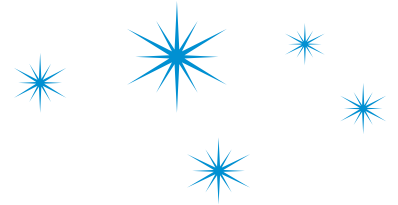




CHING HE HUANG

EARTH HOUR RECIPES



EGG AND CHINESE CHIVE STIR FRY

Serves 2 or 4 to share

Preparation time: 5 minutes

Cooking time: 5 minutes

Chinese chives are commonly used in Cantonese dishes. They can be finely chopped, mixed with minced prawns and stuffed inside silky thin dumpling wrappers adding delightful aroma and garlicky taste. They are so versatile and I love their delicious taste simply stir-fried with scrambled eggs peppered with sashimi pepper. If you cannot get Chinese chives, use spring onions or baby leeks instead.

Categories: egg, main

Ingredients:

- 1 bunch of Chinese chives (or spring onions), sliced into 2 inch pieces
- 1 tablespoon groundnut oil
- 3 tablespoons of cold water
- 3 medium organic eggs, whole
- 1 tablespoon Shaosing rice wine or dry sherry
- 1 tablespoon low sodium light soy sauce
- 1 tablespoon toasted sesame oil
- 1 tablespoon chilli oil
- Sea salt
- 1 pinch of sashimi pepper or dried chilli flakes

Method:

Heat a wok over high heat and add the groundnut oil. Then add in the Chinese chives. Stir-fry for a minute and add in the water to help create some steam. Stir for 2 minutes until the chives have wilted. Make some space in the middle of the wok and add in three eggs and then stir to scramble. Season with Shaosing rice wine, light soy, toasted sesame oil, chilli oil, season with some more salt to your taste. Toss all the ingredients together, sprinkle in a small pinch of sashimi pepper (or dried chilli flakes). Take off the heat and serve immediately with Jasmine rice.

SHITAKE BUCKWHEAT SOBA NOODLES WITH YUZU DRESSING

Serves 4 to share

Ingredients:

- 1 tablespoon olive oil
- 2 cloves of garlic, peeled and finely chopped
- 250g fresh shitake mushrooms, sliced
- 1 tablespoon low sodium light soy sauce
- Dried chillies
- 200g Buckwheat Soba noodles
- 1 tablespoon toasted sesame oil

Dressing

- 1 tablespoon Japanese Yuzu juice
- 1 tablespoon extra virgin olive oil
- 1 tablespoon tamari or low sodium light soy sauce
- 1 Pinch of cracked sea salt
- 1 Pinch of cracked black pepper

Optional

- 1 tablespoon Sunflower, golden flaxseed, sesame seed nut sprinkle

Method:

1. Bring a medium pan of water to the boil. Add in the buckwheat noodles. Cook the noodles in boiling water for 3 minutes. Turn off the heat and drain and refresh in iced cold water. Add 1 teaspoon of toasted sesame oil to prevent the noodles from sticking together.
2. Heat a small wok or pan, add the olive oil, then add the garlic and cook stirring for a few seconds then quickly add in the sliced shitake mushrooms. Toss cooking for 1 minute until the shitake mushrooms are coloured at the edges. Season with a tablespoon of low sodium light soy sauce, let the mushrooms absorb the soy. Remove and set aside to chilli.
3. In a small bowl, whisk together all the dressing ingredients.
4. Place the noodles in a large bowl, add the shitake mushrooms and pour in the dressing, toss together well and then serve immediately.



WOODEAR MUSHROOMS IN CHILLI SOY SESAME DRESSING

Serves 4 as a side dish

Ingredients:

- 50g of Chinese black wood ear mushrooms
- 2 tablespoons of light soy sauce
- 2 tablespoons clear rice vinegar
- 2 tablespoons of toasted sesame oil
- 1 small handful of coriander, very finely chopped
- 1 teaspoon of chilli oil
- 1 bird's eye chilli, top removed, finely sliced (very hot, so optional)

Method:

1. Pre-soak the wood ear fungus in warm water for 20 minutes then finely slice.
2. Dress in light soy, sesame oil, rice vinegar and chill for 15 minutes. Then toss in finely chopped coriander, drizzle with some chilli oil, dress with finely sliced birds eye chillies.



SICHUAN INSPIRED 'GUAWEI' STRANGE FLAVOUR' VEGETABLE PICKLES IN CHILLI OIL

Serves 4 to share

Ingredients:

- 4 kohlrabis, washed, sliced into cubes or 1/2 inch wedges
- 6 red radish, sliced 1/6 wedge pieces
- 1 medium carrot, tope and tailed, sliced to 1/4, 1 inch wedges
- 2 tablespoon of mirin

Dressing

- 1 tablespoon chilli oil
- 1 tablespoon light soy
- 2 tablespoon lemon juice
- 1/4 teaspoon chilli bean sauce
- 1/2 teaspoon caster sugar
- 1 tablespoon sesame paste
- Drizzle of Sichuan pepper oil

Method:

1. Prepare the kohlrabi and red radish. Chill & marinade in 2 tablespoons of mirin.
2. Just before serving make the dressing, toss together. Dress with Sichuan pepper oil & serve.

SMACKED GARLIC CUCUMBER SALAD SERVES 4 TO SHARE

Serves 4 to share

Ingredients:

- 1 cucumber, smacked using the back of a cleaver, sliced down the length in the middle, sliced into 1 inch chunks on the diagonal.



Dressing

- 2 cloves garlic, peeled & finely minced
- 2 tablespoon light soy sauce
- 2 tablespoon rice vinegar
- 2 tablespoon toasted sesame oil
- 1 tablespoon mirin
- 1 tablespoon chilli oil
- 1 teaspoon caster sugar

Method:

1. Prepare the cucumber – chill.
2. Just before serving, make the dressing.
3. Toss the cucumber in the dressing & serve in small bowls to share.