

ADAPTING WORLD TRADITIONS

SAVORING THE BEST OF  
WORLD FLAVORS  
VOLUME SIX

*CHINA: BEIJING, CHENGDU,  
AND HONG KONG*

RECIPES

FROM

UNILEVER FOOD SOLUTIONS

# GOLDEN CRISP-FRIED FISH WITH SWEET AND SOUR SAUCE

Ingredients	Amounts
White fish fillets	2 lb.
Cornstarch	$\frac{3}{4}$ cup
<i>Marinade</i>	
Light soy sauce	2 Tbsp.
Rice or sherry wine	1 Tbsp.
Salt	$\frac{1}{2}$ tsp.
Ginger juice	2 tsp.
<i>Sauce</i>	
Vegetable oil	2 Tbsp.
Garlic cloves, crushed	2 ea.
Fresh ginger, grated	1 tsp.
Red chiles, chopped	1 ea.
Vinegar	2 Tbsp.
Sugar	$1\frac{1}{2}$ Tbsp.
Sesame oil	$\frac{3}{4}$ tsp.
Cornstarch	$1\frac{1}{2}$ Tbsp.
Knorr Chicken Stock, prepared	$\frac{3}{4}$ cup
Salt and pepper	to taste
<i>Garnish</i>	
Green onion	3 ea.
Red chiles	2 ea.
Fresh cilantro leaves, chopped	2 ea.

## Method

1. Clean the fish and pat dry with paper towels; rub with the marinade and allow to sit for at least 15 minutes.
2. Combine the cornstarch with enough water to make a batter consistency.
3. Score the fish with a knife in angles to resemble fish scales. Coat lightly with cornstarch and dip into the batter so that the cuts in the fish open and fill with batter.
4. Heat a large wok and fry the fish; remove from the oil and drain on towels.
5. *For the sauce:* Heat the vegetable oil in a separate wok and fry the garlic, ginger, and chiles over medium heat. Add the vinegar, sugar, and sesame oil. Combine the cornstarch and stock; add to the wok and bring to a boil. Season with salt and pepper.
6. Re-crisp the fish in hot oil; drain on paper towels. Place the fish on a platter and, just before serving, pour the sauce over the fish. Garnish with the spring onions, chiles, and cilantro leaves.

# GOLDEN CURRY BUTTERNUT SQUASH SOUP

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Butternut squash, peeled and cubed	8 cups
Knorr Chicken Stock, prepared	4 cups
Ginger	2 Tbsp.
Garlic, minced	1 Tbsp.
Yellow or red curry paste	1 Tbsp.
Pine nuts	1 Tbsp.
Coconut milk, unsweetened	½ cup
Soy sauce	2 Tbsp.
Salt	1 Tsp.
White pepper, ground	¼ tsp.
Soft tofu, drained and diced	8 oz.
Green onion, chopped	1 ea.

## **Method**

1. In a medium-size pot, combine the butternut squash, ginger, garlic, and stock; bring to a boil over high heat and reduce to a simmer. Cook until the pumpkin is tender.
2. In a small sauté pan, toast the pine nuts until golden; remove from the pan and set aside.
3. Add the curry paste and stir to incorporate. Purée to the soup and add the coconut milk, soy sauce, salt, and white pepper. Adjust seasonings to taste. Add the tofu and simmer until the tofu is just heated through. Garnish the soup with the pine nuts and green onion.

## HOT AND SPICY BEAN CURD

Ingredients	Amounts
Bean curd, $\frac{3}{4}$ " dice	1 lb.
Fresh ginger, grated	1 tsp.
Beef, lean, finely minced	6 oz.
Spring onion, finely chopped	3 ea.
Vegetable oil	2 Tbsp.
Garlic cloves, crushed	3 ea.
<i>Sauce</i>	
Fresh ginger, grated	1 tsp.
Fermented black beans, chopped	1 Tbsp.
Pickled red chiles, chopped	2 ea.
Light soy sauce	2 Tbsp.
Hot bean paste	1 tsp.
Salt	$\frac{1}{2}$ tsp.
Sugar	$1\frac{1}{2}$ tsp.
Knorr Chicken Base, prepared	1 cup
Sichuan peppercorns	$\frac{1}{2}$ tsp., plus additional
Red chile flakes	1 Tbsp., plus additional
Cornstarch	$1\frac{1}{2}$ tsp.

### Method

1. Heat the oil in a wok and stir fry the meat, onions, and garlic; cook for a few minutes. Add the ginger, black beans, chiles, soy sauce, and bean paste; stir fry for 1 to 2 minutes.
2. Add all ingredients for the sauce except for the cornstarch; simmer for 5 minutes. Gently add the bean curd to the wok and simmer for an additional 5 minutes.
3. Mix the cornstarch with a small amount of cold water and add it to the wok, cooking until the sauce has thickened (take care not to break the bean curd.)
4. Season with additional red chile flakes and crushed Sichuan pepper just before serving.

# MANDARIN DICED CHICKEN

<b>Ingredients</b>	<b>Amounts</b>
Chicken breast, small dice	10 oz.
<i>Marinade</i>	
Rice wine or dry sherry	1 Tbsp.
Light soy sauce	1 Tbsp.
Salt	½ tsp.
Cornstarch	1½ tsp.
Knorr Chicken Stock, prepared	2/3 cup
Oil, for frying	2 cups
Dried chiles, chopped	2 ea.
Sichuan peppercorns, crushed	1 tsp.
Raw peanuts, blanched, skins removed	3 oz.
Spring onion, julienned	2 ea.
Fresh ginger, slices of, julienned	3 ea.
Garlic cloves, thinly sliced	2 ea.
<i>Seasoning sauce</i>	
Light soy sauce	1 Tbsp.
Sugar	1 tsp.
Black vinegar	1 tsp.
Cornstarch	1½ tsp.

## Method

1. Mix the diced chicken with the marinade; set aside for 20 minutes.
2. Heat the oil in a wok and fry the chiles and peppercorns; remove from the oil and set aside. Add the chicken to the wok and cook until it turns white; remove from the oil and set aside. Add the peanuts to the oil and cook until lightly colored; remove from the oil, drain, and set aside.
3. Pour off all but 1½ tablespoons of oil and heat; add the spring onions, ginger, and garlic and stir fry briefly. Add the chicken and fried chiles and cook briefly over high heat. Add the seasoning sauce and bring to a boil. Add the peanuts and serve immediately.

## TEA-SMOKED DUCK OR CHICKEN

Ingredients	Amounts
Brown sugar	¼ cup
Rice	¼ cup
Lipton green tea bags, removed from the bag	8 ea.
Star anise	4 ea.
Cinnamon stick	1 ea.
Orange, peeled	1 ea.
Tea-Brined Chicken or Duck (recipe follows)	1 ea.

### Method

1. Place all of the ingredients, except the brined protein, in aluminum foil; wrap into a square package.
2. Place it at the bottom of a pan or wok with a tight fitting lid and place a rack on top; put it over high heat until it starts to smoke. Once it starts to smoke, turn the heat down to low and place the protein on the rack, skin side up, and cook until the desired doneness is achieved (125°F for the duck and 160°F for the chicken).
3. Once the protein is cooked, remove it from the heat and let it rest for at least 10 minutes before it is used.

# TEA-BRINED DUCK OR CHICKEN

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Ginger slices	4 ea.
Garlic cloves	6 ea.
Star anise	6 ea.
Orange peel	1 ea.
Cinnamon sticks	2 ea.
Peppercorns	½ tsp.
Sichuan pepper	½ tsp.
Soy sauce	2 oz.
Lipton green tea bags	6 ea.
Water	4 cups
Sugar	¼ cup
Chicken or duck breast, boneless	4 ea.

## **Method**

1. Combine all of the ingredients except the chicken or duck breast; bring the mixture to a boil then turn off the heat and let it steep for 1 hour.
2. After 1 hour, chill the brine. When the brine is chilled, place the chicken or duck breast into the brine for about 6 hours.
3. Remove the chicken or duck breast from the brine and dry; the meat is now ready to be smoked or grilled.

# ASIAN SMOKED DUCK AND CITRUS SALAD

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Napa cabbage, shredded	1 qt.
Asian wheat noodles, cooked	1 pt.
Oranges, segmented	2 ea.
Fresh snow peas, blanched	1 cup
Cilantro	1 cup
Cucumber, julienned	1 cup
Tea-smoked duck breast, sliced	4 ea.
Hellmann's Thai Sesame Vinaigrette or Reduced-Calorie Citrus Tea Vinaigrette	8 oz.

## **Method**

1. Blend the cabbage, noodles, oranges, cilantro, and cucumbers with either of the two dressings.
2. Place on a chilled plate topped with the smoked duck.



## CITRUS TEA DRESSING

Ingredients	Amounts
Lipton Green Tea, brewed strong	1 cup
Ginger, minced very finely	½ tsp.
Orange juice	2 oz.
Soy sauce	1 oz.
Cornstarch	1 Tbsp.
Rice wine vinegar	4 oz.
Peanut or soy bean oil	4 oz.
Green onion, minced	2 Tbsp.
Cilantro, chiffonade	1 Tbsp.
Black pepper	¼ tsp.

### Method

1. Bring the tea to a boil then add the cornstarch and whisk together until it thickens; remove it from the heat and add the juice, soy sauce, and ginger. Chill. (When it is chilled, it should be the consistency of oil.)
2. Whip in the rice wine vinegar then the oil, green onions, and cilantro.

# BEIJING CRISPY CHICKEN SANDWICH

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Chicken breast, skinless, lightly flattened	4 ea.
Fermented bean curd	1 oz.
Sugar	¼ tsp.
Soy sauce	½ tsp.
Garlic, minced	¼ tsp.
Eggs	2 ea.
Cornstarch	1/3 cup
Green onions, sliced	2 Tbsp.
Sesame roll or other sandwich roll	4 ea.
Hellmann's Mayonnaise or Hellmann's Wasabi Aioli	6 oz.
Tomato slices	8 ea.
Cucumber slices	16 ea.
Green onions, sliced	4 Tbsp.
Knorr Sweet Chili Sauce	4 oz.

## **Method**

1. Marinate the chicken breast in the soy sauce, sugar, garlic, and fermented bean curd.
2. Blend the eggs, cornstarch, and green onions together; place the marinated chicken breasts in this mixture.
3. Deep-fry the chicken breasts to an internal temperature of 165°F.
4. Spread the sesame rolls with the mayonnaise; place on the griddle or in a hot pan and toast until golden brown.
5. Top the bread with the chicken breast, 1½ ounces of the mayonnaise or wasabi aioli, 1 ounce of Knorr Sweet Chili Sauce, 4 sliced cucumbers, 2 sliced tomatoes, and green onions.

# CHINESE MEATBALL NOODLE SOUP

*Yield: 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Wood ear mushrooms, dried	2 oz.
Fresh Chinese wheat noodles	3 oz.
Meat, ground	1 lb.
Cornstarch	1 Tbsp.
Sesame oil	2 tsp.
Salt	2½ tsp.
White pepper	½ tsp.
Knorr Chicken Stock	4 cups
Chinese black vinegar	3 Tbsp.
Mustard greens, pickled, diced	2 Tbsp.
Salt	1 tsp.
White pepper	a pinch
Green onions, thinly sliced	2 ea.
Cilantro sprigs, chopped	3 ea.
Chili oil	1 Tbsp.

## **Method**

1. Soak the mushrooms in warm water until they are soft; slice them and set aside.
2. Cook the noodles by following the package instructions; drain, rinse, and drain again. Keep them warm on the side.
3. Make the meatballs by combining the meat, cornstarch, sesame oil, salt, and pepper in a food processor and mix it until it forms a smooth paste; roll the meat into small balls.
4. To make the broth, combine the stock and vinegar; bring it to a boil and add the meatballs. Return it to a boil and then lower it to a simmer until the meatballs are cooked.
5. Add the mushrooms and green onions then simmer the broth for a few more minutes; season with salt and pepper. Garnish with green onions, cilantro, and chili oil just before service.

# CRISPY SPRING ROLLS

*Yield: 24 each*

<b>Ingredients</b>	<b>Amounts</b>
Pork or chicken, ground	8 oz.
Green onion, minced	2 Tbsp.
Water chestnuts, minced	1 Tbsp.
Cilantro, minced	1 Tbsp.
Garlic, minced	½ tsp.
Sesame oil	1 tsp.
Knorr Liquid Concentrated Chicken Base	1 tsp.
Soy sauce	½ tsp.
Salt	1 tsp.
Sugar	½ tsp.
White pepper, ground	1/8 tsp.
Spring roll wrappers, 6"	6 ea.
Egg, beaten with water	1 ea.
Vegetable oil, for frying	as needed
Knorr Sweet Chili Sauce or Sweet and Sour Sauce	as needed

## **Method**

1. To make the filling, combine all of the ingredients except the oil and the wrappers; mix to combine.
2. Place one tablespoon of filling on the bottom third of the wrapper and roll it up after turning in the corners; seal the edges with egg wash.
3. Heat the oil in a wok and fry the spring rolls until they are golden.
4. Serve with Knorr Sweet Chili Sauce or Sweet and Sour Sauce.

## SWEET AND SOUR SAUCE

*Yield: 1½ cups*

<b>Ingredients</b>	<b>Amounts</b>
Fresh orange juice	¼ cup
Knorr Liquid Chicken Base	1 tsp.
Rice wine vinegar	¼ cup
Brown sugar	5 Tbsp.
Ketchup	5 Tbsp.
Soy sauce	2 tsp.
Spicy green chiles, minced	1 Tbsp.
Ginger, minced	1 tsp.
Cornstarch	1½ Tbsp.
Water	3 Tbsp.

### **Method**

1. Combine the orange juice, Knorr Liquid Chicken Base, vinegar, brown sugar, ketchup, soy sauce, and chiles in a bowl; mix well.
2. Heat a wok and add oil; swirl the oil around to coat the sides. Add the ginger and cook for about 20 seconds, or until it is fragrant.
3. Pour the seasoning over the ginger and cook it until all the sugar is dissolved.
4. Make a slurry with the cornstarch and water and add it to the sauce; stir the sauce until it thickens, or for about 1 minute.

# GINGER GARLIC BOK CHOY

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Baby bok choy, washed, dried, blanched	12 ea.
Soy bean oil	2 oz.
Garlic cloves, minced	3 ea.
Ginger root, minced very finely	1 Tbsp.
Knorr Liquid Concentrated Base, prepared	½ cup
Sugar	1 tsp.
Cornstarch, blended with a small amount of water to make a slurry	1 Tbsp.
Knorr Stir-Fry Sauce (optional)	½ cup

## **Method**

1. Heat the wok, season it with oil, and leave about 2 ounces in the wok; add the ginger and garlic and cook until they are fragrant.
2. Add the bok choy and stir-fry. Mix the prepared chicken base with the sugar and cook it down; thicken with the cornstarch slurry.
3. Plate the bok choy with a drizzle of stir-fry sauce or leave it as is.

# STEAMED MILK BUN

*Yield: 24 portions*

<b>Ingredients</b>	<b>Amounts</b>
Dry yeast	1 tsp.
Water, warm	3 Tbsp.
Flour, divided	4 <sup>3</sup> / <sub>4</sub> cups
Water	<sup>1</sup> / <sub>2</sub> cup
Milk, lukewarm	<sup>3</sup> / <sub>4</sub> cup
Sugar	3 Tbsp.
Lard, softened	2 Tbsp.
Baking soda	a pinch
Wheat starch	1 <sup>1</sup> / <sub>2</sub> cups
Baking powder	1 <sup>1</sup> / <sub>2</sub> Tbsp.

## **Method**

1. Make the dough starter by sprinkling the yeast into the warm water to dissolve; sift in <sup>3</sup>/<sub>4</sub> cup of flour and work it into a soft dough. Place it in a warm place for 10 hours.
2. Mix the water with 2 cups of flour, add the dough starter, and mix it to form a soft dough; cover and proof for 8 to 10 hours, or until it has tripled in size.
3. Pour the milk into a bowl and add the sugar and the lard. Mix the baking soda with a little bit of water and add it to the milk mixture. Stir in the remaining 2 cups of flour, the wheat starch, and baking powder; add the whole mixture to the already risen dough and knead it until it is smooth and elastic.
4. Divide the dough into 24 balls and press a small piece of paper onto the back of each one.
5. Set the dough balls in a bamboo steamer and cover for 10 minutes, until they are firm, springy, and have risen; serve at once.

# STEAMED FISH

## ESAME VINAIGRETTE OR BLACK BEAN SAUCE

*Yield: 4 portions*

<b>Ingredients</b>	<b>Amounts</b>
Fish filets, pin bones removed, rinsed in ice water, pat dry	4 ea.
Green onions, cleaned	12 ea.
Ginger root slices	8 ea.
Green onion, julienned	½ cup
Soy bean oil or peanut oil	6 oz.
Sesame Thai Sesame Vinaigrette or Black Bean Sauce	8 oz. 1 recipe

### **Method**

1. On a plate or a tin, place three green onions where you want to set the fish, place the fish filet sink side down on the green onions, and top it with three slices of ginger.
2. In a wok or pan with a cover and a rack add some water to steam the fish. Place the plated fish on the rack, cover the plate, then steam it for 4 to 5 minutes, or until it is done.
3. Remove the fish from the wok; with a spatula, remove the fish from the plate or tin, put it on a clean plate, and remove the steamed green onions and ginger.
4. Put freshly sliced green onions over the cooked fish and pour 1½ ounce of hot oil over them; heat up the sesame vinaigrette and pour that over the fish as well. Let the green onions wilt.
5. If you are using the black bean sauce, prepare the sauce as directed and place it over the steamed fish; garnish with green onions.



## BLACK BEAN SAUCE

Ingredients	Amounts
Knorr Chicken Stock, prepared	½ cup
Salted black beans, rinsed, lightly mashed	2 Tbsp.
Chinese rice wine or dry sherry	2 Tbsp.
Sugar	½ tsp.
Spring onion, chopped	1 ea.
Vegetable oil	2 Tbsp.
Ginger, finely shredded	2 Tbsp.
Garlic, minced	1 Tbsp.
Cornstarch	1½ tsp.
Water	1 Tbsp.

### Method

1. Combine the stock, black beans, wine, sugar, and green onions; mix well.
2. Put oil in a wok and, over high heat, swirl the wok to coat all of the sides with oil; add the ginger and garlic and cook until the mixture is fragrant, for about 20 seconds.
3. Pour in the seasoning and cook it until the sugar dissolves.
4. Make a slurry with the cornstarch and water and add it to the mixture; bring it to a boil until the sauce thickens.

# MAPLE-GLAZED CHICKEN BREAST WITH ROASTED BUTTERNUT SQUASH, ROASTED CAULIFLOWER, AND BACON WITH BUTTERNUT SQUASH SAUCE

*Yield: 4 portions*

Ingredients	Amounts
<i>Butternut squash sauce</i>	
Prepared SDJ Butternut Squash Soup	1 gal.
Apple juice	1 qt.
Sage, sautéed in small amount of oil	2 tsp.
Whole butter	¼ lb.
Chicken breast, airline-style, with skin	4 ea.
Salt and pepper	to taste
Herbes de Provence	1 Tbsp.
Paprika	½ tsp.
Olive oil	2 oz.
Maple syrup	2 oz.
Roasted cauliflower	¼ cup
Roasted butternut squash	¼ cup
Bacon, cooked, small dice	1 Tbsp.
Parsley, chopped	1 tsp.
Mint, chiffonade	½ tsp.
Butternut Squash Sauce (above)	12 oz.

## Method

1. *For the butternut squash sauce:* Heat the butternut squash soup and add the apple juice and sautéed sage; adjust the seasoning to taste and finish with the whole butter.
2. Season the chicken breast with salt, pepper, paprika, and herbes de Provence. Heat the oil in a pan and place the chicken breast, skin-side down, in the pan. Brown one side and remove to a baking sheet.
3. Brush the chicken with maple syrup and roast in a 400°F oven to the internal temperature of 160°F.
4. Heat the bacon, roasted cauliflower, and roasted squash; finish with chopped parsley and mint.
5. Place the sauce on the bottom of the plate; cut the chicken breast in half and place the roasted vegetables around it for garnish.

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