

Vegetable Spring Rolls

Servings: 5

Ingredients

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| • 2-4 cloves garlic, minced | • 1 tbsp oyster sauce | Dipping Sauce: |
| • 250g cabbage, shredded/thinly sliced | • 1 tsp white pepper | • 3 Tbsp Sweet chili sauce |
| • 60g carrot, julienned | • 1 tbsp sesame oil | • 1 Tbsp Lime juice |
| • 200g vermicelli noodles | • 20g spring onion, thinly sliced | • 1 tsp Sesame oil |
| • 2 tsp salt | • 10 spring roll wrappers | |
| • 2 tbsp soy sauce | • Vegetable oil for frying | |

Directions

1. Soak vermicelli noodles in hot water for at least 5 minutes.
2. In a bowl, combine minced garlic, shredded cabbage, julienned carrots, salt soy sauce, oyster sauce, white pepper, spring onion and sesame oil.
3. Strain and dry the vermicelli noodles and add to the rest of the ingredients in the bowl.
4. Season accordingly, you may adjust the salt for your own preference.
5. To wrap the spring rolls, follow the Chef's demonstration.

For dipping sauce:

6. Mix all the ingredients together, add salt if needed and set aside.

Frying the spring rolls:

7. Use vegetable oil and any light oil for frying and heat it up to 350° F.
8. Drop the spring rolls carefully and fry them for 8-10 minutes depending on the thickness of the rolls.
9. Once its golden brown, set it aside on a strainer or on a paper towel to get rid of some oil.

Note: The spring rolls can be premade and kept in the freezer for some time, as long as they are well stored in a container or freezer bags.

Sweet and Sour Chicken

Servings: 3–4

Ingredients

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| <ul style="list-style-type: none"> • 300g chicken breast or thigh, boneless skinless, cut into small bite size pieces • ½ onion, diced • 2 cloves garlic, finely chopped • ½ red bell pepper, diced • ½ green bell pepper, diced • 10 pineapple chunks, diced (save the juice) • 1 tbsp vegetable oil • Oil for deep fry | <p>Marinade and Coating:</p> <ul style="list-style-type: none"> • 1 cup corn starch, add more if needed • 1 egg white • 1 tbsp light soy sauce • 2 tsp sugar • 1 tsp sesame oil • ¼ tsp white pepper • 1 clove garlic, minced | <p>Sweet and sour sauce:</p> <ul style="list-style-type: none"> • 2 tbsp white or malt/rice vinegar • 4 tbsp brown/white sugar or honey • ½ cup chicken stock or water • 3 tbsp tomato ketchup • 2 tsp tomato puree or tomato paste/concentrate • 2 tbsp pineapple juice (saved from the can) • 1 tsp corn starch • 1 tsp salt |
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Directions

1. Cut the chicken into small bite size pieces. Marinate with sesame oil, light soy sauce, sugar, white pepper, and minced garlic for at least 10 minutes. Mix all the sauce ingredients in a bowl and set it aside.
2. Take one egg white into the marinated chicken pieces and mix it well. Then dredge the chicken into the corn starch and separate each chicken pieces. Add more flour if needed. Toss the excess flour out before frying.
3. Heat the vegetable oil into high heat for about 350° F. Add the coated chicken pieces and deep fry for 4-5 mins until crispy golden brown. Remove from oil and transfer to a strainer or a paper towel.
4. In a large wok or pan, drizzle 1 tablespoon of oil and stir fry the chopped garlic for few seconds. Then follow with the onion and bell pepper slices for 1 minute.
5. Next, pour the sweet and sour sauce mixture in. Stir well until the sauce become thick and glossy, then add the pineapple chunks and the fried chicken pieces.
6. Toss well to combine everything evenly for 1-2 minutes. Transfer to serving plate and serve immediately.



Hong Kong Style Egg Tart

Servings: 6

Ingredients

- 90ml water
- 38g white sugar
- 1 large egg
- 15ml evaporated milk
- 6 unbaked tart shells (3-inch)

Directions

1. Preheat the oven to 425° F (220° C).
2. Combine water and sugar in a saucepan and bring to a boil. Cook until sugar dissolves. Remove from heat and cool to room temperature.
3. Beat eggs in a large bowl. Add evaporated milk and continue beating until combined. Add sugar water, and mix until well combined. Place tart shells on a baking sheet. Strain custard through a sieve into a large cup with a spout. Fill tart shells.
4. Bake in the preheated oven until custard puffs slightly and is mostly firm, about 20 minutes.



- 2 bulbs garlic
- 1 whole cabbage
- 2 large carrots
- 1 pack vermicelli noodles
- Salt
- Ground white pepper
- Soy sauce
- Sesame oil
- 1 bunch spring onion
- 1 bottle (200ml) sweet chili sauce
- Lime juice
- 4-5 medium size spring roll wrappers
- Vegetable oil
- 300g boneless skinless chicken breasts or thighs
- 3-4 onions
- 3 red bell peppers
- 3 green bell peppers
- 2 cans pineapple chunks
- Corn starch
- 1 dozen large eggs
- Ketchup
- 1 small can tomato puree
- Brown sugar
- White sugar
- Evaporated milk
- 6 tart shells