

Central Market
H • E • B SM

COOKING SCHOOL

with

Grace Young

Wisdom Of The Chinese Kitchen

April 29, 2012

5:00 – 7:30PM

Hoisin Glazed Barbecued Spareribs

2 pounds lean pork spareribs, well trimmed

1/4 cup sugar

1 tablespoon soy sauce

1 tablespoon black or dark soy sauce

1 tablespoon hoisin sauce

1 tablespoon ground bean sauce

1 tablespoon dry sherry or Shao Hsing rice wine

1 tablespoon oyster sauce

1 teaspoon Asian sesame oil

1/4 teaspoon ground white pepper

3 tablespoon honey

Cilantro sprigs, optional

1. Cut the spareribs into 2 equal pieces. Remove any visible fat pockets. Lightly score the spareribs on the meat side, and place them in a large shallow bowl. Sprinkle sugar on both sides of the ribs, using more on the meaty side. Set aside to marinate for 15 minutes. Pour off any excess liquid.
2. In a small bowl combine the soy sauce and black soy sauce. Add the hoisin sauce, bean sauce, sherry, oyster sauce, sesame oil, and pepper and stir to combine. Pour over the spareribs making sure the spareribs are well coated. Loosely cover the ribs with plastic wrap and marinate overnight in the refrigerator.

3. Preheat the oven to 500 degrees. Place a rack in a roasting pan and add enough water so that the water reaches a depth of 1/2 inch in the pan. Just before roasting use a teaspoon to evenly drizzle honey on the spareribs on the meaty side. Place the marinated spareribs meat-side up on the rack, leaving about 1 inch of space between the two pieces.
4. Carefully place the pan in the oven and roast 30 minutes. Monitor the water level in the roasting pan to make sure it never falls below 1/4 inch. Carefully remove the roasting pan of ribs from the oven.
5. Preheat the broiler. Place the roasting pan of ribs 4 inches from the heat and broil 5 to 10 minutes, or until the spareribs have a sugar crust similar to the crust on a baked ham. Carefully remove the spareribs from the oven and set on a platter to cool 15 minutes. Cut the spareribs into individual ribs and serve immediately or at room temperature. Garnish with cilantro if desired. Serves 4 to 6 as part of a multicourse meal.

Scallion Pancakes

2 cups all-purpose flour, plus additional flour for kneading

3/4 teaspoon sugar

2 teaspoons sesame oil

1 1/4 plus 1/2 teaspoon salt

1/2 cup minced scallions

2/3 cup vegetable oil

1. In a medium bowl combine flour and sugar. Stir in 2/3 cup boiling water, mixing flour and water just until flour absorbs all the water. Gradually stir in enough cold water (1/4 to 1/3 cup) so that a dough is formed and pulls away from the sides of the bowl. The dough should not be sticky.
2. Remove dough from the bowl and knead on a lightly dusted board with floured hands 3 to 5 minutes, or until the dough is smooth and elastic, adding more flour if necessary. Lightly cover with a dampened cloth and allow to rest for 1 hour.
3. Redust surface and hands with flour, and knead again for a few minutes or until smooth. Divide the dough into 4 equal pieces. As you work, always cover any unused dough with a lightly damp cloth. Using a floured rolling pin, roll each section into a 7-inch round. Lightly brush each round with sesame oil. Evenly sprinkle 1/4 teaspoon salt and 2 tablespoons scallions on each round, and then tightly roll each round into a fat rope. Tightly coil each rope, pinching the end of the rope into the dough to seal. Cover with a lightly damp cloth and allow to rest

15 to 20 minutes. Redust surface with flour, and using a floured rolling pin, roll each coiled bun into 7-inch rounds.

4. In a 14-inch flat-bottomed wok or skillet, heat vegetable oil over medium-high heat until oil is hot but not smoking. Carefully add one scallion round and fry 1 to 2 minutes, until golden. Carefully turn cake over and fry 30 seconds to 1 minute, or until golden brown. As the cake fries, lightly press the center with a metal spatula to make sure center is cooked. Transfer each cake to a plate lined with several thicknesses of paper towels. Continue frying the remaining scallion rounds one at a time. Sprinkle with remaining 1/2 teaspoon salt. Set oil aside to cool before discarding. Cut cakes into 6 to 8 wedges and serve immediately.

Cashew Chicken

6 Chinese dried mushrooms

12 ounces skinless, boneless chicken breast or thigh

2 tablespoons soy sauce

1 teaspoon dry sherry or rice wine

1 teaspoon cornstarch

$\frac{1}{4}$ teaspoon sugar

$\frac{1}{4}$ teaspoon salt

2 tablespoons vegetable oil

3 slices ginger, smashed

1 teaspoon finely minced garlic

1 red bell pepper, cut into 1-inch squares

$\frac{3}{4}$ cup roasted cashew nuts

1. In a medium bowl, soak the mushrooms in $\frac{1}{3}$ cup cold water for 30 minutes, or until softened. Drain and squeeze dry, reserving the soaking liquid. Cut off and discard the stems, and thinly slice the caps.
2. Remove any visible tendons from the chicken. Cut chicken into 1-inch cubes. In a medium bowl, combine the chicken, 1 tablespoon of the soy sauce, sherry, cornstarch, sugar, and salt. Stir to combine and set aside.
3. Heat a 14-inch flat-bottomed wok or 12-inch skillet over high heat until a bead of water vaporizes within 1 to 2 seconds. Swirl in 1 tablespoon of the oil and add the ginger, and stir-fry 30 seconds. Carefully add the chicken mixture, spreading it evenly

in the wok. Cook, undisturbed, 1 minute letting chicken begin to brown. Then, using a metal spatula, stir-fry 1 to 2 minutes, or until the chicken is browned on all sides but not cooked through. Transfer chicken to a plate and set aside.

4. Add the remaining 1 tablespoon oil to the wok and then add garlic, mushrooms, and red pepper and stir-fry 1 minute. Swirl in reserved mushroom soaking liquid and stir-fry until almost all the liquid has evaporated, about 1 minute.

5. Return the chicken to the wok with any juices that have accumulated, along with the cashews and the remaining 1 tablespoon of soy sauce and stir-fry 1 to 2 minutes, or until the chicken is cooked through. Serve immediately. Serves 4 with rice.

Stir-Fried Shrimp and Asparagus with Black Bean Sauce

2 tablespoons Chinese dried black beans

2 tablespoons soy sauce

2 tablespoons dry sherry or rice wine

1 tablespoon finely minced garlic

1 tablespoon finely minced ginger

¼ teaspoon Asian sesame oil

½ jalapeno pepper, seeded and finely chopped

1 pound asparagus

¼ teaspoon salt

2 tablespoons vegetable oil

1 pound large shrimp, peeled and deveined

1. Rinse the black beans in several changes of cold water and drain. In a small bowl mash the beans with a fork. Stir in the soy sauce, sherry, garlic, ginger, sesame oil, and jalapeno pepper. Set aside.
2. Snap off the woody ends of the asparagus and discard. Cut the asparagus on the diagonal into 2-inch pieces. In a medium saucepan, bring 2 cups water and salt to a boil over high heat. Add the asparagus and blanch 1 to 2 minutes, just until asparagus turns bright green. Drain well, rinse under cold water, and set aside.
3. Heat a 14-inch flat-bottomed wok or 12-inch skillet over high heat until a bead of water vaporizes within 1 to 2 seconds. Swirl in 2 tablespoons of the oil and add the shrimp and stir-fry just until shrimp start to turn pink, about 1 minute. Remove the shrimp to a plate and set aside. Add the soy sauce mixture to the wok. Cook, stirring

about 30 seconds, until the mixture is fragrant. Add the asparagus, shrimp, and any juices that have accumulated on the plate, and stir-fry 2 to 3 minutes, or until the shrimp are just cooked through. Serve immediately. Serves 4 with rice.

Seasoning a Carbon-Steel Wok with Scallions and Ginger

1 bunch scallions

1/2 cup sliced unpeeled ginger

2 tablespoons canola, grapeseed or vegetable oil

1. Wash the inside and outside of a carbon-steel wok with hot water using a stainless steel scrubber and liquid dishwashing soap. Rinse with hot water. Dry the wok on a burner over low heat for 1 to 2 minutes until no water droplets are visible.
2. Open the windows and turn the exhaust fan on high speed. Heat the wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in the oil and add the scallions and ginger. Reduce heat to medium and stir-fry 15 to 20 minutes, pushing mixture up sides of the wok to the edge. If the mixture becomes dry add an additional tablespoon of oil. Remove from heat and allow the wok to cool. Discard the scallions and ginger.
3. Wash the wok with hot water. Dry the wok on a burner over low heat for 1 to 2 minutes to make sure the pan is totally dry. The wok is seasoned and ready for cooking.