

## **Session #11: China**

### **1. Egg Fried Rice 蛋炒饭**

#### **Ingredients:**

- 4 cups of cooked, cooled Jasmine rice
- 3 tbsp cooking oil
- 4 eggs beaten with a pinch of salt
- 2 tbsp soy sauce
- Pinch of salt
- 4 green onions, sliced

#### **Directions:**

*Heat the 2 tbsp of oil in a pan, add and scramble in the 4 beaten eggs. Add 1 tbsp oil and the 4 cups of rice and leave to fry for 2 minutes. Add in the soy sauce, pinch of salt and mix. Turn off the heat and then add in the green onions.*

### **2. Lion's Head Meatballs 紅燒獅子頭**

#### **Ingredients:**

- 1 lb ground beef (440g)
- 10 baby bok choy (or 2-3 leaves napa cabbage, cut to strips)
- 1 ½ tbsp rice wine (or regular white wine)
- 1 tsp salt
- 3 tbsp soy sauce
- 1 tsp sesame oil
- 1 ½ tsp sugar
- 1 tbsp oil
- 2 tsp potato starch (or cornstarch)
- 1 spring onion, cut to 1" lengths
- 1 tbsp ginger, cut to matchsticks
- 1 cup rice wine (or regular white wine)
- 2 cups chicken broth

#### **Directions:**

*Mix beef with the 1 ½ tbsp of rice wine, salt, soy sauce, sesame oil and sugar, stirring in only one direction until the mixture comes together as a paste. Let it marinate for 15 minutes. Stir in the oil and starch (again in one direction) just before frying.*

*Heat up wok (or sauté pan as a substitute) to medium high heat. Add 1 tbsp oil to the hot wok, quickly form the meat mixture into 3 large meatballs, and then carefully fry the meatballs until golden brown all around (the key is to ensure they are browned all around). Add a splash more of oil if needed and then toss in the green onion and ginger and stir fry for 15 seconds until fragrant. If using Napa cabbage, add to your pot now, underneath the meatballs. Add rice wine and chicken broth (make sure stock covers the meatballs) and cover the pot. Once the stock boils, lower the heat to the lowest possible and cook covered for 45 minutes. Check on it occasionally and top up the stock as needed. Ten minutes before time is up, add your bok choy (if using) and cover.*

***Looking forward to learning & cooking with you soon!***

***Shani***