

## SHOW 518

**BEIGNETS DE POISSON AUX LEGUMES VARIES**  
**FISH FRITTERS WITH MIXED VEGETABLES**
**SALADE DE CHOUX EPICE**  
**SPICY CABBAGE SALAD**
**GATEAU AUX NOIX CUIT A LA VAPEUR**  
**STEAMED WALNUT CAKE**

Today's Chinese menu illustrates three different methods of Chinese cooking. The first recipe, Fish Fritters with Mixed Vegetables, deep-fries batter coated morsels of fish as the first step in the process. The second step uses the stir-fry method to saute mushrooms, snow peas, and water chestnuts and develops a sauce with cornstarch and chicken stock. The deep-fried fish then joins the stir-fried vegetables and sauce to provide a dish to savor.

The third method of cooking, steaming, produces a walnut cake for a moist and nutty sweet dessert to end our Chinese meal.

To accompany the fish and vegetables we prepare a salad of cabbage marinated in a spicy soy sauce dressing.

**SALADE DE CHOUX EPICE**

1 small	Cabbage, cut in 1 inch squares
1	Dried red pepper
4 tbs	Soy sauce
4 tbs	White vinegar
2 tbs	Peanut oil
1 tbs	Sesame oil
1 tsp	Salt

**SPICY CABBAGE SALAD**

- Place cabbage in a colander, wash and let dry.
- Combine red pepper, soy sauce, vinegar, peanut and sesame oils and salt in a saucepan.
- Bring to a boil.
- Pour over the cabbage.
- Toss well.
- Cool and refrigerate for twenty-four hours.
- Toss and serve.


**BEIGNETS DE POISSON AUX LEGUMES VARIES**
**FISH FRITTERS WITH MIXED VEGETABLES**

2 lbs	Fish, cut into 1 x 2 inch pieces
1 tsp	Salt
¾ cup	Flour
2 tbs	Baking powder
1 cup	Water
½ cup	Peanut oil
3 tbs	Cornstarch
½ cup	Chicken stock
2 cups	Additional peanut oil for deep frying
2 tbs	Additional peanut oil for stir-frying
1 lb	Mushrooms, sliced
½ lb	Snow peas
1 cup	Water chestnuts, sliced

- Sprinkle fish with salt and let stand for fifteen minutes.
- Blend together the flour, baking powder, water and peanut oil.
- Blend together the cornstarch and chicken stock.
- Heat additional oil for deep frying in a skillet to 380 degrees.
- Dry fish and dip in batter.
- Deep fry a few pieces at a time.
- Remove to paper towels and keep warm.
- Add additional oil for stir-frying to a heated wok.
- Stir-fry the mushrooms for one minute.
- Add snow peas and toss for two minutes.
- Add water chestnuts and dissolved cornstarch and chicken stock.
- Toss three minutes until sauce thickens.
- Return fish to the wok.
- Stir-fry for two minutes.
- Transfer to a serving platter.

**GATEAU AUX NOIX CUIT A LA VAPEUR**
**STEAMED WALNUT CAKE**

3	Egg whites
1 pinch	Cream of tartar
3	Egg yolks
¾ cup	Sugar
¼ cup	Peanut oil
1¼ cups	Flour
6 tbs	Water
½ cup	Walnuts, chopped

- Beat the egg whites with the cream of tartar until stiff.
- Combine the egg yolks, sugar and oil and blend until pale yellow.
- Add the flour and water gradually, blending well.
- Fold in the egg whites.
- Add the walnuts and blend into batter.
- Pour into an eight inch cake pan or mold.
- Steam over simmering water for one hour.
- Remove cake and let cool.
- Cut into slices.

