

Chinese Fried Rice

Type: Main

Serves: 30

Recipe source: Taste.com.au

Fresh from the garden: eggs, green onions

EQUIPMENT:	INGREDIENTS:
Bowls	2 cups (380g) SunRice Long Grain Brown Rice
Chopping board	olive oil cooking spray
Cooks knives	4 eggs, lightly beaten
Frying pan/wok	125g packet 97% fat-free bacon, chopped
Wooden spoon	1/2 teaspoon sesame oil
Measuring cups & spoons	4 green onions, sliced
Saucepan	500g cooked prawns, peeled, halved
Colander	1 cup frozen peas
Whisk	1 cup beansprouts, trimmed
	2 tablespoons light reduced-salt soy sauce

What to do:

1. Cook rice in a saucepan of boiling salted water for 30 to 35 minutes or until tender.
2. Drain.
3. Rinse under cold water.
4. Set aside.
5. Heat a wok over medium-high heat. Spray with oil.
6. Pour in half the egg.
7. Swirl to coat.
8. Cook for 1 minute or until just set.
9. Remove to a board. Roll up.
10. Stand for 1 minute.
11. Repeat with remaining egg. Thinly slice.
12. Increase stovetop heat to high. Spray wok with oil.
13. Add bacon. Stir-fry for 3 to 4 minutes or until golden.
14. Add oil, onions, prawns and peas.
15. Stir-fry for 1 minute.
16. Add rice.
17. Stir-fry for 3 minutes or until heated through.
18. Add egg, sprouts and soy sauce.
19. Stir-fry until combined.
20. Serve.

Spring Rolls

Type: Main/Snack

Serves: 30

Recipe source: Taste.com.au

From the garden: garlic, wom bok, carrot

EQUIPMENT:	INGREDIENTS:
Bowls	2 cups vegetable oil
Chopping board	3 garlic cloves, finely chopped
Cooks knives	3 cups finely shredded wombok (Chinese cabbage)
Wooden spoon	2 medium carrots, peeled, grated
Measuring cups & spoons	1 tablespoon cornflour
Frypan/Wok	1 tablespoon oyster sauce
Clean tea towel	1 tablespoon soy sauce
Pastry brush	1 cup beansprouts, trimmed
Baking tray	10 frozen spring roll wrappers, thawed
Slotted spoon	Sweet and sour sauce, to serve
Baking paper	

What to do:

1. Heat a wok over high heat. Add 1 tablespoon oil.
2. Swirl to coat.
3. Stir-fry garlic, cabbage, and carrot for 1 to 2 minutes or until just wilted.
4. Add cornflour, oyster sauce, soy sauce and beansprouts to wok.
5. Stir-fry for 1 minute or until slightly thickened.
6. Transfer mixture to a heatproof bowl.
7. Set aside to cool.
8. Wash and dry wok.
9. Place 1 spring roll wrapper on a flat surface with 1 corner facing you.
10. Cover remaining wrappers with a dry tea towel to prevent them from drying out.
11. Place 2 tablespoons cabbage mixture across corner.
12. Fold corner over filling. Roll up firmly to enclose, folding in edges.
13. Brush final corner with cold water to seal.
14. Place on a tray lined with baking paper.
15. Repeat with remaining ingredients.
16. Pour remaining oil into wok. Heat over medium-high heat.
17. Cook spring rolls, in batches, for 3 to 4 minutes or until golden.
18. Using a slotted spoon, remove from wok. Drain on paper towel.
19. Serve spring rolls with sweet and sour sauce.

Sang Choy Bow

Type: Main Serves: 30 tastes

Recipe source: Healthy Food Fast

Fresh from the garden: Lettuce, shallot, ginger, garlic, celery, capsicum, mung bean shoots, mushrooms.

EQUIPMENT:

Wok or frypan
Measuring spoons
Garlic crusher
Measuring cups
2 x wooden spoons
Bowls
Knives
Chopping boards

For serving:

Serving platter
Tongs

INGREDIENTS:

500g minced lean pork
1 tablespoons olive oil
6 spring onions, finely chopped
2 garlic cloves, crushed
1 medium red capsicum, seeded & diced
2 small piece ginger, peeled and chopped
1 stick celery, diced
100g button mushrooms, diced
1 cup cooked rice
1 teaspoon cornflour
2 tablespoons soy sauce
1 tablespoon fish sauce
1 tablespoon rice wine vinegar
1 tablespoon chilli sauce
1 cup mung bean shoots
Lettuce leaves/cups

What to do:

1. Heat oil in wok or frypan.
2. Cook pork quickly until separate and cooked through then set aside leaving oil in pan.
3. Place onions, garlic, ginger, celery, capsicum, mushroom and rice into the hot pan gently stirring until softened.
4. Return the pork to the pan and mix well.
5. Combine cornflour, sauces and vinegar in a small bowl, add to the pork mixture with the bean shoots and stir through until bean shoots are wilted and mixture has thickened slightly.
6. Spoon the filling onto the lettuce leaf.

Serving suggestion: Place leaves on a platter and pork mixture in a bowl and allow diners to fill each leaf with mixture, roll into a parcel and eat with their fingers.

Chow Mein Noodles

Type: Main Serves: 30 tastes

Recipe source: Taste.com.au

Fresh from the garden: Cauliflower, garlic, baby corn, snow peas, brown onions, ginger, green cabbage.

EQUIPMENT:	INGREDIENTS:
Wok or frypan Measuring spoons Garlic crusher Measuring cups 2 x wooden spoons Bowls Knives Chopping boards	2 tablespoons rice bran oil 2 medium brown onions, halved, thinly sliced 2 garlic cloves, thinly sliced 2cm piece fresh ginger, peeled, finely grated 1/2 small cauliflower, cut into small florets 125g packet fresh baby corn 80g snow peas, trimmed 1 cup roughly chopped green cabbage 1/3 cup oyster sauce 1/2 teaspoon ground white pepper 1 teaspoon cornflour 1/2 cup chicken style liquid stock 227g packet chow mein noodles
For serving: Serving platter Large serving spoon	

What to do:

1. Heat a wok over high heat. Add oil.
2. Swirl to coat.
3. Add onion, garlic and ginger.
4. Stir-fry for 1 minute or until fragrant.
5. Add cauliflower and corn.
6. Stir-fry for 2 minutes or until just tender.
7. Add snow peas, cabbage, oyster sauce and pepper.
8. Stir-fry for 2 minutes.
9. Place cornflour in a bowl. Add stock, stirring until smooth.
10. Add to vegetable mixture. Stir-fry for 1 to 2 minutes or until sauce begins to thicken.
11. Add noodles.
12. Toss to combine.
13. Serve.

Chinese Steamed Bun Dough

Type: Main

Serves: 30

Recipe source: Taste.com.au

Fresh from the garden:

EQUIPMENT:	INGREDIENTS:
Bowls	3 cups flour
Chopping board	1 1/2 tablespoons caster sugar
Cooks knives	2 teaspoons instant dried yeast
Frying pan/wok	2 teaspoons baking powder
Wooden spoon	1 cup warm water
Measuring cups & spoons	20g butter, at room temperature
Saucepan	
Colander	
Whisk	

What to do:

1. Place flour, sugar, yeast and baking powder in bowl of an electric beater fitted with a dough hook.
2. Knead to combine. Add water and butter and knead on medium speed for 3-4 minutes or until a smooth dough.
3. Cover bowl with plastic wrap. Stand in a warm, draught-free place for 1 hour or until tripled in size.
4. Cut sixteen 12cm square pieces of baking paper.
5. Punch dough back with fist. Turn onto a lightly floured surface.
6. Cover dough with plastic wrap when not working with it. Divide dough into 2 batches. Roll each batch into a log. Cut each log into 8 pieces (keep dough covered with plastic wrap). Roll pieces into balls.
7. To make filled buns, roll each ball into a 10cm circle. Fill with a savoury meat or vegetable mixture or with a sweet mixture such as red beans. Fold over circle to enclose filling.
8. Pinch edges together and twist to form a ball shape. Place on baking paper square. To cook, place in a steamer above a saucepan of boiling water and steam for 15 minutes.
9. To make pancakes, roll each ball into a 10cm circle. Place on baking paper square. To cook, place in a steamer above a saucepan of boiling water and steam for 15 minutes.