 tsp
Chinkiang black vinegar	25 ml / 1 tbsp + 2 tsp
Sugar	20 g / 0.71 oz
Cornstarch	5 g / 0.18 oz
Water	40 ml / 2 tbsp + 2 tsp

Wok

Neutral oil	30 ml / 2 tbsp
Dried red chilies snipped, loose seeds removed	8 g / 0.28 oz
Sichuan peppercorns	1 g / 0.04 oz
Garlic sliced	15 g / 0.53 oz

Ginger sliced	12 g / 0.42 oz
Scallion whites 2 cm / 3/4 in lengths	60 g / 2.12 oz
Unsalted roasted peanuts	70 g / 2.47 oz

Method

1. Marinate

Toss chicken with its soy sauce, wine and starch. Refrigerate 15 minutes. Mix all sauce ingredients separately, stirring starch smooth.

2. Sear

Heat oil in a large wok over high heat. Sear chicken in two batches for 3-4 minutes each until mostly cooked. Move to a clean plate.

3. Stir-fry aromatics

Reduce to medium heat. Stir chilies and peppercorns in the remaining pan oil for 15 seconds. Add garlic, ginger and scallion whites for 30 seconds, without scorching.

4. Glaze

Return chicken, stir the sauce again and pour in. Toss over high heat 1-2 minutes until glossy and chicken reaches 74°C / 165°F. Fold in peanuts just before serving.

Cook's note

Large vegetable chunks are not part of this Sichuan-style version. Keep sauce light enough to coat rather than drown.

Substitution

Use skinless breast, checking carefully to avoid overcooking.

Storage

Cool promptly in shallow containers and refrigerate at 4°C / 40°F or colder within 2 hours (1 hour above 32°C / 90°F). Use within 3 days. Reheat cooked leftovers once until steaming throughout, reaching 74°C / 165°F.

Allergens: Soy, Wheat, Peanuts

Approximate per portion: 380 kcal | Protein 30.2 g | Carbohydrate 17.1 g | Fat 21 g

Check packaged ingredients and any substitutions for additional allergens.

Kung pao chicken





1. Marinate diced chicken and mix the sauce.



2. Sear chicken in small batches.



3. Warm chilies, peppercorns and aromatics.



4. Glaze the chicken and fold in peanuts.

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Chapter 7

Pork, beef & lamb

Red-braised pork belly

Shanghai-style

Slow braising turns pork belly tender beneath a red-brown soy glaze.

6 portions

Prep 20 min | Cook 1 hr 40 min | Wait 0 min | Total 2 hr

Equipment: Kitchen scale, knife, cutting board and mixing bowls; Heavy saucepan or stockpot sized to the listed liquid.

Ingredients

Braise

Skin-on pork belly 3 cm / 1 1/4 in cubes	900 g / 1 lb 15.7 oz
Sugar	35 g / 1.23 oz
Neutral oil	10 ml / 2 tsp
Light soy sauce	45 ml / 3 tbsp
Dark soy sauce	15 ml / 1 tbsp
Shaoxing wine	80 ml / 2.71 US fl oz
Water	700 ml / 23.67 US fl oz
Ginger sliced	30 g / 1.06 oz
Scallions knotted	40 g / 1.41 oz
Star anise	2 g / 0.07 oz

Blanching

Water discard	2000 ml / 67.63 US fl oz

Method

1. Blanch

Cover pork with blanching water, bring to a boil and simmer 3 minutes. Drain, rinse and dry the pieces.

2. Color

Heat oil and sugar over medium-low heat until sugar melts amber. Add pork carefully and turn to coat. Add ginger, scallions and star anise.

3. Braise

Add soy sauces, wine and braising water. Cover partly and simmer 80-90 minutes until a chopstick enters the meat with little resistance.

4. Glaze

Remove scallions and star anise. Reduce uncovered 5-10 minutes, turning gently until glossy. Stop before the sauce becomes sticky enough to scorch.

Cook's note

Watch caramel constantly; burned sugar cannot be corrected with more seasoning.

Substitution

Use skinless belly; it will have a softer edge.

Storage

Cool promptly in shallow containers and refrigerate at 4°C / 40°F or colder within 2 hours (1 hour above 32°C / 90°F). Use within 3 days. Reheat cooked leftovers once until steaming throughout, reaching 74°C / 165°F.

Allergens: Soy, Wheat

Approximate per portion: 820 kcal | Protein 16 g | Carbohydrate 8.8 g | Fat 78.1 g

Check packaged ingredients and any substitutions for additional allergens.

Red-braised pork belly





1. Blanch and dry pork belly cubes.



2. Coat in pale amber caramel.



3. Simmer with soy, wine and spices.



4. Reduce to a glossy coating.

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Chapter 8

Fish & shellfish

Steamed whole fish with ginger

Cantonese

A whole fish steams gently before hot oil releases the aroma of fresh ginger and scallions.

4 portions

Prep 20 min | Cook 15 min | Wait 0 min | Total 35 min

Equipment: Kitchen scale, knife, cutting board and mixing bowls; Steamer, rack, snug lid and heatproof plate; heatproof gloves; Heavy saucepan or stockpot sized to the listed liquid; Thermometer suitable for the stated food or oil temperature.

Ingredients

Fish

Whole sea bass, cleaned and scaled	800 g / 1 lb 12.2 oz
Ginger fine shreds	30 g / 1.06 oz
Scallions fine shreds	50 g / 1.76 oz
Light soy sauce	30 ml / 2 tbsp
Sugar	4 g / 0.14 oz
Water for sauce	30 ml / 2 tbsp
Neutral oil	30 ml / 2 tbsp

Steaming

Water not consumed	2000 ml / 67.63 US fl oz

Method

1. Prepare fish

Check the fish is fully cleaned and scales removed. Pat dry. Make two shallow cuts through the thick flesh on each side. Set on a heatproof plate with half the ginger.

2. Steam

Steam above boiling water for 10-15 minutes, depending on thickness. Check the thickest flesh reaches 63°C / 145°F and separates readily from the bone.

3. Refresh the plate

Lift out carefully and pour off the cloudy steaming juices. Add remaining ginger and all scallions. Warm soy sauce, sugar and sauce water in a small pan until dissolved.

4. Finish

Spoon warm soy mixture around the fish. Heat oil to about 180°C / 355°F until shimmering and carefully pour over ginger and scallions. Serve immediately; point out the backbone and small bones.

Cook's note

Weight alone cannot determine steaming time; a thick fish needs longer than a flat one.

Substitution

Use two 400 g / 14 oz fish and check each separately.

Storage

Cool promptly and refrigerate in a covered shallow container at 4°C / 40°F or colder within 2 hours. Use within 2 days. Reheat once to 74°C / 165°F. Keep cooked seafood away from raw seafood and its utensils.

Allergens: Soy, Wheat, Fish

Approximate per portion: 155 kcal | Protein 16.9 g | Carbohydrate 3.8 g | Fat 7.6 g

Check packaged ingredients and any substitutions for additional allergens.

Steamed whole fish with ginger





1. Prepare a cleaned whole fish on a heatproof plate.



2. Steam until the thickest flesh is cooked.



3. Discard cloudy juices and add fresh aromatics.



4. Pour hot oil over ginger and scallions.

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Chapter 9

Tofu, eggs & vegetables

Mapo tofu

Sichuan

Soft tofu, a little beef and fermented chili beans form a Sichuan mapo tofu with a loose, aromatic sauce.

4 side portions

Prep 20 min | Cook 15 min | Wait 0 min | Total 35 min

Equipment: Kitchen scale, knife, cutting board and mixing bowls; Heavy saucepan or stockpot sized to the listed liquid; Thermometer suitable for the stated food or oil temperature.

Ingredients

Tofu

Soft tofu 2 cm / 3/4 in cubes	600 g / 1 lb 5.2 oz
Water for blanching discard	1500 ml / 50.72 US fl oz
Fine salt for blanching	5 g / 0.18 oz

Sauce

Ground beef	120 g / 4.23 oz
Neutral oil	30 ml / 2 tbsp
Chili bean paste, doubanjiang	30 g / 1.06 oz
Fermented black beans, douchi rinsed and chopped	10 g / 0.35 oz
Garlic minced	15 g / 0.53 oz
Ginger minced	10 g / 0.35 oz
Unsalted stock	350 ml / 11.83 US fl oz
Light soy sauce	15 ml / 1 tbsp
Sugar	5 g / 0.18 oz
Cornstarch	15 g / 0.53 oz
Water for slurry	40 ml / 2 tbsp + 2 tsp

Ground Sichuan pepper	2 g / 0.07 oz
Scallion greens sliced	30 g / 1.06 oz

Method

1. Warm tofu

Bring blanching water and salt to a gentle simmer. Add tofu and heat 2 minutes. Turn off and keep warm while starting the sauce.

2. Brown beef

Heat oil over medium-high heat. Brown beef 4-5 minutes until crumbly, at least 71°C / 160°F. Reduce heat; add bean paste, black beans, garlic and ginger for 1 minute.

3. Simmer

Add stock, soy sauce and sugar. Drain tofu and slide into the sauce. Simmer gently 5 minutes, moving the pan rather than stirring roughly.

4. Thicken

Stir starch with slurry water, add in two stages and simmer 1 minute after each until sauce lightly coats tofu. Add Sichuan pepper and scallion greens off heat.

Cook's note

Doubanjiang varies greatly in salt; taste before adding any extra salt.

Substitution

Use finely chopped mushrooms instead of beef and vegetable stock for a vegan adaptation.

Storage

Cool promptly in shallow containers and refrigerate at 4°C / 40°F or colder within 2 hours (1 hour above 32°C / 90°F). Use within 3 days. Reheat cooked leftovers once until steaming throughout, reaching 74°C / 165°F.

Allergens: Soy, Wheat

Approximate per portion: 260 kcal | Protein 14.7 g | Carbohydrate 14.8 g | Fat 16 g

Check packaged ingredients and any substitutions for additional allergens.

Mapo tofu





1. Warm soft tofu in lightly salted water.



2. Brown beef and fry fermented seasonings.



3. Simmer tofu gently in the sauce.



4. Thicken lightly and add Sichuan pepper.

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Chapter 10

Sweet endings

Black sesame tang yuan

Chinese home cooking

Sticky rice dumplings enclose a soft black sesame filling. The hot filling needs a short cooling pause before eating.

24 tang yuan; 4 per portion

Prep 50 min | Cook 15 min | Wait 40 min | Total 1 hr 45 min

Includes poaching two batches of twelve dumplings.

Equipment: Kitchen scale, knife, cutting board and mixing bowls; Heavy saucepan or stockpot sized to the listed liquid.

Ingredients

Filling	
Toasted black sesame seeds	70 g / 2.47 oz
Sugar	45 g / 1.59 oz
Unsalted butter, softened	45 g / 1.59 oz
Dough	
Glutinous rice flour	240 g / 8.47 oz
Warm water	190 ml / 6.42 US fl oz
Poaching	
Water reserve a little for serving; discard the rest	2500 ml / 84.54 US fl oz

Method

1. Chill filling

Grind sesame and sugar finely in short pulses. Mix with butter, chill 20 minutes, then roll into 24 small portions. Keep cold.

2. Mix dough

Stir rice flour with 170 ml / 5.7 fl oz warm water. Knead gently and add remaining water in small additions until soft and pliable, without a wet surface. Cover when not working.

3. Fill

Divide dough into 24 pieces. Flatten one in your palm, enclose a sesame portion and pinch shut. Roll gently smooth; repair any cracks with a damp finger. Work with covered dough to prevent drying.

4. Poach

Lower dumplings into simmering water in two batches of twelve. Once floating, simmer 2-3 minutes more, about 5-7 minutes total, until wrapper is tender throughout. Serve four per portion with a little hot poaching water; cool before biting.

Cook's note

Glutinous rice flour is essential; ordinary rice flour produces a brittle wrapper.

Substitution

Use neutral coconut oil, firm but pliable, instead of butter for a dairy-free adaptation.

Storage

Best freshly cooked. Freeze uncooked dumplings separately on a tray, then seal for up to 1 month. Cook from frozen, allowing extra time and checking the wrapper center. Refrigerate cooked leftovers promptly for up to 24 hours.

Allergens: Sesame, Milk

Approximate per portion: 295 kcal | Protein 4.5 g | Carbohydrate 42.2 g | Fat 12.4 g

Check packaged ingredients and any substitutions for additional allergens.

Black sesame tang yuan





1. Grind sesame and shape chilled filling.



2. Knead a soft glutinous rice dough.



3. Wrap each filling portion and seal smooth.



4. Poach until tender and floating.

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