



# DE'LISH 2 RECIPES

## EPISODE 2 - CHINA

**STARTER: WON TON SOUP WITH TAMARIND**

**MAIN: CURRIED CHICKEN FRIED RICE**

**DESSERT: RED BEAN AND SESAME SEED BALLS**

### **STARTER: WON TON SOUP WITH TAMARIND**

#### **Ingredients**

12 won ton wrappers filling: 100g firm tofu 100g mixed vegetables, finely chopped (carrots, bok choy, etc.) 1 tbsp soy sauce 1 tbsp oyster sauce 1/4 tsp sesame oil 1 tsp sugar 1 tsp cornflour 1/4 tsp crushed black pepper pinch salt water for boiling	<b>Soup:</b> 2 tbsp oil 1 tbsp crushed mixed peppercorns 1 tbsp mustard seeds 1 tbsp jeera seeds 1 ball garlic cloves, with skins 1 onion, sliced 2 crushed dried red chillis 1 litre water 1/2 cup tamarind pulp salt to taste
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#### **Method**

- Combine wonton filling ingredients in a bowl. Fill, fold and seal each wrapper. Boil for 5 to 8 minutes.
- Fry soup ingredients before adding the water and tamarind. Simmer and season.
- Serve wontons in soup and garnish with fresh chives.

### **MAIN: CURRIED CHICKEN FRIED RICE**

#### **Ingredients:**

1 cup oil for frying 2 eggs 1 onion, diced 2 cloves crushed garlic 1 tsp crushed ginger 1/4 tsp turmeric powder 1/2 tsp jeera powder 1/2 tsp dhanian powder 1 crushed green chilli 1 crushed red chilli 500g chicken, chopped and marinated in 2 tbsp cornflour	1/3 cup green peas 1/2 cup bamboo shoots 1/2 cup water chestnuts 4 cups cold cooked rice 2 tbsp light soy sauce 2 tbsp oyster sauce 1/4 tsp garam masala 1/4 cup red pepper, brunoised (finely diced) 1/2 tsp sesame oil salt and pepper to taste
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#### **Method**

- Beat eggs and season. Fry omelette, cut into thin strips and set aside.
- Fry chicken with curry ingredients and set aside. Do the same with each of the vegetables and the finally the rice with the sauces.
- Add the rest of the set aside mixtures of chicken and vegetables, and then finally the garam masala and cooked egg strips. Garnish with spring onions.

### **DESSERT: RED BEAN AND SESAME SEED BALLS**

#### **Ingredients**

oil for deep frying 1/2 cup white sesame seeds 3/4 cup brown sugar 1 1/2 cups boiling water 3 cups glutinous rice flour 1 tsp elachi powder 1/2 cup sweet red bean paste 1/4 cup desiccated coconut 1/4 cup milk powder 2 tsp condensed milk	
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#### **Method**

- Dissolve the sugar in water. Spread sesame seeds on tray and set small bowl of water aside.
- In a small bowl, dissolve milk powder in condensed milk and combine with bean paste and coconut to form a paste.
- Place the rice flour in a large bowl. Make a well in the centre and add the sugar and water mixture to make a dough. Add more water if necessary. Pinch off pieces of dough the size of golf balls. Make indentations with your thumb and roll teaspoons of paste into a small balls. Place in the indentations and seal. Dip in the small bowl of water and roll in the sesame seeds.
- Deep fry the balls and press the against the sides of the pot so that they expand. Drain on absorbent paper and garnish with fresh fruit and mint leaves.