Several Simple Chinese Food Practices

I think a lot of people want to make delicious Chinese food by themselves. In this article I mainly introduces three courses：Spicy boiled fish ；Steamed pork with rice flour；Braised pork

By ： Yawen Zhang　10608111　Class 2

Spicy boiled fish



Ingredients: fish, bean curd, soybean sprout, dry ginger, garlic, coriander, spring onion, pepper, Chinese prickly ash bean sauce, pepper

Method:

1. Wash fish head and cut into small pieces, add cooking wine, salt, chicken essence, pepper for 10 minutes

2. Cut tofu into small pieces; get ready some boiled water; put the boiled yellow bean sprouts at the edge of dish

3. Heat the pan, add ginger, onion for sauté; then add pepper, dried chili till the fragrance comes out, broad bean paste into the stir-fried to red oil

4. Add the marinated fish into boiling water and cook for 5 minutes with some stirs; then add tofu for 15 minutes; add salt for flavoring and also spring onions on the top.

5. Add oil in the pan, heat up, put Chinese prickly ash hot pepper, fry till the fish smells fragrant, and dish up.

Steamed pork with rice flour



Ingredients: 750 g pork, 2 two clear soup.

Seasonings: 20 g shredded green onion, 15 g shredded ginger, 50 g spice, 3 spoon refined salt, 100 g soy sauce, 1000 g peanut oil.

Method:

1. Wash the pork, and cut into three inch long, 5 points thick slice; place the meat into a bowl, and add refined salt.

2. Add one single spoon of peanut oil, fry for about 5 minutes till it is medium-well cooked and turns out golden.

3. The skin at the hem on the coarse bowls, sprinkle with green onion shredded ginger.

4. The bowl in a clear soup, sweet bad smooth hind, with clean white gauze filter, add soy sauce, salt water and pour on the

meat.

5. Braise for two and a half hours. Remove the basin.

Braised pork



Ingredients:

150 g lean pork, 2 g soy sauce, 6 g refined salt, 8 g vinegar, 10 g sugar, 60 g chopped green onion, 5 g ginger, 3 g rice, 4 g garlic, 20 g red pepper, 65 g cooking wine plus adequate flour and salad oil

Method:

1, Cut pork into 0.2 cm fascia, and roll into tubular, then cut the pork into thick shredded meat about the size of a matchstick; add 1 g salt, cooking wine and water in the bowl to be malaxated evenly, add the flour.

2, Put white sugar, soy sauce, salt, vinegar into the bowl, add a small amount of water and flour for flavoring.

3, Place salad oil in the pan, stir-fry the pork up and down quickly in medium hot salad oil till the pork turn white; add into red pepper, rice, ginger, garlic till the smell of garlic

comes out. Dish up in to the plate, pour the ready flavoring, chopped green onion and some vinegar.