

WORLD CULINARY ARTS:

Taiwan



**THE WORLD'S PREMIER
CULINARY COLLEGE**

Recipes from

Savoring the Best of World Flavors:

Taiwan

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BLACK CHICKEN SOUP WITH BAMBOO AND MUSHROOMS

(竹筴香菇烏骨雞湯)

Ingredients	Amounts
Dried shiitake, large	3 each
Dried bamboo fungus	4 each
Black chicken leg, chopped	1 each
Water	2 quarts
Ginger, smashed with skin on	1 ½-inch-long piece
Fresh bamboo shoot, trimmed, cut into ½-inch-thick bite-sized pieces	1 each
Rice wine	1 splash
Salt	as needed

Method

1. Soak dried shiitake in cold water until softened, about 30 minutes. Remove stem and cut in half.
2. Soak dried bamboo fungus in water for 20 minutes until softened. Remove the hard ring at the bottom and top, and cut each mushroom into four sections.
3. Place chicken in a large pot of water, and bring to a boil. Cook for four minutes. Remove chicken and rinse well. Discard water.
4. Bring another large stock pot of water to a boil. Add the chicken, shiitake, bamboo shoot, ginger and simmer for 30 minutes.
5. Add the bamboo fungus, and cook for another 5 minutes.
6. Add rice wine and season with salt to taste.

Recipe courtesy of Ivy Chen, Ivy's Kitchen, kitchenivy.com

TAIWANESE STIR-FRIED NOODLES (台式炒油麵)

Ingredients	Amounts
Dried shiitake, large	4 each
Grape seed oil	4 Tablespoons
White onion, sliced	½ bulb
Pork loin, shredded	¼ pound
Carrot, small, peeled and shredded	1 each
Scallion, chopped into 1-inch pieces	1 stalk
Cabbage, shredded	¼ head
<i>For the sauce</i>	
Water	½ cup
Sugar	1 Tablespoon
Soy sauce	2 Tablespoons
White pepper, ground	¼ teaspoon
Sesame oil	½ teaspoon
Salt	½ teaspoon
Alkaline noodles, such as ramen	½ pound

Method

1. Soak dried shiitake in cold water for about 30 minutes. Remove stems and slice cap. You may use the soaking water instead of plain water used in step 4.
2. Heat the grape seed oil in a wok, and stir-fry the shiitake over medium heat until browned. Add the sliced onion, and stir fry until soft. Add the pork, carrot and scallion and stir fry until they are done.
3. Push all ingredients to the sides of the wok to make a well. In the middle, add cabbage one handful at a time, and toss until soft.
4. Again, make a well in the middle of the wok. Add all sauce ingredients and the noodles. Stir well until the noodles absorb the sauce, and all flavors and ingredients are well combined.

Recipe courtesy of Ivy Chen, Ivy's Kitchen, kitchenivy.com

TAIWANESE STEAMED FISH WITH PICKLED CORDIA

(破布子蒸魚)

Ingredients	Amounts
Grunt, whole	1 each
Big eye snapper, whole	1 each
<i>Marinade</i>	
Rice wine	1 Tablespoon
Scallion	1 stalk
Ginger, chopped	1 Tablespoon
White pepper, ground	¼ teaspoon
Salt	¼ teaspoon
Ginger, slivered	1 Tablespoon
Pickled cordia, with juice	3 Tablespoons
Scallion, cut into thin diagonal pieces	1 stalk
Red chili, minced	1 each
Vegetable oil	2 Tablespoons
Sesame oil	½ teaspoon

Method

1. Clean whole fish, removing gills, and score the skin with shallow diagonal cuts.
2. Place all marinade ingredients into a blender with a ½ cup of water and puree until smooth. Drizzle the whole fish with the sauce, and allow to marinate for 10 - 15 minutes.
3. Rinse the fish, pat dry with paper towel, and place it in a steaming plate.
4. Top the fish with the slivered ginger and preserved cordia fruits with their pickling liquid. Place the plate of fish in a steamer and steam for 10 - 12 minutes over high heat, until cooked through.
5. Remove the fish plate from the steamer, and place the steamed fish on a serving platters. Pour their liquid over the top, and garnish with scallion and chili.
6. Heat the vegetable oil and sesame oil in a pan until hot, and pour hot oil over the fish. Serve.

Recipe courtesy of Ivy Chen, Ivy's Kitchen, kitchenivy.com

STIR-FRIED WATER LILY WITH GARLIC (蒜香炒水蓮)

Ingredients

Amounts

Water lily, stems only	1 bunch
Vegetable oil	2 Tablespoons
Garlic cloves, crushed and chopped	2 each
Salt	to taste

Method

1. Wash water lily, and cut off the roots. Chop into sections of 1-inch pieces.
2. Heat oil in a wok, add garlic and fry over medium heat until fragrant.
3. Add water lily and 2 tablespoons water. Stir fry with chopsticks over high heat for about 40 seconds. Season with salt and serve.

Note: Water lily is also known as white water snowflake.

Recipe courtesy of Ivy Chen, Ivy's Kitchen, kitchenivy.com

BEEF NOODLE SOUP (*NIU ROU MIAN*)

Ingredients	Amounts
Beef shanks, about 2 medium sized pieces	3-4 lbs.
Onion, medium, cut into large chunks	1 each
Tomato, large, cut into large chunks	1 each
Garlic cloves, peeled	8-10 each
Ginger, sliced	1 inch
Chili bean sauce or bean sauce	6 Tablespoons
Soy sauce	½ cup
Cooking wine	½ cup
Star anise	3 each
Cooking oil	3 Tablespoons
Water	as needed

Method

1. Bring a large pot of water to a boil.
2. Place 2 whole pieces of beef shank into the hot water, then cook for 3 minutes. Remove beef from the pot, rinse the pieces in water, and then cut the beef into large chunks.
3. Heat oil in a wok, adding ginger and garlic first, then stir frying for about 2 minutes. Then add onion to the wok along with bean sauce, and stir fry for another 3 minutes.
4. Continue to stir fry, adding tomato and beef chunks until the meat turns white. Then add soy sauce, cooking wine and star anise. Either use the same wok or transfer to a larger pot with accompanying lid.
5. Add water to cover the meat and cook for about 4 to 5 hours over the low heat until beef is tender. The liquid in the beef stew will be condensed when it is done.
6. Cook noodles as indicated on the package instructions. Add beef stew soup into the noodle, as well as either hot water or soup stock to taste.
7. Garnish the beef noodle soup with fresh cilantro or green onion and serve.
8. Add water lily and 2 tablespoons water. Stir fry with chopsticks over high heat for about 40 seconds. Season with salt and serve.

Recipe courtesy of Taiwan Tourism Bureau

PORK DUMPLINGS

Ingredients	Amounts
Ground pork	1 lb.
Cabbage, finely chopped	1 ½ lb.
Green onion, chopped	4 stalks
Ginger, minced	2 Tablespoons
Dumpling wrappers, packaged (or about 45 wrappers)	1 package
<i>Seasoning Ingredients</i>	
Soy sauce	2 Tablespoons
Sesame oil	2 Tablespoons
Ground white pepper	½ teaspoon
Water	½ cup
Sugar	½ teaspoon
Salt	¼ teaspoon
<i>Dumpling Serving Sauce</i>	
Soy sauce	¼ cup
Sesame oil	1 teaspoon
White vinegar	1 teaspoon
Chili sauce (optional)	to taste

Method

1. Mix together the ground pork with all of the seasonings. Stir the mixture in the same direction until it is well blended. This takes about two to three minutes.
2. Add one tablespoon of salt to the chopped cabbage and spread the salt out across the surface of the cabbage with your hands. Let the salted cabbage sit for two minutes. Use a mesh colander or your hands to squeeze the excess water from the cabbage.
3. Mix cabbage, ginger and green onion into the meat mixture and blend well with a fork. Alternatively, you can use your hands to mix the ingredients, but be sure to wash your hands first or wear gloves. At this stage, the dumpling filling is complete, but it is ideal to let the filling sit in the refrigerator for a minimum of one hour so that the ingredients will be well-incorporated.
4. Open the package of dumpling wrappers. Place one heap tablespoon of filling in the center of one wrap, moisten the edge of wrapper, and fold it in half. Press the edge of the dumpling wrapper at its midpoint, then make two folds on each side. Press along the circular edge of the wrapper to seal. There are many ways to make dumplings, and as long as you can seal it, you can make one, two or even more folds in the dumpling skin.
5. Boil plenty of water in a large pot, and then add 20 to 30 dumpling pieces to the pot. Stir gently while cooking and bring to a boil. When the water begins to boil, add one cup of cold water and continue cooking. When the water comes to a boil again and

the dumplings are floating in the water, the dumplings are ready. Serve dumpling with sauce (recipe above).

Note: You can add shrimp to the dumpling filling to enhance its flavor. You can also incorporate different types of vegetables into the mixture, as well as use different types of meat, such as chicken, pork, beef or seafood. The dumpling making process offers many delicious opportunities to express your creativity.

Recipe courtesy of Taiwan Tourism Bureau

STEWED CHICKEN WITH SESAME OIL

Ingredients	Amounts
Whole chicken	1 each
Ginger, sliced	4 Tablespoons
Black sesame oil	5 Tablespoons
Rice wine	1 cup
Water	2 cups
Sugar	1 Tablespoon

Method

1. Clean the chicken and cut into large pieces approximately two inches in size.
2. Heat 4 tablespoons of black sesame oil under medium temperature in a pot or wok. Add ginger and sauté until the ginger turns dry and fragrant.
3. Add chicken pieces to the pot and cook until the meat turn pale, then add wine, water and sugar. Cook and bring to a boil, then reduce heat to low and cook for 40 minutes.
4. Finally, add the final tablespoon of black sesame oil before serving.
5. You may serve this with thin noodles. Add more water and rice wine to increase the quantity of soup.

Note: Salt is not needed for this recipe and is in fact not recommended, adding salt may result in a bitter taste. If you really must add salt, add it at the end of cooking. Some people may prefer to use wine only instead of a mixture of wine and water for cooking. An all-wine approach yields a delicious, strong-flavored result, but the alcohol may render the dish unsuitable for children to consume.

Recipe courtesy of Taiwan Tourism Bureau

TAIWANESE PORK POTTAGE (*ROU-GENG*)

Ingredients	Amounts
Daikon, cut into ½-inch cubes	2-3 cups
Pork strips	1 ½ cups
Dried shiitake mushrooms, soaked in water until soft, then cut into thin strips	5-6 mushrooms
Water (or chicken stock)	6 cups
Soy sauce	1 Tablespoon
Sesame oil	¼ teaspoon
Sweet potato powder	½ cup
Tapioca water	3 Tablespoon
Cilantro, chopped	for garnish
<i>Soup seasoning</i>	
Soy sauce	1 teaspoon
Black vinegar	4-5 teaspoons
Ground white pepper	½ teaspoon
Salt	½ teaspoon
Sugar	1 ½ teaspoon
Barbecue sauce	2 teaspoons
Fried shallot	½ cup

Method

1. Marinate pork strips with 1 Tbsp. of soy sauce and ¼ tsp of sesame oil for 30 minutes. Add sweet potato powder to coat around pork strips.
2. Place daikon cubes, mushroom strips and water into a pot, and cook over medium-high temperature until daikon turns soft. It takes about 10 minutes. Add soup seasonings into pot, and then pour in tapioca water, stir constantly while pouring.
3. Turn the heat to medium-low. Put pork strips into the pottage, cook until the pork strips float on the top and bring the soup to a boil.
4. Serve pottage with deep bowl and garnish with cilantro.

Note: This recipe can be made with other vegetables, such as bamboo strips or cabbage strips. You can also use fish paste to coat the pork strips instead of sweet potato powder. Some people like adding noodles to the pottage and then serving the dish as a meal.

Recipe courtesy of Taiwan Tourism Bureau

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