

AAWC Scholarship Banquet Community Cookbook 2021



Asian American Women's Coalition

Continuing Our Legacy...

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A decorative banner featuring a dark purple background with a central circular cutout. The cutout contains the word "Appetizers" in a white, elegant script font. The banner is flanked by two images of purple flowers on thin stems, set against a light grey background.

Appetizers

Curried Chicken Dumplings

This is a great appetizer and you can serve this with soy sauce and fresh chopped jalapenos or sriracha sauce. Hope you enjoy!

- Susanna Foo, Chef and AAWC Advisory Board

Ingredients:

Marinade for Chicken

1lb coarsely ground chicken breast or thighs
1 egg white lightly beaten
3Tbsp soy sauce
2Tbsp vodka, gin, or vermouth
1Tbs corn or vegetable oil
1tsp sesame oil
1Tbsp cornstarch

1lb onion, finely chopped
8oz. button mushroom, finely chopped
3 Tbsp vegetable oil
2 Tbsp minced ginger
2 Tbsp curry powder
3 Tbsp Korean Hot Pepper powder
1Tbsp cumin
½ C chicken stock
1 package round dumpling wrappers or very thin wonton wrappers cut into 3-inch rounds

Directions:

1. In a large mixing bowl, mix the ground chicken with egg white, soy sauce, gin, sesame oil, and vegetable oil. Then mix in the cornstarch. Keep stirring and mix well. Cover and keep refrigerated.
2. In a nonstick pan, turn the heat to medium and add oil, chopped onion, and chopped mushroom and cook until soft. Add curry, cumin, ginger, hot pepper powder and stir and cook for about 5 minutes, then add the stock. Cook for another 5 minutes. Spoon in a large plate and let it cool.
3. Mix the chilled onion-mushroom mixture into the marinated chicken. Separate into two to three bowls. Cover and refrigerate.
4. Wrap the dumplings in half-moon shapes using either the dumpling wrappers or wonton wrappers. Deep fry at 325°F until golden brown.

Pickled Carrots, Cucumber and Daikon Cantonese-Styled

酸瓜蘿蔔

Growing up in Hong Kong, chilled pickled daikon, carrots and cucumber always hit the spot in the hot summer days. My grandpa taught me this recipe. I make it all the time. You can also use the vinegar mix to pickle young (baby) ginger slices. Enjoy!

-Liz Featherman, AAWC

Ingredients

- 1 Cup of Cucumber (seeds removed and cut into strips)
- 1 Cup of Carrots (peeled and cut into strips)
- 1 Cup of Daikon (or Chinese turnip) (peeled and cut into strips)
- 1 Cup White Vinegar
- 1 Cup Sugar
- 1 Cup Water
- 1 tsp Salt

Directions

1. Cut cucumber, carrots and daikon in strips (about ½" x ½" x3"). Toss vegetable with salt in a colander. Let stand for at least 30 minutes and drain off liquid. Pat dry, put vegetable in a jar with a lid.
2. Dissolve sugar in vinegar and water. Let mixture cool to room temperature.
3. Pour vinegar mixture into vegetable until mixture covers the top. Add a little more vinegar to top off if necessary.
4. Put jar in the fridge overnight. Ready to eat the next day and can be kept for a week.

Roast Pork Buns 叉燒包

Roast Pork Buns are my first love of the Cantonese dim sum treats. Enjoy!

- Stephenie Yeung, AAWC

Ingredients

- 1 tsp active dry yeast
- 3 ½ C cake flour
- 1 TBSP granulated sugar
- 1 tsp baking powder
- 3 TBSP diced chilled lard
- 1 TBSP vegetable oil

- 3 scallions, trimmed and cut into about 6" stalks
- 3 C finely diced Cantonese roast pork
- 1 ½ TBSP granulated sugar
- 3 TBSP Chinese light soy sauce
- 3 TBSP oyster sauce
- 1 tsp cornstarch or tapioca starch
- 1 ½ TBSP Shaoxing wine or dry sherry
- 12 2"x2" square of parchment paper

Directions

Make the dough

1. Bloom the yeast in about a cup of warm water (about 90°F), set aside for about 5 minutes. Make sure you see bubbles after 5 minutes – that means the yeast is activated. In a mixing bowl, whisk together the flour, sugar, and baking powder. Add the flour mixture to the yeasty water a small amount at a time, stirring constantly until incorporated and a soft dough is formed. Work in the lard using your fingers.
2. Turn the dough onto a lightly floured surface and knead until the dough feels smooth, about 2 minutes. Form a ball and lightly dust with flour. Cover the ball with plastic wrap. Let the dough rise until it is doubled in size, about 2 hours.
3. On a lightly floured surface, punch down the dough and knead again until smooth and elastic, about 5 minutes. Shape the dough into 12 balls of equal size. Cover with plastic wrap.

Make the Filling

4. Heat the vegetable oil in a skillet over medium-high heat. Stir-fry the scallions for a minute. Add the roast pork, sugar, soy sauce, and oyster sauce and continue to cook until the scallions have softened and the pork is heated through, about 3 minutes.
5. Dissolve the cornstarch with the wine and a TBSP of water. Add to the pork stir-fry and continue cooking until the sauce thickens, about 1 minute. Remove from heat and let cool.
6. In a steamer, line the bottom with the 12 sheets of parchment paper, spaced apart. If you only have a smaller steamer, you can steam in batches. Fill the bottom of a wok or suitably large saute pan with water and bring to a boil.
7. Meanwhile, take a ball of dough and make a well in the center with your thumb. Fill the well with about 2 TBSP of the meat filling, and loosely seal the ball by pinching the well shut. Place the balls, pinched side up, onto 12 sheets of parchment paper. The dough balls should be about an inch apart.
8. Place the steam in the wok or large saute pan and cover tightly. Steam for about 12 minutes.

Sicilian Arancini

Much like my Chinese mother, who loathed to waste food, turned leftovers into delicious fried rice, the frugal Italians used frying to give new life to leftover rice dishes or risotto. This recipe has you make the rice and filling fresh, but if you ever find yourself with last night's risotto, try baptizing it in hot oil.

-Stephenie Yeung, AAWC

Ingredients

1 C rice for risotto (Arborio, Vialone Nano, or Carnaroli)
3.5 C boiling water, salted
1/2 lb of ground beef
2 Tbsp olive oil
1 clove garlic
1/2 onion, minced
1/4 mushrooms, cleaned and sliced
2 Tbsp tomato paste
1 C warm water
1/4 Tsp salt
1/4 Tsp pepper
1/2 C butter
3 Tbsp grated Parmesan cheese
2 egg yolks
1 egg, lightly beaten
1 C bread crumbs
1 C olive oil

Directions

1. Rinse the rice. Cook the rice in the boiling salted water until tender.
2. Brown the ground beef, onion and garlic in olive oil gently. Add the mushrooms and cook another minute. Add the tomato paste and warm water and cook another 30 minutes. Season with salt and pepper. Drain the sauce and separate the liquid from the beef mixture. Let it cool a bit.
3. When the rice is done, drain it and add the butter and Parmesan cheese to it. Let it cool a bit.
4. Add the eggs and tomato sauce to the rice and mix well. Make small golf-ball sized balls of rice, and stuff the center with some of the meat mixture.
5. Dip the formed rice balls in egg and roll in bread crumbs. Fry in the olive oil until the rice ball is golden brown all over.
6. Serve with grated cheese.

Shrimp Toast 蝦多士

Shrimp toast is one of my absolute all-time favorite childhood snacks. It is deep-fried goodness in one bite. This works pretty well in an air fryer too. But I recommend spraying a bit of oil on all sides so that the shrimp toast will resemble more of the deep fried texture and luscious crunch. Water chestnut and celery add a little crunch and extra flavor to the minced shrimp. They can be replaced by chopped cilantro or parsley.

-Liz Featherman, AAWC

Ingredients

- 8 oz Shrimp (raw, peeled)
- 1 Egg White
- 1 tbsp Water Chestnut (chopped into pea size)
- 1 tbsp Celery (chopped into pea size)
- 1 stalk of Scallion (sliced thin)
- 1 tsp White Pepper
- 1 tsp Garlic Powder
- ½ tsp Salt
- 3 slices thick white bread (Texas Toast) (cut into 2x2" squares or 1.5x2.5" rectangles)
- Enough oil to shallow fry in a frying pan/skillet

Directions

1. Mince shrimp manually using a chef knife/meat pounder, or put shrimp in a food processor/blender and blend into a sticky paste.
2. Mix #1 with egg white and stir in one direction for 30 seconds to increase stickiness of the shrimp "paste".
3. Add chopped water chestnut, celery, scallion and seasoning into shrimp paste.
4. Spread a thin layer of shrimp paste onto toast pieces and make sure shrimp reaches all four edges of the toast.
5. Heat oil in a frying pan/skillet to 375F (at medium heat). Carefully put the shrimp side down into oil and fry for one minute until shrimp is cooked. Then flip it quickly to the other side and fry for 15-30 seconds until crispy and golden.
6. Alternatively, preheat air fryer to 450°F. Brush shrimp toast with a thin layer of oil, with shrimp side up, cook for 3 minutes until golden.

Turnip Cake in Microwave 蘿蔔糕

When I went home during breaks in college/graduate school, my mom always made me this turnip cake. It has a softer texture than traditional turnip cake at dim sum. It is meant to be eaten right out of the microwave as a snack/treat. If you are looking for a dim sum type recipe (i.e. turnip cake cut into pieces and fried until the edges/surfaces are crispy), you may want to reduce the water content to about 1 to 1¼ cup and give it a try. Typically the dim sum type turnip cake requires steaming the batter until it sets.

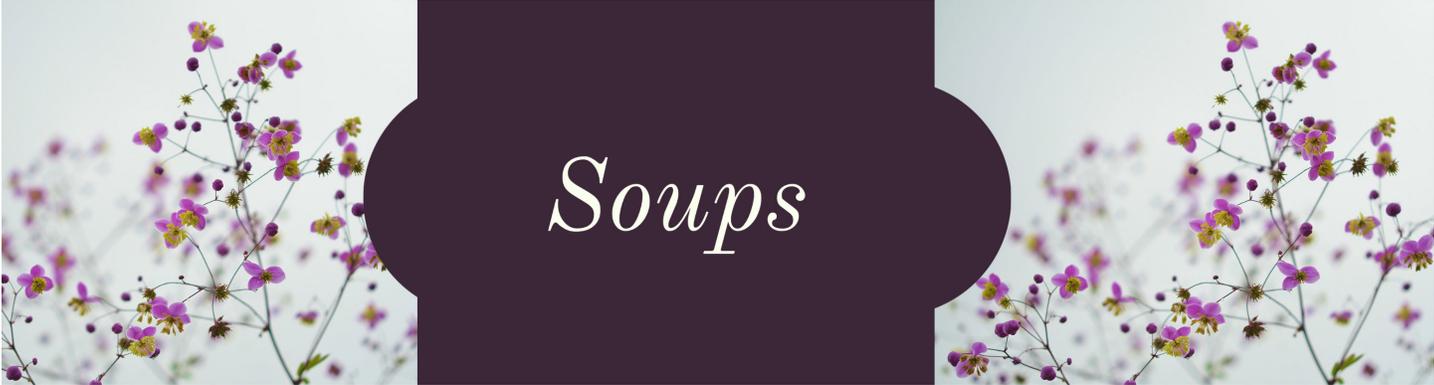
-Liz Featherman, AAWC

Ingredients

- 1 cup (4 oz) Rice Flour (regular rice, not glutinous rice)
- 1 lb Daikon/Chinese Turnip, grated/shredded
- 1½ cups Water
- 1 tsp white pepper
- ½ tsp salt
- ¼ cup Shiitake Mushrooms (chopped)
- ¼ cup Chinese Sausage (chopped)
- ¼ cup Dried Shrimp/Dried Scallop (chopped, soaked and reconstituted)
- Toasted Sesame Seeds, Scallion and/or Cilantro (as garnish)

Directions

1. Grate/shred daikon by hand or in a food processor. Reserve excess liquid from daikon (use that liquid as part of the amount of water indicated in the recipe).
2. Combine rice flour and water, add salt and white pepper.
3. Combine #1 and #2. Add shiitake mushrooms, Chinese sausage and dried shrimp to the mix.
4. Pour into a microwavable shallow dish (or a 8x8 Pyrex baking dish).
5. Microwave for 8 minutes on high.
6. Scatter toasted sesame seeds, chopped scallion and/or cilantro on top as garnish.



Soups

Creamed Corn Soup with Chicken or Seafood

雞蓉粟米湯

This is a simple soup to make. Instead of marinated chicken, you can also substitute with shrimp, fish filet or crab meat and season with white pepper.

-Liz Featherman, AAWC

Ingredients

- 6 oz Chicken Breast (chopped into bite size pieces)
- 1 tbsp Ginger (grated)
- 1 tbsp Shaoxing Wine
- 1 tbsp Soy Sauce
- 1 tsp Sugar
- 7 oz (½ tub) Firm Tofu (diced into 0.5"x0.5"x0.5" pieces)
- 1 can Creamed Corn
- 1½ cup Water or Chicken Stock
- 2 tbsp Cornstarch and 2 tbsp water (mix together)
- 1 Egg (beaten)

Directions

1. Marinate chicken with ginger, wine, soy sauce and sugar for 15 minutes.
2. Bring creamed corn and water/stock to a boil in a pot.
3. Add tofu and chicken to soup mixture and cook for 3-5 minutes in medium heat.
4. Mix cornstarch and water. Add to soup and stir immediately until combined and soup thickened.
5. Turn off stove. While hot, stir in the beaten egg. Strands of eggs should be visible in the soup.
6. Serve hot. Can be served with chopped scallion or cilantro as garnish.

Filipino Pork Sinigang

Sinigang is a classic Filipino soup characterized by its sour and savory medley of flavors. It is a popular comfort food in the Philippines.

-Vicky Faye Aquino, AAWC

Ingredients

2 lbs pork belly
1 bunch spinach or watercress
3 tablespoons fish sauce
12 pieces string beans (cut in 2-inch length)
2 pieces tomato quartered
3 pieces okra
1 piece purple eggplant (chopped into cubes)
2 pieces chili pepper or banana pepper
1 tablespoons cooking oil
2 quarts water
1 piece onion sliced
2 pieces taro root
1 pack sinigang tamarind mix

Directions

1. Heat the pot and put in the cooking oil. Sauté the onion until its layers separate from each other
2. Add the pork belly and cook until outer part turns light brown
3. Put-in the fish sauce and mix with the ingredients
4. Pour the water and bring to a boil
5. Add the taro and tomatoes. Simmer for 40 minutes or until pork is tender
6. Put-in the sinigang tamarind mix and chili pepper or banana pepper
7. Add the string beans (and other vegetables) and simmer for 5 to 8 minutes
8. Put-in the spinach or watercress, turn off the heat, and cover the pot.
9. Serve hot with white rice.

Yield: 6

Prep time: 10 minutes

Cook time: 1 hour

Total time: 1 hour 10 minutes

Hong Kong Style Borscht in Instant Pot

港式羅宋湯

This soup is often served with Baked Pork Chop in Tomato Sauce on Fried Rice in cafes in Hong Kong. My husband and I love this soup and make it at home often.

-Liz Featherman, AAWC

Ingredients

- 1 Onion (medium size, cut into 1" pieces)
- 3 stalks Celery (cut into 1" pieces)
- ½ cup Carrots (diced)
- 28 oz (canned) Crushed Tomato
- 2 lbs Beef (chuck or London Broil, cut into 2" chunks)
- 2 cups Cabbage
- 2-3 Beets (roasted and quartered, or 1 can of Beets or 1 jar of Gold's Kosher Borscht)
- 3 Bay Leaves
- 1 tbsp Black Peppercorn (leave whole)
- 5 cloves of garlic (crushed)
- 2 Potato (Red Bliss Potato, diced into 1" cubes)
- 2 cups Beef Stock
- 6 oz (1 can) Tomato Paste
- ½ cup Apple Cider Vinegar
- Salt to taste

Directions

1. Set Instant Pot to sautee, add a little oil to coat the bottom of the pot. Add onion, carrots and celery to sautee for 5 minutes until soft.
2. Put the rest of the above ingredients (except apple cider vinegar and salt) in the pot.
3. Cook on high pressure for 100 minutes. Natural release.
4. Add ½ cup apple cider vinegar when ready to serve. Add salt to taste.

Indian Split-Pea and Vegetable Soup

-Katherine Ngee, AAWC

Ingredients:

- 1 10-ounce package frozen chopped spinach
- 1 cup yellow or green split peas
- 9 cups water or more if needed
- 2 1-inch pieces fresh ginger, peeled, 1 piece left whole and 1 piece chopped
- 1 3/4 tsp salt
- 2 Tbsp butter
- 1/4 tsp turmeric
- 1Tbsp ground coriander
- 1 1/2 tsp ground cumin
- 4 carrots, cut into 1/4 inch slices
- 1 pound boiling potatoes peeled and cut into 1/2 inch cubes

Directions

1. Combine peas, 3 cups of the water, whole piece of ginger and 1/2 tsp of salt.
2. Bring to boil and reduce heat and simmer, covered, stirring frequently until peas are tender - about 30 minutes. Add more water to keep peas from sticking to the pan.
3. In a large pot, melt the butter over low heat. Stir in chopped ginger, turmeric, coriander, cumin, carrots, potatoes and remaining 1 1/4 tsp salt.
4. Add the remaining 6 cups water. Bring to a boil. Reduce heat and simmer, stirring occasionally until the vegetables are almost tender, about 10 minutes.
5. Stir in the spinach and simmer 5 minutes longer.
6. Remove the ginger from the cooked split peas and stir the peas into the soup.
7. Simmer the soup for 5 minutes, stirring occasionally.



Main Courses

Baked Pork Chop in Tomato Sauce on Fried Rice

焗豬排飯

Baked pork chop in tomato sauce on rice is a classic Hong Kong recipe. I grew up eating that in cafes in Hong Kong. Every time I return to Hong Kong, this is on my list of things to eat without fail. I learned to make this dish in my home economics class as a teen. This is my ultimate comfort food – marinated fried pork chop on top a bed of golden egg fried rice, with a tangy luscious tomato sauce on top. Melted cheese is optional.

-Liz Featherman, AAWC

Ingredients

3 Pork Chop (1/2" thick)
1/2 tsp Salt
1/2 tsp Sugar
1 tbsp Shaoxing wine (or sherry or any cooking wine)
1 Egg (beaten)
4 tbsp Cornstarch or Flour (for coating pork chop)
Oil for frying pork chop

3 cups Rice (cooked)
2 Eggs (beaten)
1/4 cup Onion (chopped)
1 tsp salt

2 tbsp Oil
1/4 cup Onion (chopped)
2 cloves Garlic (minced)
3 Plum Tomato (peeled and diced) or 1/2 can Chopped Tomatoes
2 tbsp Tomato Paste
2 tbsp Ketchup
2 tbsp Maggi Seasoning or Soy Sauce
1 tsp Sugar
1 tsp Cornstarch

1/2 cup Mozzarella Cheese (optional)

Directions

1. Pound pork chop a bit thinner using a meat pounder. Marinate pork chops in salt, sugar and wine for 30 minutes.
2. Dip pork chop in egg and coat in flour or cornstarch.
3. Shallow fry pork chop in a little oil on medium heat in a skillet until both sides are golden brown and cooked inside (each side about 5-7 minutes). Set pork chop aside.
4. In a clean frying pan, add a little oil, add scramble 2 eggs and break up egg into bite size pieces.
5. Add cooked rice to egg pieces and add onion and salt.
6. Stir fry for 3-5 minutes until rice is heated through and mixed well with egg and onion. Optionally you can add a little soy sauce but that will darken the color of the fried rice.
7. Place rice in an oven-proof baking dish (e.g. Pyrex 8x8 glass baking dish), add pork chop on top.
8. In a sauce pan, add oil, onion and garlic, stir fry until onion is cooked through, add tomato paste, tomato and cook for 5 minutes until tomato are cooked through and soft. Add ketchup and Maggi/soy sauce. Thicken sauce with cornstarch and a little water.
9. Pour sauce on top of pork chop and rice. Top with cheese (optional).
10. Pre-heat oven at 425°F, and bake for about 15 minutes until the cheese is melted or when the sauce is heated through.

Baked Sticky Spareribs in Hoisin Sauce 焗排骨

This is one of my go-to recipes when I am too lazy to make dinner. I basically marinate spareribs and then line the baking tray with foil and bake the ribs. Totally effortless. - Liz Featherman, AAWC

Ingredients

8 oz Shrimp (raw, peeled)
1 Egg White
1 stalk of Scallion (sliced thin)
1 tub (14 oz) Firm or Extra Firm Tofu
1 tsp White Pepper
1 tsp Garlic Powder
½ tsp Salt
Enough oil to shallow fry in a frying pan/skillet

Directions

1. Put all the ingredients in a Ziplock bag. Marinate the ribs for at least 4 hours (preferably overnight).
2. Preheat oven to 400°F, line baking tray with foil for easy clean up. Lightly grease the bottom of the tray. Put ribs on tray.
3. Bake for 35 minutes until cooked through.

Easy Tortillas

My mother has been a healthy eater for a very long time. She has a strong preference for home cooking in order to avoid unhealthy ingredients. Making bread at home, even with a bread machine, is a long process. When my mother has a craving for bread, I make these quick and easy tortillas for her to enjoy.

-L. Lew, AAWC

Ingredients

2 cups all-purpose white flour (healthier alternative – 1 cup white flour plus 1 cup whole wheat)

Extra flour (approx. 3 Tbsp) for rolling surface and rolling pin

1 tsp baking powder

½ tsp salt

¾ cup water

3 Tbsp olive oil

Directions

1. Mix 2 cups of flour, baking soda and salt together.
2. Next add the oil and water. Knead or mix 14 times.
3. Hand roll the dough into a tubular shape and cut into 8 pieces.
4. Sprinkle the extra flour onto the rolling surface to avoid sticking.
5. Use a floured rolling pin and make each dough piece into a 7" flat circular shape.
6. Rest the rolled dough pieces for 10 minutes.
7. Cook (turn over once) in a greased frying pan until slightly browned.

Yield: 8 tortillas

Prep time: 30 minutes

Total time: 45 minutes



General Tso's Chicken

左宗雞

General Tso's Chicken is the first Chinese American dish I had after moving from Hong Kong to America. I love the tangy sauce and spices. It became my go-to entrée throughout college and graduate school. This is my version of General Tso's Chicken. If you use gluten-free soy sauce and cornstarch in place of flour, this recipe can be made as gluten-free. Enjoy! -Liz Featherman, AAWC

Ingredients

Chicken

- 1½ lbs. Boneless Skinless Chicken Thigh or Breast (cut into 1" cubes)
- 1 Egg
- ¼ cup All-Purpose Flour or Corn Starch (gluten-free)
- 1 cup Vegetable Oil for frying (about 1.5-2" deep in a sauce pan/wok)
- 2 tbsp Minced Ginger and Garlic
- 1 tbsp Red pepper flakes (optional)

Sauce

- 2 tsp Soy Sauce
- 2 tbsp Rice Wine Vinegar
- 4 tbsp Ketchup
- 2 tbsp Sugar
- 4 tbsp Water
- 1 tbsp Sesame Oil

Directions

1. In a medium bowl, combine chicken pieces and beaten egg. Mix well.
2. Coat chicken in flour/corn flour.
3. Heat oil in a pan in high heat (before reaching smoking point). Fry chicken pieces until the egg-flour coating is crispy and inside is cooked (about 3-4 minutes). Drain chicken pieces well on a paper towel.
4. In a separate pan, slightly toast the red pepper flakes, then add a little oil and stir fry minced ginger and garlic until fragrant (but not burnt).
5. Combine all the sauce ingredients, and add to the pan to bring to a boil.
6. Add fried chicken pieces to the sauce. The flour/corn flour in the chicken batter will thicken the sauce. Coat well and serve hot.

Mapo Tofu 麻婆豆腐

Legend tells the story of Grandmother Chen – the eponymous creator of the dish and who ran the family restaurant in Chengdu in the late 1800s , She either cooked the dish for a wealthy businessman or a group of laborers wishing for an affordable dish, and the popularity of the dish have not waned. I think of Mapo Tofu as the entry point to Sichuan cuisine, suitable for one and all.

-Stephenie Yeung, AAWC

Ingredients

Firm Tofu | 14 oz.

Ground pork | 4 oz.

Oil for sautéing | 2 Tablespoons

Salt | 1 teaspoon

Marinade for pork:

Soy Sauce | 1 teaspoon

Sugar | ¼ teaspoon

Cornstarch | ½ teaspoon

Pepper | a pinch

Sesame oil | a splash

Sauce A:

Ginger, minced | 1 teaspoon

Garlic, minced | 1 teaspoon

Red chili | 1 teaspoon

Scallion, chopped | 1 tablespoon

Spicy bean paste (doubanjiang) | 1 tablespoon

Sichuan peppercorn | ½ teaspoon

Sauce B:

Water | ½ Cup

Soy Sauce | 1 teaspoon

Dark soy sauce | 1 teaspoon

Chin Kiang vinegar | 1 teaspoon

Sesame oil | 1 teaspoon

Sugar | 1 teaspoon

Cornstarch | 1 teaspoon

Directions

1. Mix the ground pork with the marinade ingredients.
2. Press the tofu: Rinse the pieces of tofu and pat dry. Sprinkle with a little salt. Wrap the tofu in dry paper towels and put the wraps on a plate. Weigh the tofu down with a few cans as weights to press out more liquid, about 15 minutes.
3. After 15 minutes, cut the drained tofu into large cubes.
4. Heat 2 tablespoons of oil, sauté the ingredients of Sauce A until fragrant, about 2 minutes. Add the ground pork and stir fry, about 3 minutes. Add tofu pieces and stir fry with a light hand, a further 2 minutes.
5. Add Sauce B and bring to a boil. Lower the heat to medium heat and cook until the sauce thickens a bit. Lightly fold together. Taste and adjust seasonings. Serve over rice.

Yield: 4 servings

Miso Marinated Pork Chops

This is an easy weekday recipe that takes only a minimum amount of planning. The miso and honey strike a good balance between umami and sweet flavors. The marinade can also be used on other cuts of pork, and would work as well with chicken.

- Stephenie Yeung, AAWC

Ingredients

- 4 tablespoons softened unsalted butter
- ½ cup white miso. If you prefer a stronger miso flavor, you can substitute red miso.
- 2 tablespoons honey
- 1 tablespoon unseasoned rice vinegar
- Black pepper, to taste
- 4 boneless pork chops, approximately 2½ pounds

Directions

1. Combine butter, miso, honey, rice vinegar and black pepper in a large bowl and mix until it is well combined.
2. Add the pork chops to the bowl and massage the miso-butter mixture all over it. Let the pork chops marinate for at least an hour.
3. Pre-heat oven to 425°F.
4. Place the pork chops in a single layer in a roasting pan, making sure to coat them with the marinade. Roast for about 30 minutes, turning the pork chops over once, and the internal temperature of the meat is 155°F.
5. Serve with side vegetables and rice, or as the protein in a salad. Or slice the pork chops in thin and use as a sandwich filling.

Pei Pa Tofu - Fried Tofu Mixed with Minced Shrimp

琵琶豆腐

Pei Pa (Cantonese pronunciation) is a Chinese instrument that shapes like a guitar. The classical version of dish is made by steaming the tofu and minced mixture in Chinese soup spoons, which resembles little Pei Pa. This modern version calls for frying the tofu mixture. I simplify it further by frying them as spoonfuls of tofu and shrimp mixtures. Chopped cilantro and shiitake mushrooms can be added to the mixture for extra flavors.

- Liz Featherman, AAWC

Ingredients

8 oz Shrimp (raw, peeled)
1 Egg White
1 stalk of Scallion (sliced thin)
1 tub (14 oz) Firm or Extra Firm Tofu
1 tsp White Pepper
1 tsp Garlic Powder
½ tsp Salt
Enough oil to shallow fry in a frying pan/skillet.

Directions

1. Mince shrimp manually using a chef knife/meat pounder, or put shrimp in a food processor/blender and blend into a sticky paste.
2. Mix #1 with egg white and stir in one direction for 30 seconds to increase stickiness of the shrimp “paste”.
3. Drain tofu and pat dry. Mash tofu and mix it into shrimp paste.
4. Add seasoning to the mixture in #3. Mix well.
5. Heat oil in a frying pan/skillet to 375°F (at medium heat). Scoop a table spoon of shrimp-tofu mixture into oil to fry until all sides are golden brown. About 5 minutes on each side.

Steamed Fish with Olive and Black Bean Paste

- Stephenie Yeung, AAWC

Ingredients

Grouper or sea bass | about 3 pounds

Chinese black olives and black bean paste (below) | $\frac{3}{4}$ Cup

Shredded scallions | 4-6 scallions

Ginger slices | enough to hold the pieces of fish, about 30 slices

Red Chili | 2-3, cut into rings, to taste

Oil | 1 Cup

Chinese black olives and black bean paste

Chinese black olives | 1 Cup

Fermented black beans | $\frac{2}{3}$ Cup

Dried tangerine peel | $\frac{1}{4}$, finely shredded

Garlic | 1 $\frac{1}{2}$ Tablespoons, chopped

Bird's eye chilies | 2 to 3 sliced into rings

Granulated sugar | 1 Tablespoons

Oil | $\frac{1}{4}$ Cup

Directions

To make the Chinese Black Olives and Black Bean Paste:

1. Rinse the olives and fermented black beans. Dry and chop finely.
2. In a saute pan or wok, heat the oil and add the chopped garlic, shredded dried tangerine peel and chillies. Stir fry until fragrant. Add the chopped fermented black beans and the Chinese black olives. Continue to stir fry until the paste breaks down, about 5 minutes. Add the sugar and continue to stir fry until all the ingredients are fragrant and the paste thickens. Cool and store in a bottle in the refrigerator for 2 months.

To make the fish:

1. Prepare a steamer: you can use a flat-bottomed lidded pan or pot large enough to hold the plate on which you will put the fish. Place a rack in the center so it can hold up the plate while steaming. Fill the pan or pot with two inches of water. Cover and heat until steaming.
2. Cut the fish into equal size pieces. Arrange the ginger slices on a plate and place the pieces of fish on top. Spread the olives and black bean paste on top of the fish. Steam the fish in the prepared steamer until it flakes, about 8 to 10 minutes. Towards the end of the steaming, heat the oil in a separate pan.
3. Remove the plate from the heat. Place the shredded scallions and chillies over the fish. Pour the hot oil over the fish. Serve immediately.



Desserts

Apricot Clafoutis

This is a simple French dessert that's a crowd pleaser. You can use any berries or stone fruits, from the classic cherries to peaches to strawberries, or a combination of any of them!

-Stephenie Yeung, AAWC

Ingredients

½ C sugar

3 eggs

1 C milk

½ C heavy cream

1 C flour

½ tsp salt

1 tsp vanilla extract

1Tbsp framboise (optional)

About 1-1.5 pound of Apricots, about 12-16, sufficient to fill the baking pan in a single layer– cut in half and pitted

Butter or non-stick cooking spray for the baking pan

Confectioner's sugar for topping

Directions

1. Preheat the oven to 350°F. Butter a 9 by 11 baking pan, or use non-stick cooking spray. Put the apricot halves on the bottom of the pan.
2. Whisk together the sugar and eggs in a bowl.
3. Heat the milk and heavy cream in a saucepan and bring to a boil.
4. Using a ladle to drip the hot cream, slowly whisk the hot cream mixture into the sugar and egg mixture. Go very slowly as first and whisk constantly otherwise you will scramble the eggs.
5. Slowly whisk in the flour until it's all incorporated. Add the salt, vanilla, and framboise (if using).
6. Pour the batter over the apricot halves in the baking pan.
7. Bake for about 50 to 60 minutes or until a knife inserted in the middle comes out cleanly. Start checking at 45 minutes.
8. Remove from the oven and allow to cool for about 10 minutes. Sprinkle confectioner's sugar on top. Slice and serve.

Baked Coconut New Year Cake

椰汁年糕

This is not a traditional Chinese new year cake recipe but it is equally loved in my family for the rich coconut and butter taste. It can be served at room temperature or slightly warm.

- Liz Featherman, AAWC

Ingredients

- 1 stick Unsalted Butter (melted)
- 1 ½ cup Sugar
- 4 Eggs
- 1 tsp. Vanilla Extract
- 16 oz Mochiko Rice Flour (glutinous rice flour)
- 2 tsp. Baking Powder
- 1/8 tsp salt.
- 12 oz Evaporated Milk
- 14 oz Coconut Milk

Directions

1. Preheat oven to 350°F and grease a 9x13 in pan or line with parchment paper.
2. Mix melted butter and sugar. Add egg one at a time until mixed well.
3. Add vanilla extract to melted butter, sugar and egg mixture.
4. Sift Mochiko rice flour, baking powder and salt together.
5. Add #4 into #3. Add evaporated milk and coconut milk into batter.
6. Pour batter into pan and bake for 60 minutes at 350°F.
7. Remove from oven, cool to room temperature and cut into pieces for serving.

Brown Sugar Steamed Cake

馬拉糕

Steamed brown sugar cake is light and fluffy in texture. It is sometimes served in dim sum.

-Liz Featherman, AAWC

Ingredients

- 3 Eggs
- 2/3 cup Brown Sugar
- 2/3 cup Evaporated Milk
- 2 tbsp Canola/Vegetable Oil
- 1 ¼ cup (160g) Cake Flour
- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 1/8 tsp Salt

Directions

1. Beat eggs and sugar in a bowl until well mixed in ribbon stage (about 5 minutes).
2. Add evaporated milk.
3. Add oil to egg/milk/sugar mixture.
4. Sift cake flour, baking powder and baking soda.
5. Add dry ingredients (#4) in 1/3 at a time into wet ingredients (#2).
6. Pour batter into a round cake pan lined with parchment paper. Steam for 30 minutes in medium-high heat until cake rises.

Egg Bubble Waffles 雞蛋仔

Egg bubble waffles are awesome on their own or served with ice cream, whipped cream and lots of toppings. The following is a traditional egg bubble waffle recipe. You can also add chocolate chips, cocoa powder, espresso powder or matcha powder to the batter for different flavors. Sometimes I add lemon or orange zest to the batter for citrus flavor. Egg bubble waffle iron cooks the batter evenly and easily. Egg bubble waffle molds also work really well on medium heat on the stove as well.

- Liz Featherman, AAWC

Ingredients

5 oz Flour
1¼ tsp Baking Powder
1 tbsp Custard Powder
1 oz Cornstarch
2 Eggs
3.5 oz Sugar
2 tbsp Evaporated Milk
5 oz Water
½ tsp. Vanilla Extract
2 tbsp Canola/Vegetable Oil

Directions

1. Sift flour, baking powder, custard powder and cornstarch together.
2. Combine egg, sugar, milk and water together. Mix well. Add vanilla extract.
3. Incorporate #1 into #2. Add oil to the batter. Mix well. Refrigerate batter for 30 minutes.
4. Preheat Bubble Waffle Iron/Mold, coat surface with a little oil to prevent sticking.
5. Pour batter into waffle iron mold (if use iron, follow cooking time/instructions). If using a waffle mold, fill the mold with batter (about 70-80% full) on one side, close the mold, set to medium-low flame, flip to the other side and heat it for 2 minutes, flip to the other side and heat for 2 more minute.
6. Unmold and cool on rack before serving.

Giant Oatmeal Cookies

-NANCY FRANCIS, AAWC

Ingredients

3/4 cup granulated sugar
3/4 cup brown sugar
2 eggs
2 tsp vanilla
2 cups of flour
1 tsp salt
1 tsp baking soda
1/2 tsp baking powder
1 1/2 cups old fashioned oats

Add-ins of your choice - coconut chips, chopped nuts, 3/4 cup dried cherries 1 cup of dried apricots , chocolate chips

Directions

1. Preheat oven to 350°F.
2. Beat butter and sugar until light and fluffy
3. On low speed, beat in eggs and vanilla
4. Add dry ingredients to butter mixture. Hand mix until combined.
5. Add in whatever combination of Add Ins that you want
6. Make Ice cream scoop size of mixture; press down slightly.
7. Bake for approximately 15 minutes.

Mango Pudding 芒果布甸

Mango Pudding is my favorite dessert in Hong Kong. It is sometimes served in dim sum restaurants and bakeries in Chinatown. This always reminds me of summer!

-Liz Featherman, AAWC

Ingredients

- 1 can Canned Mango Pulp (30 oz)
- 4 tbsp Gelatin (4 packs of Knox Gelatin)
- 5 cups Water (1 cup to be heated in the microwave; 1 cup to be boiled to dissolve sugar and 3 cups cold water)
- 1 cup Sugar (can be reduced to 2/3 cups if desired)
- 12oz Evaporated Milk (or Heavy Cream)
- 4 oz Whole or 2% Milk
- 2-3 Fresh mangoes (diced) (or frozen mango chunks)

Directions

1. Dissolve Gelatin. Microwave 1 cup of water for 1 minute in a microwave-safe cup. Add gelatin packets and stir until dissolved.
2. Dissolve Sugar. Dissolve 1 cup sugar in 1 cup boiling hot water. Add to mixing bowl.
3. Combine with Milk. Add gelatin mixture, sugar and water and evaporated milk, whole milk and mango pulp into a mixing bowl. Add the remaining 3 cups of (cold) water.
4. Mix well. Add diced mango chunks and pour mixture in containers. Refrigerate until firm (about 3 hours).

Sponge Cake with Whipped Cream and Strawberries

Fresh cream cake always reminds me of my childhood in Hong Kong. My favorite part is always the fluffy sponge cake with a mountain of fresh whipped cream and strawberries (and mango, honeydew and other fruit), and sharing the cake with my family! I make this cake every excuse I get to celebrate! Hope you will like it too!

- Liz Featherman, AAWC

Ingredients

Cake

Egg White | 3

Egg Yolk | 3

Sugar | 1/3 Cup

Vanilla | 1 Teaspoon

All-Purpose Flour | 1/3 Cup + 1 tbsp

Salt | 1/8 Teaspoon

Melted Butter | 1 oz (Optional)

Topping

Heavy Cream | ½ cup

Sugar | ¼ cup

Vanilla | 1 Teaspoon

Strawberries | 16 oz

Directions

1. Preheat oven to 350°F. Line a 8" round baking tin with parchment paper.
2. Beat egg white still soft peaks forms. Add 1/3 cup sugar and beat until stiff.
3. Add vanilla to egg yolk, mix well. Gently fold egg yolk and vanilla into whipped egg white without losing volume.
4. Sift flour and salt. Gently fold in 1/3 of the flour-salt mixture to egg mixture. Repeat until all flour and salt are gently folded in.
5. (optional) add melted butter into cake batter, fold in gently.

6. Pour cake batter into baking tin and put in oven to bake for 20-25 minutes at 350°F. Cool cake on a rack.
7. Whip heavy cream, vanilla and sugar together. Put on cooled cake and decorate with strawberries, other fruits or shaved chocolate pieces.



Yield: 8 servings

Prep time: 1 hour

Total time: [15 minutes prep time + 25 minutes cook time]

Tea-poached Pears with Vanilla Ice Cream

Poached pears were a favorite dessert of my Aunt Sarah's. "Not too sweet!" she would say approvingly. I, on the other hand, have a great sweet tooth. Here the vanilla ice cream steps in and makes it the best of both worlds.

-Stephenie Yeung, AAWC

Ingredients

2 TBSP of good quality loose black tea leaves, an Oolong or Assam, or an Earl Grey
4 C Granulated Sugar
4 C Water
2 ½ C Dry White Wine
One 1/2-inch slice ginger, sliced in half
4 cinnamon sticks
2 TBSP Allspice berries
Four 4-inch long orange zest peels
4 large pears. Asian pears or Bosc pears will work.
Lemon juice for the acidulated water

Directions

1. Preheat the oven to 275°F.
2. Peel the pears and cut them in half. Remove the core. Put the halves in water to cover with a bit of lemon juice while you make the poaching liquid.
3. Add the sugar and water to an oven-proof saucepan and bring to a boil, stirring, until the sugar is completely dissolved and the liquid is clear.
4. Add the wine, ginger slices, cinnamon sticks, allspice berries, tea leaves, and orange zest and bring to a boil again.
5. Put the pear halves in the poaching liquid. The halves should be covered and submerged in the liquid.
6. Cover the saucepan and transfer into the oven to bake. Turn the pear halves every 30 mins. They are ready when they are tender but still a little crisp, and a knife will pierce through with just a little effort.
7. Store the poached pears in the cooking liquid in the refrigerator for up to two days. Serve cold or warm over vanilla ice cream.

Vegan Chocolate Pie

This chocolatey pie is definitely vegan approved – but delicious for everyone! Enjoy!

-Stephenie Yeung, AAWC

Ingredients

10 whole graham crackers (approximately 5.5 ounces)

3 tablespoons sugar

4 tablespoons melted coconut oil

1 tablespoon plain soy milk or almond milk

$\frac{3}{4}$ cup sugar

1 pound silken tofu

8 ounces high-quality bittersweet or semi-sweet chocolate, melted

1 teaspoon vanilla extract

1 $\frac{1}{2}$ teaspoons ground cinnamon

$\frac{1}{4}$ teaspoon chile powder, or more to taste

$\frac{1}{8}$ teaspoon salt

Directions

FOR THE CRUST

1. Preheat oven to 350°F and lightly spray a 9-inch pie plate with nonstick cooking spray.
2. Place the graham crackers in a food processor and process until finely ground, about 30 seconds (you should have about 1 $\frac{1}{4}$ cups of crumbs). Add the sugar and salt, drizzle over the melted coconut oil and soy or almond milk, and pulse until the mixture begins to clump together.
3. Pour the crumbs into the pie plate. Press crumbs into the sides of the plate first, then work your way down to the bottom. Bake for 8 to 10 minutes until firm and slightly golden. Let the crust cool while you prepare the filling.

FOR THE FILLING

1. Drain the silken tofu. Wrap the tofu in a couple of layer of paper towels and put it on a plate. Put another plate on it to press out the extra moisture. About 20 minutes.
2. In a small pot, combine sugar with 3/4 cup water; bring to a boil and cook until sugar is dissolved, stirring occasionally. Cool slightly.
3. Put all ingredients except for chocolate shavings in a food processor and purée until completely smooth. Pour the filling into the cooled crust, and press a piece of plastic wrap directly to the top of the filling to prevent a skin from forming.
4. Chill until firm, at least 4 hours and up to overnight. Garnish with chocolate shavings before serving.