

Happy 4709 Chinese New Year Year of the Rabbit

The rabbit is considered a lucky sign. Those born under the sign of the rabbit are said to be kind, wise, articulate, talented and strong-willed.

The transition from Tiger to Rabbit brings a change of vibe to the lunar year. The Year of the Rabbit is said to be a peaceful, mellow one. Coming between the Year of the Tiger and the Year of the Dragon, which are both reputed for their global tumult, the Year of the Rabbit seems like it will be a piece of cake by comparison.

Recipes Below

Appetizers:

Eggrolls, Pork & Leek Dumplings, and Wonton Soup

Filling:

1 pound fresh ground pork
½ c. medium chopped Water Chestnuts (fresh or canned)
½ c. finely diced Shitake Mushrooms (fresh or dried)
2 green onions (or one medium leek) finely diced
1 tsp. freshly grated Ginger (or 1 tbs. ginger powder)
2 cloves minced garlic (or 1 tab. garlic powder)
1 tbs. corn starch
½ tsp. white pepper

Marinade:

2 tbs. soy sauce (light or dark)
2 tbs. Hoisin sauce
1 tbs. sherry
½ tsp. sugar

Combine filling and marinade. Mix together well. Let the mixture rest for at least one hour (can also be made the day before and refrigerated overnight).

Additional ingredients:

Wonton skins (regular or thin)
1 beaten egg or some water in a small container
Chicken broth
Noodles for soup
Canola or peanut oil for frying and cooking

Eggrolls:

Take one wonton skin, put a teaspoonful of the mixture and place in the center. Fold the skin into a cigar and wet the end with either the beaten egg or water to seal the ends. While making the eggrolls, have a pan of oil (canola or peanut oil work best) heating in a fryer or deep pot to 375 degrees. When the oil is hot, put the eggrolls into the pan. Fry until the skin turns a golden brown (approx. 5 minutes). Remove from oil and put on a paper towel to drain. Serve while warm.

Pork and Leek Dumplings:

Take one wonton skin (thin round version works best), put a teaspoonful of the mixture into the center. Fold the skin over the meat forming a half-moon shape. Wet the edges with water and pinch the sides to seal the dumpling. Put lettuce leaves on the bottom of a bamboo steamer (or on a plate), and put dumplings on top of leaves. Place into a wok or deep pan filled halfway with boiling water (if using a plate, use a wire rack to keep it above the water). Let steam for about 15 minutes (the dumpling skins should turn opaque).

For a variation, try frying the dumplings. Put dumplings into a pan with ½ cup of water, cover and let dumplings steam in water for about 3 minutes. Remove cover and let water evaporate. When water is dried up, add a light layer of oil (about 5-6 tablespoons). Fry dumplings on both sides until they turn a deep brown (be careful not to burn them). (Note: Dumplings will be fried not crispy like eggrolls.)

Wonton Soup:

Take one wonton skin and put a teaspoonful of the mixture into the center. Pull the side together to form a navel (similar to a tortellini). Wet the ends of the dough with water or egg, and pinch the ends to seal them together. Heat 1 can of chicken broth with 1 can of water in a pot. When liquid is boiling, add the wontons, and lower the temperature to medium heat. Prepare egg noodles, ramen noodles, or Chinese noodles in a separate pot to al dente texture. When wontons float to the top, add pre-cooked noodles (additional ingredients i.e., roast pork, shrimp, and/or vegetables—i.e. baby peas, bok choy, bean sprouts can also be added at this time). Raise temperature back to high. When soup comes to a boil, the dish is ready to serve.

Entrees:**Stir Fry Beef & Broccoli, Ginger Beef and Beef Chow Fun**Marinade:

1 pound flank steak
2 tbs. soy sauce (light or dark)

1 tbs. corn starch

Sauce:

2 tbs. oyster sauce
2 cloves minced garlic
1 tbs. fermented black bean
1 tbs. chili sauce (optional)
½ tsp. white or black pepper powder
½ tsp. sugar

Other ingredients:

1 pound broccoli floret's (cleaned and sliced into bite size pieces)
2 oz. Ginger (thinly sliced into matchstick size pieces)
2 cloves of fresh garlic (minced)
2 scallions (diced)
1 pound chow fun (Chinese rice cake noodles)
Chicken broth
½ pound bean sprouts
2 green onions (thinly chopped and put aside for garnish)
Canola or vegetable oil for stir frying
Rice (optional side dish)

Stir Fry Beef & Broccoli:

Cut flank steak along grain into 1 ½ in. strips (lengthwise cut). Turn strips and cut against the grain (this is important because cutting with the grain will make the meat chewy) into 1 inch julienne strips. Coat the pieces in the corn starch and shake off any excess powder before cooking. Put 2 tbs. of oil in a wok or pan. When oil is hot, quickly stir fry the beef. When lightly browned on all sides, remove meat from pan and set aside (it will be undercooked—Not to worry, the meat will return to the pan to finish cooking with the vegetables).

Add 2 more tbs. of oil to the same pan (do not wash before reusing, the juices from the meat will add flavor to the finished dish). When oil is hot, add broccoli. Stir fry until broccoli begins to soften, add sauce to pan. Continue stir frying broccoli until tender (or to your liking—do not overcook. When broccoli is al dente, add flank steak back to the pan and finish cooking until both meat and broccoli are done. Remove from heat and serve on plate. Goes well with rice.

Ginger Beef:

Cut flank steak along grain into 1 ½ inch strips (lengthwise cut). Turn strips and cut against the grain (this is important because cutting with the grain will make the meat chewy) into 1 inch julienne strips. Coat the pieces in the corn starch and shake off any excess powder before cooking. Put 2 tablespoons of oil in a wok or pan. When oil is hot, quickly stir fry the beef. When lightly browned

on all sides, remove meat from pan and set aside (it will be undercooked—Don't worry, the meat will return to the pan to finish cooking when the vegetables are cooking).

Add two more tbs. of oil to the same pan (do not wash before reusing, the juices from the meat will add flavor to the finished dish). When oil is hot, add ginger, minced garlic, and sliced scallions. Stir fry until ingredients begin to soften, add sauce to pan. Add flank steak back to the pan and finish cooking until meat is done. Remove from heat and serve on plate. Goes well with rice.

Beef Chow Fun:

Cut flank steak along grain into 1 ½ inch strips (lengthwise cut). Turn strips and cut against grain (this is important because cutting with the grain will make the meat chewy) into 1 inch julienne strips. Coat the pieces in the corn starch and shake off any excess powder before cooking. Put 2 tbs. of oil in a wok or pan. When oil is hot, quickly stir fry the beef. When lightly browned on all sides, remove meat from the pan and set aside (it will be undercooked—Don't worry, the meat will return to the pan to finish cooking with the vegetables).

Add 2 more tbs. of oil to the same pan (do not wash before reusing, the juices from the meat will add flavor to the finished dish). When oil is hot, add chow fun noodles and sauce. Add 2 ladles of chicken broth to the noodles and let come to a boil. Keep watch on noodles and add more broth to noodles if they become dry before they are soft and fully cooked. When noodles are al-dente, add flank steak back to the pan, add bean sprouts, and continue cooking until everything is heated through. Remove from heat and serve on plate. Goes well with rice.