

Gung Hay Fat Choy!

新年快樂

... everyday to gourmet ...

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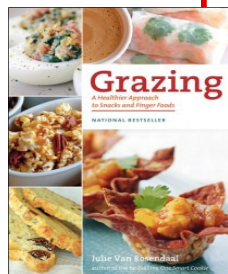
Delicious bits and bites from 'BEYOND' THE KITCHEN DOOR

Minced Chicken Lettuce Wraps

Julie Van Rosendaal's - **Grazing**

A lucky dish to bring in the Chinese Lunar New Year. Chicken symbolizes surplus. Bring on wealth by using a round head of iceberg lettuce for the wrap.

- 1 lb boneless, skinless chicken thighs; cut into 1/4" pieces
- 2 cups assorted fresh mushrooms, chopped
- 1 Tbsp vegetable oil
- 2 garlic cloves, crushed
- 1 Tbsp grated fresh ginger
- 1 red pepper, finely chopped
- salt and pepper
- 1/4 cup hoisin sauce
- 2 green onions, chopped
- 1/2 cup finely diced water chestnuts
- 1 iceberg lettuce



Heat wok over high heat. Add vegetable oil, stir-fry chicken until opaque. Remove and set aside. Add garlic and ginger; stir-fry 30 seconds (taking care not to burn). Add mushrooms and red pepper cooking until the moisture is released. Add water chestnuts, stir-fry 1 minute. Mix in chicken. Stir in hoisin sauce; toss to coat and heat through. Add green onions, salt and pepper. Remove from heat and set aside.

Wash lettuce; separate into leaves, spin dry. Transfer chicken mixture to a bowl and arrange on a platter with leaves around it.

To eat, place some chicken into a lettuce leaf, roll up and enjoy!

Halibut Steamed in Grape Leaves



- 12 tinned grape leaves, rinsed in water
- 1/2 cup coarsely chopped mint
- 1 Tbsp freshly chopped oregano
- 1 lb halibut, cut in 4 pieces
- kosher salt
- freshly ground black pepper

Lay 3 grape leaves on the counter with stem ends intersecting to form a triangle. Sprinkle 1/4 each of the oregano and mint in the middle. Season halibut with salt and pepper; place on top of herbs. Put 2 lemon slices on top of the halibut; fold grape leaves like an envelope. Repeat. Set in steamer; steam 5-7 minutes, until fish is firm to the touch.

2012
year of the dragon
Gung Hay Fat Choy

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Bamboo Steamer - Steaming, next to stir-frying is one of the oldest cooking methods in Chinese cuisine. The traditional steamer is constructed by hand of bamboo. Its slightly domed-shaped, double woven lid traps steam; it absorbs moisture and prevents condensation from dripping onto the food.



The Bamboo Steamer keeps vegetables crisp and retains their vitamins and minerals. Fish, meats and poultry cook quickly and maintain their flavour and nutrients. Steaming requires no fat and cooks quickly with a moist even heat.

Helpful hints on using a bamboo steamer:

- π Infuse flavour by placing food on a bed of herbs, scallions, bok choy, lemon slices, lettuce leaves, banana leaves or spinach.
- π Corn husks are perfect to use when heating tamales.
- π Allow enough head space under lid so steam can circulate around the food.
- π Bring water to a boil before placing food in the steamer.
- π The boiling water should not touch the steamer or food.
- π Be sure lid is securely in place to prevent steam from escaping.
- π A bamboo steamer is also excellent for reheating food, refreshing stale bread or rolls and keeping rice hot. Steamers are great for heating tortillas - wrap in a clean towel and steam until the tortillas are warm.
- π If using more than one tray, you don't need to switch positions. The hot steam is enough to cook the food in multiple trays.
- π For foods that won't release a lot of juice, such as dumplings, line steamers with a circle of parchment.
- π Open the steamer with lid facing away from you.
- π After each use clean the steamer with warm water and a soft cloth. Thoroughly air dry before storing.



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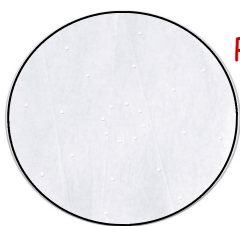
The Wok

For more than 2,000 years, the **wok** has been the essential tool of the Chinese kitchen. The **wok** is said to last an eternity when one cares for it with honour in daily life. In Chinese kitchens the **wok** is used for every cooking technique: stir-frying, deep-frying, pan-frying,

steaming, boiling, braising, poaching and smoking - creating eight distinct and treasured tastes.

Stir-frying, retains vegetables' crisp textures, natural flavours and vibrant colours. Fresh ingredients, prep, a hot wok and the following tips are all you'll need to cook an amazing meal.

- π Choose a flat bottom wok for the Western stove.
- π A sharp knife is essential for ease of preparation.
- π Cut meat, seafood into bite-size pieces before marinating.
- π Dice all vegetables into same-sized pieces for even cooking.
- π Dry vegetables to prevent stir-fries from becoming soggy.
- π At stove, arrange vegetables in the order they are cooked.
- π Mix the sauce before starting to cook.
- π Preheat wok - if cold oil is added to a cold wok, then heated, food will stick.
- π Keep the wok hot during cooking.
- π Keep a constant motion to maintain maximum exposure of ingredients to the heat.
- π Don't crowd a wok or the ingredients will steam not stir-fry.
- π Whether stir-frying meat or poultry, spread evenly across wok. Allow to cook undisturbed for 20-45 seconds. Stir-fry; spread again and let sear. Once browned, remove and set aside; return to wok along with sauce to heat through before serving.
- π When adding the final sauce, pour into the "well" made by pushing veggies up the side of wok; add meat; stir to thicken before tossing with other ingredients.
- π Stir-fry dishes should be eaten immediately.



Parchment Steamer Liners ...

The perforated parchment rounds are perfect to line your bamboo steamer. They prevent food from sticking while still allowing the steam to circulate.

TURMERIC RICE: *this is a beautiful yellow rice; neutral in flavour the rice shines like gold. Works well with a curry dish.*

2 cups long-grain rice
3 cups water
1/2 tsp ground turmeric*
1 1/2 tsp sugar
1 Tbsp vegetable oil
1 1/2 tsp minced garlic
1 tsp kosher salt*

Combine all ingredients in saucepan; mix well. Bring to a boil over medium heat, reduce to low, simmer uncovered about 6 minutes. Cover and continue cooking, undisturbed, until all the water is absorbed, about 10 minutes. Let stand for 10 minutes, then fluff with a fork and serve.

YAN - Quick & Easy

*Available at 'Beyond' the Kitchen Door

Stir-fry Bok Choy

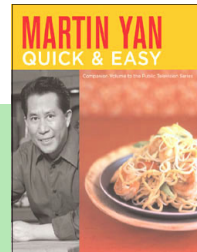
Sauce: 1/2 cup chicken broth 1/2 tsp sesame oil
1 tsp cornstarch 1/4 tsp white pepper
1 tsp black bean garlic sauce
2 Tbsp Chinese rice wine or dry sherry

Sauce: Combine ingredients in small bowl; stir to dissolve cornstarch.

1 lb baby bok choy, cut lengthwise into quarters
1 Tbsp vegetable oil 1 or 2 cloves garlic, minced

Heat wok until hot. Add oil, swirling to coat sides. Add garlic, cook, stirring until fragrant, about 10 seconds. Add bok choy, stir-fry until tender-crisp 1-2 minutes. Add sauce and cook, stirring until thickened and lightly coats bok choy, 30 seconds. Transfer to platter and serve.

Recipe from: Martin Yan - Quick & Easy



Lucky Foods for the Chinese New Year

New Year is the most important festivity of the traditional Chinese holidays. Along with family, food is considered the centerpiece of this ancient celebration. It's customary to eat carefully chosen foods to influence one's fate in the upcoming New Year.

Care is taken to serve an even number of dishes during the New Year's dinner to bestow "double happiness" on the family. Rice, symbolic of the blessings in life, must be received and enjoyed in abundance. Serving chicken symbolizes family togetherness and prosperity. Uncut noodles represent longevity and are served in hope everyone has a long life. Both clams and spring rolls symbolize money for the coming year. Serving a whole fish brings abundance as well as a good beginning and ending for the coming year. Dumplings look like the golden ingots used during the Ming Dynasty, so serving them (especially stuffed with pork) brings the promise of wealth; duck represents happiness. Round foods such as meatballs portray completeness and are symbolic of reunion.



Chopsticks... Not all chopsticks are created equal: Chinese chopsticks have blunt ends; Japanese chopsticks have pointed ends.



Bamboo Tools ...

The essential bamboo tools for Asian cooking include a rice paddle, slotted spatula, stir-fry spatula and spider skimmer.

Why bamboo is a perfect choice. It's dishwasher safe and heat resistant for high cooking temperatures. The bamboo tools won't scratch non-stick or stainless steel pots and pans.