

**Healthy & Tasty
Challenge Recipe
Competition**

**the
Cook Book**

Chinese

Chinese Recipe Competition Judging Day

Dietitian

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Chef

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Celebrity Chef Radio Host (2CR & SBS Radio)

Community Judges

Da Mea Cheng
William Shiu
Molly Yu
Echo Yu
Chun Xia Yang

Finalists & Recipes

Le Sheng Liang
(Winner), King Prawn Salad

Wai Ling Yim
Prawns and Vegetables

Diana Olrick
Chicken with Taro Casserole

Yee Do
Chicken Rice with Nuts and Vegetables

Sui Hung Lam
Vegetable Rolls

Partner Community Organisation

Chinese Australian Services Society (CASS)
Coordinated by Bosco Chang

King Prawn Salad

20 mins Preparation + 20 minutes Cooking

Ingredients:

20 large uncooked king prawns
800g sweet potatoes
¼ cup pine nuts
1 cup sweet corn kernels
(frozen or fresh)
1½ cup green peas (frozen or fresh)
5 large tomatoes
200g reduced-fat mayonnaise

Method:

Cook sweet corn kernels and green peas till soft. Slice the tomatoes and place around the edge of the serving dish. Boil sweet potatoes for 15 minutes until soft and cut into cubes. Put the prawns in boiling water for 1-2 minutes until red, rinse and pat dry on paper towels. Peel prawns. Mix all salad ingredients (king prawns, sweet potatoes, sweet corns, green peas) in a serving bowl. Pour mayonnaise over salad and mix well. Lightly roast pine nut and sprinkle on top of salad.



明蝦沙拉

20分鐘準備 + 20分鐘烹調

材料:

20個生的大明蝦
800克番薯
¼ 杯松子
1 杯玉米粒 (粟米粒)
(冷凍或新鮮的均可)
1½ 杯豌豆 (青豆) (冷凍或新鮮的均可)
5 個大番茄
200克低脂蛋黃醬

方法:

把玉米粒和豌豆煮軟。把番茄切片，圍在碟邊上。把番薯煮15分鐘直至變軟，然後切成小方塊。把蝦放入沸水中1-2分鐘，直到蝦變為紅色為止，然後用清水沖洗，並且放在紙巾上輕輕拍乾。剝去蝦。把所有沙拉的材料(明蝦、番薯、玉米、豌豆)都放在鉢上。把蛋黃醬倒在沙拉上，並且拌勻。把松子稍為烤一烤，灑在沙拉上。

This recipe is a good source of fibre but is high in salt, to reduce salt try using a lemon juice dressing rather than mayonnaise.



Prawns and Vegetables

20 mins Preparation + 15 to 20 mins Cooking

Ingredients:

10 large prawns | 10 small fried tofu puffs*
1¼ cup sweet corn kernels
¼ cup frozen peas
1 medium carrot, diced | 1 head medium broccoli
3 mushrooms (Shitake*), sliced
½ medium green capsicum,
½ medium red capsicum | 20 unsalted cashew nuts
200ml reduced-salt chicken stock | 3 tsp water
1 tsp salt | 2 tsp olive oil
1 tsp potato starchy flour* | 2 tsp garlic, grated

Marinade ingredients for prawns:

¼ tsp potato starchy flour* | ½ tsp cooking wine*
½ tsp olive oil

Method:

Put prawns in boiling water for 1-2 minutes until red, then mix with marinade ingredients in a bowl for 10 minutes. Cut broccoli into florets, plunge into boiling water with salt for 2 minutes, drain well and place around serving plate. Seed and dice green and red capsicums, boil for 1 minute, drain well. Cut a hole on top of each fried tofu puff and fill it with peas, carrot, sweet corn kernels and mushrooms, then cook the filled tofu puff in chicken stock for 2 minutes, drain well and place around serving dish, set aside the chicken stock. Heat olive oil in wok or fry pan, place garlic into the hot pan and cook gently, then add prawns, and stir for 1 minute, add chicken stock and boiled capsicums. Cook for another 2 minutes. Mix potato starchy flour with 3 tsp of water and pour the mixture into wok, stir until sauce is mixed through, transfer to serving plate, topping with cashew nuts.

Serve with steamed basmati rice. This recipe is a good source of fibre but is high in salt, use salt reduced stock.

***Chinese cooking wine:** Also known as "Mi Jiu" (literally "rice wine"), is a variety of Chinese wine made from rice. The cooking wine is available in Asian grocery stores and it often contains added salt. It is intended for use as an ingredient in food rather than as a beverage.

***Potato starchy flour:** It's obtained by grinding the tubers to a pulp and removing the fibre by water-washings. Potato starch flour is used as a thickening agent. When heated to boiling, food added with a suspension of potato flour in water thickens quickly.



蔬菜蝦球

20分鐘準備 + 15至20分鐘烹調

材料:

10 個大蝦 | 10 塊小的豆腐泡*
1¼ 杯玉米粒
¼ 杯冷凍的豌豆 (青豆)
1 棵中等大小的紅蘿蔔, 切成小方塊
1 棵中等大小的西蘭花
3 個香菇, 切片
½ 個中等大小的青椒,
½ 個中等大小的紅椒 | 20 粒無鹽腰果
200毫升低鹽的原汁雞湯 | 3 茶匙水
1 茶匙鹽 | 2 茶匙橄欖油
1 茶匙生粉 | 2 茶匙蒜頭, 剁碎

蝦的醃料:

¼ 茶匙生粉* | ½ 茶匙烹調用的酒*
½ 茶匙橄欖油

方法:

把蝦放入沸水中1-2分鐘, 直至蝦變為紅色為止, 然後放入盛著醃料的鉢中10分鐘, 拌勻。把西蘭花切成小花, 放入已加鹽的沸水中兩分鐘後, 去水並圍在碟邊上。青椒和紅椒去籽, 在沸水中煮1分鐘, 去水。在每塊豆腐泡的頂部開一個洞, 把豌豆、紅蘿蔔、玉米粒和香菇塞進去, 然後用原汁雞湯把有餡的豆腐泡煮兩分鐘, 隔去水份, 用西蘭花和豆腐泡在碟上圍。把原汁雞湯放在一旁備用。將橄欖油在鑊或平底鍋中加熱, 把蒜頭放在熱鑊中慢火煮, 然後加入蝦, 煸炒1分鐘, 然後加入原汁雞湯和煮過的青紅椒。再煮兩分鐘。用3茶匙水開生粉, 並且把生粉水倒入鑊中, 煸炒直到醬料燒開和拌勻為止, 放在碟上, 最後灑上腰果。



* **Tofu puffs:** Also known as "Tau Pok", is one kind of fried tofu that you can find in most Asian super markets or grocery stores.

* **Shitake mushroom:** An edible mushroom native to East Asia. Shitake mushrooms are often dried and sold as preserved food in packages. Needs to be dehydrated by soaking in water before using.

Chicken with Taro Casserole

10 mins Preparation + 15 mins Cooking

Ingredients:

8 skinless chicken thighs
8 baby taros*, skin removed and cut into chunks
1 medium carrot, cut into chunks
½ head of cauliflower
½ head of broccoli
4 frozen corn cobs
1 clove garlic, crushed
1 tbs coriander, chopped
2 tbs reduced-salt soy sauce
4 tbs cooking wine
2 cups water
2 tbs olive oil

Method:

Boil water in a casserole dish. Heat oil in a frying pan, stir fry garlic, chicken thighs, taro and carrot until golden brown. Remove from heat and set aside. Put garlic, chicken, taro and carrot in casserole dish, add soy sauce and cooking wine then bring to boil. Turn to low heat and cook for 10 minutes. Add cauliflower, broccoli and corn cobs, bring to boil then cook on low heat for another 5 minutes. Season with salt, sprinkle coriander.

Tips: You can add different vegetables in casserole dish. This recipe is high in salt, use salt reduced soy sauce

*Taro: Very high in starch, and a good source of dietary fibre and is commonly used within Chinese and Pacific Island cuisine in a variety of styles. In the Pacific it is used as a main source of carbohydrates in place of potato. In Asia it is mainly used as a flavour enhancing ingredient. It is commonly braised with pork or beef.



芋頭雞煲

10 分鐘準備 + 15分鐘烹調

材料:

8 條去皮雞大腿
8 個小芋頭*, 削皮後切成大片
1 棵中等大小的紅蘿蔔, 切成大片
½ 棵椰菜花 (菜花)
½ 棵西蘭花
4 個冷凍的玉米穗軸
1 瓣蒜頭, 壓碎
1 湯匙芫荽, 切碎
2 湯匙低鹽醬油
4 湯匙烹調用的酒
2 杯水
2 湯匙橄欖油

方法:

用砂鍋把水煮沸。用油起鑊, 煸炒蒜頭、雞大腿、芋頭和紅蘿蔔直至金褐色為止。離火, 放在一旁備用。把蒜頭、雞、芋頭和紅蘿蔔放在砂鍋內, 加入醬油和烹調用的酒, 然後煮沸。改用慢火煮10分鐘。加入椰菜花、西蘭花和玉米穗軸, 煮沸後用慢火繼續煮5分鐘。用鹽調味, 灑上芫荽。



Diana Olrick Finalist, Chinese Recipe Competition

Chicken Rice with Nuts & Vegetables

30 mins Preparation + 20 minutes Cooking

Ingredients:

300g skinless chicken breast | 1 ½ cups rice
20 chestnuts (fresh, frozen or tinned)
1 medium carrot, diced | 5 shitake mushrooms
1/3 cup corn kernels (frozen or fresh)
1/3 cup peas (frozen or fresh)
1/3 cup unsalted walnuts
1/3 cup roasted and unsalted cashew nuts
1 lettuce chopped | 2 baby zucchinis, sliced
3 tomatoes, sliced | 3 eschalots, sliced
1 small piece ginger, peeled, thinly sliced
½ tsp pepper | 1 tbs oyster sauce
2 tbs reduced salt soy sauce | 1 tbs olive oil
2 shallots, finely chopped

Marinade for chicken breast and shitake mushrooms

1 tsp all purpose marinade sauce
1 tsp corn flour

Method:

Soak mushrooms in warm water, drain then cut into strips. Remove skin from chicken breast, trim all fat and dice. Marinate the chicken breast and shitake mushrooms for 10 minutes with corn flour. Set aside. Cook rice and add carrots and chestnuts. Heat olive oil in a wok, stir-fry eschalots and ginger until brown, add diced chicken and shitake mushrooms and stir-fry until chicken is cooked. Add corn kernels and peas, stir through, add pepper, oyster sauce and soy sauce. Remove the ingredients from the wok and add to the rice, stir well. Add walnuts, cashew nuts, shallots, stir well.

This recipe is a good source of fibre but is high in salt.
Use reduced salt alternatives where possible



果仁蔬菜雞飯

30分鐘準備 + 20分鐘烹調

材料:

300克去皮雞胸肉
1½ 杯米
20顆栗子(新鮮、冷凍或罐裝的均可)
1棵中等大小的紅蘿蔔, 切成小方塊
5個香菇
½ 杯玉米粒(冷凍或新鮮的均可)
½ 杯豌豆(青豆)(冷凍或新鮮的均可)
½ 杯無鹽核桃
½ 杯無鹽烤過的腰果
1 個生菜, 切塊
2 個小胡瓜, 切片
3 個番茄, 切片
3 條大葱, 切段
1 小塊薑, 去皮, 切薄片
½ 茶匙胡椒粉
1 湯匙蠔油
2 湯匙低鹽醬油
1 湯匙橄欖油
2 條香葱, 切幼絲

雞胸肉和香菇的醃料

1 茶匙鹵水汁
1 茶匙玉米淀粉

方法:

把香菇浸泡在溫水中, 去水, 然後切片。把雞胸肉去皮, 切去所有脂肪, 並且把雞胸肉切成小方塊。用玉米淀粉醃雞胸肉和香菇10分鐘。放在一旁備用。煮飯並且加入紅蘿蔔和栗子。用橄欖油起鑊, 用旺火煸炒大葱和薑直至褐色為止, 然後加入雞塊和香菇, 煸炒直到雞煮熟為止。加入玉米粒和豌豆, 拌勻, 加入胡椒粉、蠔油和醬油。把鑊中的材料取出, 並且放入飯中, 拌勻。加入核桃、腰果、香蔥後拌勻。

Vegetable Rolls

30 mins Preparation + 20 mins Cooking

Ingredients:

8 Chinese cabbage leaves
250g basa fillet
¼ cup sweet corn kernels
¼ cup green peas
1 small carrot, finely diced
2 spring onions, sliced
10 dried wolfberries* (Go Ji)
½ tsp pepper
½ tsp sesame oil
1 tsp potato starchy flour*
1 egg white
3 tbsp water

Method:

Blanch cabbage leaves in boiling water for 1-2 minutes until soft, and put them into cool water. Chop up basa fillet, and mix well with green peas, diced carrots, sweet corn kernels, spring onions, pepper, sesame oil and potato starchy flour (1/2 tsp). Drain cabbage leaves onto a clean tea towel and pat dry. Divide the mixed ingredients between the cabbage leaves and fold into rolls, ensure the filling is enclosed. Place seam side down and pack tightly in a dish. Steam the rolls for 10 minutes, and top with dried wolfberries. Mix potato starchy flour (1/2 tsp) with boiled water (3 tbsp), add egg white, and cook for 1 minute, pour over the cooked rolls.

Serve this as an entrée or a light meal

***Dried wolfberries:** Also known as "Go Ji". It is usually sold in open boxes and small packages in dried form. It's often added to rice congee, as well as used in Chinese tonic soups, in combination with chicken or pork, vegetables, and other herbs such as wild yam. The berries are also boiled as an herbal tea, often along with chrysanthemum flowers and/or red jujubes, or with tea.

***Potato starchy flour:** It's obtained by grinding the tubers to a pulp and removing the fibre by water-washings. Potato starch flour is used as a thickening agent. When heated to boiling, food added with a suspension of potato flour in water thickens quickly.



蔬菜卷

30分鐘準備 + 20分鐘烹調

材料:

8塊大白菜葉 (黃芽白菜葉)
250克 basa 魚柳
¼ 杯玉米粒 (粟米粒)
¼ 杯豌豆 (青豆)
1 棵小紅蘿蔔, 切幼粒
2 條青葱, 切段
10 粒乾杞子
½ 茶匙胡椒粉
½ 茶匙蒜油
1 茶匙生粉*
1 個蛋白
3 湯匙水

方法:

把大白菜葉用沸水川燙1-2分鐘, 直至變軟, 然後把菜葉放入冷水中。把 basa 魚柳剁碎, 加入豌豆、紅蘿蔔粒、玉米粒、青葱、胡椒粉、蒜油和(½ 茶匙)生粉後徹底拌勻。把大白菜葉放在乾淨的茶巾上, 輕輕拍乾。把已混和的材料分放在各大白菜葉上, 然後捲成春卷形狀, 要確保將餡包好。把接口的那一方朝下放, 然後把各蔬菜卷緊貼地排在碟上。把蔬菜卷蒸10分鐘, 並且在其上放上乾杞子。把(½ 茶匙)生粉與(3湯匙)沸水混合, 加入蛋白, 並且煮1分鐘, 然後倒在已經煮熟的蔬菜卷上。



Siu Hung Lam Finalist, Chinese Recipe Competition