

Celebrate the Year of the Dragon with Delicious Chinese Takeout Recipes

Egg Drop Soup

Quick and tasty egg soup. This is a simple recipe that everyone will love.

Serves 2 | Prep. time 10 minutes | Cooking time 10 minutes

Ingredients

- 1 cup chicken broth
- ¼ teaspoon soy sauce
- ¼ teaspoon sesame oil
- 1 teaspoon cornstarch (optional)
- 2 teaspoons water (optional)
- 1 egg, beaten
- 1 drop yellow food coloring (optional)
- 1 teaspoon chopped fresh chives
- ⅛ teaspoon salt
- ½ teaspoon ground white pepper

Directions

1. Mix the chicken broth, soy sauce, and sesame oil in a wok.
2. For a thicker soup, bring the water to a boil and dissolve the cornstarch in it; pour into the boiling broth.
3. Gently stir in the egg and yellow food coloring (optional).
4. Season with chives, salt, and pepper.

Nutrition per serving

Calories 45, fat 3 g, carbs 1 g, Protein 3 g, sodium 659 mg

Spring Rolls

The crispiest and finest spring rolls, packed with vegetables and deep-fried to golden perfection.

Serves 4 | Prep. time 20 minutes | Cooking time 10 minutes

Ingredients

- 6 ounces pork butt, cut into thin strips
- 2 tablespoons olive oil
- 6 ounces cabbage, thinly sliced
- 2 tablespoons green onions, diced

Seasoning

- 1 tablespoon oyster sauce
- ¼ cup water
- 1 teaspoon sesame oil
- ¼ teaspoon sugar
- ¼ teaspoon salt
- 3 dashes ground white pepper
- 1 packet spring roll wrappers
- 1 egg, beaten

Directions

1. Heat the olive oil in a wok. Add the pork and fry until the surface turns white.
2. Add the cabbage and fry for 10 seconds before adding the seasoning ingredients.
3. When the cabbage is slightly dry, add green onions and fry for 30 seconds.
4. Transfer the filling to a large mixing bowl and set it aside to cool.
5. Place a spring roll wrapper on a flat surface.
6. Spread 2 tablespoons of the filling lengthwise on the middle of the wrapper.
7. Dab beaten egg around the wrapper's outer edges with a small brush or your finger.
8. Fold the left and right sides of the wrapper tightly over the filling. Turn the spring roll over until you reach the other end of the wrapper, making sure there are no leaks.
9. Repeat with the remaining wrappers until the filling is gone.
10. Heat 2–3 inches of oil in a wok. Deep fry the spring rolls in batches until golden brown.
11. Remove the spring rolls with a slotted spoon and drain the excess oil on a plate lined with paper towels before serving.

Nutrition per serving

Calories 76, fat 2 g, carbs 12 g, Protein 4 g, sodium 161 mg

Hunan Dumplings

An outstanding traditional Chinese dumpling recipe with a delicious peanut butter sauce that enhances the taste of the steamed dumplings.

Serves 12 | Prep. time 25 minutes | Cooking time 17 minutes

Ingredients

Dumplings

- ½ pound lean ground beef
- 1 green onion, minced
- 1 clove garlic, minced
- 1 teaspoon grated ginger
- 1 tablespoon sesame oil, toasted
- 1 teaspoon soy sauce
- ½ teaspoon fish sauce
- ½ teaspoon sambal oelek
- ¼ teaspoon ground white pepper
- 48 wonton wrappers
- 2 tablespoons whole milk

Sauce

- ½ cup creamy peanut butter
- ¼ cup water
- ¼ cup low-sodium soy sauce
- ¼ cup unpasteurized honey
- 3 tablespoons rice vinegar
- 2 tablespoons toasted sesame oil
- ½ teaspoon fish sauce
- 2 cloves garlic, minced
- 1 teaspoon grated ginger

Garnish

- 1–2 tablespoons toasted sesame seeds

Directions

1. To make the dumplings, in a bowl, mix together all of the ingredients except for the wrappers and milk.
2. Arrange 12 wonton wrappers on a smooth surface.
3. Place about ½ teaspoon of beef mixture in the center of each wrapper.
4. Brush the edges with a little milk and then fold each wrapper in half.
5. Press the edges to seal the filling.
6. Repeat with the remaining wrappers.
7. To make the sauce, in a small saucepan, bring all of the ingredients to a simmer over medium-low heat, beating continuously.
8. Remove from heat and set aside.
9. In a large pan of salted boiling water, cook the dumplings in 2–3 batches for 2–3 minutes.
10. With a slotted spoon, transfer the dumplings to a paper towel-lined plate to drain.
11. Garnish with sesame seeds and serve alongside the sauce.

Nutrition (per serving)

Calories 531, fat 12.4 g, carbs 83 g, Protein 21.6 g, sodium 1136 mg

General Tso's Chicken

General Tso's Chicken is reportedly America's favorite Chinese takeout dish, with battered chicken in a sweet and sour sauce laced with chili.

Serves 4 | Prep. time 25 minutes | Cooking time 10 minutes

Ingredients

- 1¼ pounds skinless chicken thighs
- 10 dried red Sichuan chilies
- 2 cloves garlic, minced
- ½ teaspoon ginger
- 2 green onions, sliced (optional)
- 1 teaspoon sesame seeds (optional)
- 1 cup vegetable oil to fry

Marinade

- 1 large egg white
- 1 tablespoon light soy sauce
- 1 teaspoon dark soy sauce
- 2 tablespoons Shaoxing wine, rice wine, or dry sherry
- 2 tablespoons cornstarch

Coating

- ¼ cup rice flour
- ¼ cup cornstarch
- ½ teaspoon salt
- ¼ teaspoon ground white pepper

Sauce

- ½ cup chicken stock
- 2 tablespoons tomato paste
- 2 tablespoons tomato ketchup
- 1 tablespoon Shaoxing wine
- 1 tablespoon rice vinegar
- 1 tablespoon dark soy sauce
- 1 tablespoon light soy sauce
- ¼ cup sugar
- 1 tablespoon cornstarch

Directions

1. Cut the chicken into bite-size pieces.
2. In a mixing bowl, mix all the marinade ingredients and the chicken. Cover with plastic wrap or lid and let marinate for 20 minutes in the refrigerator.
3. Finely chop the garlic and ginger.
4. Separate the white and green green onions (green onions) into two bowls by slicing them into small circles.
5. Mix all of the coating ingredients thoroughly on a flat plate.
6. In a mixing bowl, mix all of the sauce ingredients; set aside.
7. In a wok, heat the oil until hot and smoking. Reduce heat to medium-high.
8. Dip the chicken pieces one at a time into the coating. Shake off any excess flour before carefully lowering them into the hot oil.
9. Cook the chicken for 3 minutes, turning once. Drain on a plate lined with paper towels.
10. Pour out all but 1 tablespoon of the oil and return the wok to medium heat.
11. Fry the chilies, garlic, ginger, and white green onions (green onions) for 30 seconds.
12. Stir the sauce with a spoon and then bring it to a boil in the wok, stirring constantly as it thickens.
13. Add the chicken pieces and stir for 30 seconds to coat them thoroughly.
14. Remove from heat and add the sesame oil.
15. Serve immediately sprinkled with the green onion slices and sesame seeds, if desired.

Nutrition per serving

Calories 807, fat 61 g, carbs 45 g, Protein 19 g, sodium 1264 mg

Beef and Pepper Stir-Fry

Beef and pepper stir-fry, cooked over super-high heat, is a simple, delicious weeknight dish.

Serves 4 | Prep. time 35 minutes | Cooking time 15 minutes

Ingredients

Marinade

- 1 tablespoons soy sauce
- 1½ teaspoon sesame oil
- ½ teaspoon baking soda
- 2 tablespoons cornstarch
- 2 teaspoons vegetable oil

Other ingredients

- 1 ½ pound beef, sliced into thin strips
- 2 tablespoons vegetable oil like grapeseed oil
- 4 cloves garlic, minced
- 2 long hot green peppers, de-seeded and julienned
- 1 long hot red pepper, de-seeded and julienned
- 1 green bell pepper, de-seeded and chopped
- 1 red bell pepper, de-seeded and chopped
- 1 onion, halved and sliced
- 1½ tablespoons Shaoxing wine
- 1 tablespoon soy sauce
- 1 teaspoon dark soy sauce
- 1 teaspoon sugar
- ¼ cup beef stock, more if needed
- Salt and white pepper to taste
- Cooked rice for serving

Directions

1. In a mixing bowl, mix all the marinade ingredients with the beef. Set aside for 35 minutes.
2. Heat the oil in a wok over high heat. Sear the beef until lightly browned; if the wok is hot enough, the beef should not stick, and you should see a nice, seared color.
3. Remove the beef to a bowl. Set aside.
4. Return the wok to medium-high heat before adding the garlic and hot peppers. Stir-fry for 20 seconds in 1 tablespoon of oil, then de-glaze the wok by spreading the wine around it.
5. Add the onion and bell peppers, and stir-fry for another 2-3 minutes before returning the beef and any juices from the bowl to the wok.
6. Add sugar and both soy sauces. Stir to coat. Season to taste with salt and white pepper.
7. Return to high heat and stir-fry for an additional 1–2 minutes or until the peppers have darkened.
8. If you like more sauce, add the beef stock to de-glaze the wok. Add more if needed. Stir cook for an additional 1-2 minutes.
9. Serve immediately with rice.

Nutrition per serving

Calories 249, fats 13 g, carbs 11 g, Protein 20 g, sodium 952 mg

Szechuan Dry Fried Green Beans

One of the most popular Chinese lunches. The combo of ground pork and spices gives an extra flavorful touch to the green beans.

Serves 4 | Prep. time 15 minutes | Cooking time 31 minutes

Ingredients

- 1 pound green beans
- ½ teaspoon salt
- 2 tablespoons vegetable oil
- ¼ cup ground pork
- 2 dried red chilies, seeded and chopped
- 2 cloves garlic, chopped
- 2 tablespoon pickled mustard greens
- 1½ teaspoons soy sauce
- 1 teaspoon rice wine
- 1 teaspoon sesame oil
- ⅛ teaspoon sugar

Directions

1. Heat a nonstick skillet over medium-low heat and cook the green beans and salt for about 20 minutes, stirring occasionally.
2. Transfer the green beans to a plate.
3. In the same skillet, heat the oil over medium-high heat and cook the pork for 6–8 minutes or until browned completely.
4. Add the red chilies and garlic and stir fry for about 30 seconds.
5. Stir in the pickled mustard greens and stir fry for about 1 minute.
6. Stir in the cooked green beans, soy sauce, wine, sesame oil, and sugar.
7. Immediately increase the heat to high and stir fry for about 1 minute.
8. Serve hot.

Nutrition (per serving)

Calories 155, fat 9 g, carbs 10 g, Protein 10 g, sodium 736 mg

Shrimp Lo Mein

Quick and tasty shrimp and broccoli lo mein prepared with carrots, bell peppers, and noodles.

Serves 4 | Prep. time 15 minutes | Cooking time 15 minutes

Ingredients

- 1 tablespoon sesame oil
- 1½ pounds shrimp, peeled and deveined
- 1 green bell pepper, sliced
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- ⅓ cup carrots, sliced thinly
- 6 ounces cooked lo mein noodles
- 3 green onions, sliced

Sauce

- ½ cup soy sauce
- 2 tablespoons brown sugar
- 1 tablespoon sesame oil
- 1 tablespoon cold water
- 2 teaspoons cornstarch

Directions

1. Drizzle the wok with sesame oil. Over medium heat, cook the shrimp, broccoli, peppers, and carrots for about 7 minutes until the vegetables are tender and the shrimp turns pink.
2. Whisk together the sauce ingredients and add the sauce to the wok. Bring to a boil, then decrease to a simmer.
3. Stir in the noodles and green onions and cook for about 4 minutes or until warmed.
4. Serve immediately.

Nutrition per serving

Calories 435, fats 10 g, carbs 49 g, Protein 35 g, sodium 663 mg

***These recipes and more are found in Lina Chang's *Everyday Asian Cooking - Chinatown Recipes*. To get your copy, click on the cover below or click [here](#).

