



Fried Rice

INGREDIENTS:

- 3 cups cooked rice
- 2 tablespoons of sesame oil
- 1 small white onion chopped
- 1 cup frozen peas and carrots, thawed
- 1 cup of bean sprouts
- 2 cans of baby shrimp
- 2-3 Tablespoons soy sauce (more to taste)
- 2 tablespoons of oyster sauce
- 2- 3 eggs, lightly beaten
- 2 tablespoon of chopped green onions (optional)

DIRECTIONS:

1. Preheat a large skillet or wok to medium heat. Pour sesame oil in the bottom. Add white onion and peas and carrots, bean sprouts and fry until tender, then add shrimp and cook until shrimp is heated through 1-2 minutes.
2. Then push the onion, peas and carrots to the side, and pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix.
3. Add the rice to the veggie and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until heated through and combined. Add chopped green onions if desired.

COOKING SKILLS ACADEMY

INGREDIENTS:

- 3 boneless chicken breasts
- 3 tablespoons of oil
- 1 package of frozen pea pods
- 1 can of bamboo shoots
- 1 can of sliced water chestnuts
- 1 cup of chopped onions
- 1/2 teaspoon of pepper and garlic salt
- 2 teaspoons of salt
- 1 cup of chicken stock
- 2 tablespoons of cornstarch

Moo Goo Gai Pan

DIRECTIONS:

1. Cut chicken into bite size pieces and cook in oil until browned and cooked through. Add pea pods, bamboo shoots and onions.
2. Blend in seasoning stirring constantly. Mix in cornstarch with stock to make slurry and then add to mixture. Stir constantly until thickened (add more stock if needed). Serve over white rice or fried rice.



Pot Stickers

INGREDIENTS:

- ½ pound ground pork
- 2 cups mined oriental stir fry mix
- 3 cloves of minced garlic
- 2 scallions minced
- ½ teaspoon of sesame oil
- 1 teaspoon of oyster sauce
- 1 teaspoon of Chinese rice wine
- 1 teaspoon of cornstarch
- 1 1/2 Fresh grated ginger
- Salt and pepper
- Round won ton wrappers
- Canola Oil
- Chicken stock or water

DIRECTIONS:

1. In a bowl mix together the cabbage and salt and let stand for 30 minutes to draw out the water from the cabbage. Using your hands and a kitchen towel, wring out as much of the water from the cabbage as possible. Put the cabbage in a clean bowl and add the mushrooms, pork, chives, soy sauce, sesame oil, rice wine, ginger, garlic, cornstarch and white pepper. Using a rubber spatula, mix vigorously to combine the ingredients well.
2. Lightly flour a baking sheet. To fill each pot sticker, place a wonton wrapper on a work surface and brush the edges with water; keep the other wrappers covered with a slightly damp kitchen towel to prevent them from drying out. Place 1 tsp. filling in the center of the wrapper fold the wrapper in half to enclose the filling and pleat the outer edge. Place the pot sticker on the prepared baking sheet. Repeat with the remaining wrappers and filling.
3. In a large nonstick fry pan over medium-high heat, warm 1 Tbs. of the canola oil.
4. Add 10 to 12 pot stickers, flat bottom down and in a single layer. Sear until golden brown on the bottom, 3 to 4 minutes. Pour ¼ cup of the stock into the pan, cover and let steam until all the stock evaporates and the filling is cooked through 4 to 5 minutes. Cook the remaining pot stickers and stock in batches. Serve the pot stickers hot with the dipping sauce.