

Gourmet Cooking, Volume 3, pg 114 and 115
SHOW 303
Recorded 1/22/1989

Today's menu is not only tasty but colorful and fun. It features several interesting Chinese ingredients and unusual presentations.

Our first recipe-Stir-Fried Shrimp and Chinese Vegetables-combines many familiar ingredients shrimp, green onions, mushrooms, broccoli, snow peas, and bamboo shoots. These ingredients are bound together in a sauce of chicken stock, sherry, and soy sauce thickened with cornstarch. However, what makes this dish unusual is the second recipe-Chinese Noodle Baskets-which becomes a container for the shrimp mixture. Chinese egg noodles (available in Oriental stores) are first blanched in boiling water and drained. They then line a metal strainer and compressed with a second strainer, then deep fried. When drained, they become a crispy and delicious bowl for the shrimp and vegetables.

Our third offering presents two unusual ingredients-Bean Curd and Oyster Sauce. Bean curd (doufu in Chinese and tofu in Japanese) is made by the cooking of ground soybeans producing a soy milk which is then cured and pressed into shape like a cheese (the French name Fromage de Soja-translate into soy cheese). Bland in taste, it has the characteristic of taking on the flavors of the foods with which it is cooked. When fried, it forms a crusty outside and maintains a creamy inside.

Oyster sauce, a savory sauce, made from oysters and spices has a wonderful aroma-more meaty than fishy-and is a great taste enhancer for the doufu and vegetables. I love bean curd, especially stir-fried, and this is one of the best recipes I have experienced. I know you will enjoy it.

SAUTE DE CREVETTES ET LEGUMES CHINOIS STIR-FRY SHRIMP AND CHINESE VEGETABLES

1/2 cup Chicken stock
1/4 cup Sherry
2 tbs Soy sauce
2 tbs Cornstarch
1/4 tsp Sugar
2 cloves Garlic, sliced
2 tbs Ginger root, shredded
1 1/2 lbs Shrimp, peeled and deveined
1/2 cup Green onions, sliced
1/2 cup Mushrooms, sliced
1/2 cup Broccoli flowerettes
1/2 cup Snow peas, sliced
1/2 cup Bamboo shoots, sliced

- Combine chicken stock, sherry, soy sauce, cornstarch, and sugar.
- Set aside.
- Stir-fry garlic and ginger root about 30 seconds.
- Add shrimp and stir-fry about 3 minutes.
- Add green onion and toss.
- Add mushrooms, broccoli, snow peas, and bamboo shoots.
- Fry about 2 minutes.
- Add reserved sauce mixture.
- Cook until boiling and thickened.
- Serve in noodle baskets.

NOUILLES CHINOISES FRIT EN CORBIELLE CHINESE NOODLE BASKETS

1/2 lb Package Chinese egg noodles (Ramon)
Peanut oil for deep frying

- Boil noodles in salted water until tender. Follow package directions.
- Drain well on towels several hours.
- Oil an all metal strainer well.
- Line the strainer with noodles.
- Oil a second metal strainer.
- Place over noodles inside first strainer.
- Holding strainers together, lower into medium high oil (375 degrees).
- Fry about 3 minutes, until golden.
- Remove strainers to paper towels.
- Carefully separate top strainer.
- Remove noodles from bottom strainer.
- Repeat until desired baskets are cooked.
- Fill with stir-fry recipe of your choice.

FROMAGE DE SOJA A LA SAUCE D'HUITRE BEAN CURD WITH OYSTER SAUCE

1/2 cup Chicken stock
2 tbs Cornstarch
1/4 cup Oyster sauce
1/4 cup Sherry
1/4 cup Soy sauce
1 tbs Peanut oil
1 lb Bean curd (tofu)
2 tbs Additional peanut oil
10 Green onions, sliced
4 stalks Celery, sliced
2 medium Peppers, sliced
1/2 lb Mushrooms, sliced

- Blend together the stock, cornstarch, oyster sauce, sherry, and soy sauce.
- Reserve.
- Cube bean curd into 1/2 inch pieces.
- Heat oil to high heat in wok.
- Gently toss cubed bean curd about 3 minutes, until browned.
- Remove and set aside.
- Add additional oil to wok.
- Stir-fry the onions, celery, peppers, and mushrooms about 1 minute.
- Return bean curd to wok and combine with vegetables.
- Add the reserved sauce.
- Stir about 1 minute more.
- Turn into a serving platter.