



SMSC Chinese New Year's Dinner *100 Members & Guests*

January 19, 2008

Instructions for Food Preparation & Cooking

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Chinese Stir-fry Family Dinner

Presented, Prepared and Served by a "Tiger Team" of SMSC Members & Friends

Saturday, January 19, 2008

1800-2230hrs

- 1800-1945hrs All-you-can-eat family-style Chinese Dinner featuring healthy & freshly-made stir-fry dishes for all tastes
- 1800-2200hrs Silent Auction for Jr. Sail Program
- 1900-2000hrs Air Hockey Tournament for Jr. Sail Program
- 2100hrs Fireworks!
- Door Prizes
- 2000-2230hrs Entertainment by the awesome **Arielle**



Gung Hei Fat Choy 春节

Celebrating the Chinese New Year 4706 Year of the Rat



Arielle

Menu

Appetizers:

Egg Rolls, Spring Rolls, Dumplings,
Cashews

Soups:

Won Ton, Egg Drop, 3-Kind Ball Soup

Rice & Noodles:

Steamed Jasmine and Basmati Rice
Chicken-Shrimp-BBQ Pork Fried Rice
Chow Mein Noodles

Desserts:

Fortune Cookies
Almond Cookies
Mandarin Oranges (for good luck!)
Lychees
Vanilla Ice Cream & Mango Sherbert
Brownies

Entrees:

Chicken & Mushroom Chow Mein
Chinese Vegetables
Crispy Chicken
Kung Pao Chicken*
General Tso's Chicken*
Crispy Beef
Singapore Fried Noodles**

* Mild spicy

** Mild curry

Drinks: (included with ticket)

Chinese & Jasmine Tea
Milk
Coffee

Bar Drinks: (extra at posted rates)

Chinese & Domestic Beer
Wine & Spirits
Softdrinks, Green Tea & Bottled
Water

WON TON SOUP: SERVES 24 CUPS, 2-BATCHES REQUIRED**Preparation Steps:****1. Won Tons–Ziploc Bag**

120 Pieces Won Tons

2. Chicken Stock – 6L (about 6.5 boxes)**3. Won Ton Soup Mix**

5 Tbsp Won Ton Soup Mix (Knorr)

4. Veggies–Ziploc Bag

24 Stalks Baby Bok Choy

If large then split lengthwise, and cut into 1" pieces

5. Last minute Stuff–Ziploc Bags

2 Tbsp (30 Ml) Sesame Oil

96 Pieces(0.68 Kg) BBQ Pork pieces

18 Green Onions, diced including tops

Won Ton Soup Instructions:

1. Add 6L of chicken stock to large stock pot and bring to a boil blending in the soup mix.
2. Add Won Tons to stock and boil for 5-8 minutes, adding the Bok Choy to boil for the last 5-minutes.
3. Stir in Sesame Oil, BBQ Pork and Green Onions.
4. Transfer to 4-6Q Crock Pot and move to serving area. Keep hot (Low setting)

Note: The batch volume was too much for a 6Q Crock Pot.

3-KIND BALL SOUP: SERVES 24 CUPS, 1-BATCH REQUIRED

Preparation Steps:

1. Chinese Dumplings (Balls)–Ziploc Bag

120 Pieces Chinese Dumplings, 3 varieties

2. Chicken Stock – 6L (about 6 ½ boxes)

3. Veggies–Ziploc Bag

24 Stalks Baby Bok Choy

If large then split lengthwise, and cut into 1" pieces

4. Last minute Stuff–Ziploc Bags

2 Tbsp (30 Ml) Sesame Oil

18 Green Onions, diced including tops

3-Kind Ball Soup Instructions:

1. Add 3L of chicken stock to soup kettle and bring to a boil.
2. Add Dumplings to stock and boil for 5-8 minutes, adding the Bok Choy for the last 5-minutes.
3. Stir in Sesame Oil and Green Onions.
4. Transfer to 4-6Q Crock Pot and move to serving area. Keep hot (Low setting)

Note: Batch volume was too large for a 6Q crock pot.

EGG DROP SOUP: SERVES 20 CUPS, 1-BATCH REQUIRED**Preparation Steps:****1. Chicken Stock – 5L (about 5.5 boxes)****2. Thickener–Ziploc Bag**

- 6 Tbsp (90 ML) Corn Starch, dissolved in ½ Cup stock
- 2 Tbsp (30ML) White Pepper

3. Eggs-Ziploc Bag

- 10 Eggs Blended

4. Veggies–Ziploc Bag

- 2.5 Cup (0.42 Kg) Frozen Peas

5. Last minute Stuff–Ziploc Bags

- 2 Tbsp (30 ML) Sesame Oil
- 10 Green Onions, diced including tops

Egg Drop Soup Instructions:

1. Add 5L of chicken stock to soup kettle and bring to a boil.
2. Add dissolved corn starch & pepper and cook until thickened. Adjust for taste & thickness.
3. Take off the heat and slowly strain eggs through a fixed fork about 8-10" above the kettle while rapidly stirring in one direction only. Continue stirring about 1-minute (may need two people to do this).
4. Return kettle to heat, Stir in Frozen Peas and cook a few minutes.
5. Stir in Sesame Oil and Green Onions.
6. Transfer to 4-6Q Crock Pot and move to serving area. Keep hot (Low setting)

CHICKEN-SHRIMP-PORK FRIED RICE: SERVES 6, 7-BATCHES REQUIRED

Preparation Steps – All ingredients stored in 1-large Ziploc Bag:

1. Chicken & Mushrooms–Small Ziploc Bag

- 1.5 Cup (0.14 Kg) Mushrooms, sliced into ½" pieces
- 1.5 Cup (0.19 Kg) Chicken, cut into ½" pieces
- 0.5 tsp (2.50 Ml) Hot Red Pepper Flakes

2. Other Veggies–Small Ziploc Bag

- 0.5 Cup (0.10 Kg) Frozen Peas
- 0.5 Red Bell Pepper, diced
- 0.5 Cup (0.09 Kg) Carrots, diced

3. Rice – Medium Bag or in bottom of the Large Ziploc Bag

- 4 Cups Cooked, Jasmine Rice, cold

4. Veggies & Other to be Mixed–Small Ziploc Bag

- 1 Cup (0.11 Kg) Bean Sprouts,
- 16 Pieces (0.08 Kg) Shrimp (Cooked- 90 count), cut in half
- 16 Pieces (0.11 Kg) BBQ Pork, cut in half, about ½" pieces

5. Last minute Stuff –Small Ziploc Bag

- 3 Tbsp (45 Ml) Soy Sauce
- 1 Tbsp (45 Ml) Hoisin Sauce
- 3 Green Onions, diced including tops

Chicken-Shrimp-Pork Fried Rice Wok Instructions (about 10-min):

1. Add 1 Tbsp Canola Oil to hot Wok. Add 1st bag and cook mushrooms and chicken until brown and nearly done, about 3-minutes. Remove from Wok temporarily.
2. Add 1 Tbsp water to hot Wok. Add 2nd bag and cook until water almost gone, about 1-minute. Remove from Wok and add to chicken.
3. Add 3 Tbsp Canola Oil to hot Wok. Add 3rd bag of cold rice, a little at a time, pressing against the sides of the Wok – good fried rice should have a slightly seared-in-the-wok taste and some like a little crunchiness. Fry about 1.5 to 2-minutes.
4. Add 4th bag and reserved chicken & veggies. Stir fry for about 1-2 minutes until everything is hot.
5. Add 5th bag of sauce & green onions and mix in for about 30-seconds, then serve.

Notes: Cold Jasmine Rice took a long time to warm up. Consider Basmati or pre-warm in microwave. Also, probably too much stuff in the fried rice.

KUNG PAO CHICKEN: SERVES 4, 10-BATCHES REQUIRED

In this healthier version of traditional Kung Pao Chicken, the chicken is stir-fried instead of deep-fried, reducing the fat content.

Preparation Steps – All ingredients stored in 1-large Ziploc Bag***1. Prepare-Marinade Chicken – Large Ziploc Bag***

- 16 Oz (454g) boneless, skinless chicken, cut into 3/4" cubes
- 2 tsp Soy Sauce
- 2 tsp Sherry
- 1 tsp Sesame Oil
- 1.5 tsp Corn Starch, dissolved in the Sherry

2. Prepare Sauce for Wok – Small Ziploc Bag

- 2 Tbsp Soy Sauce
- 1 Tbsp Sherry
- 1 tsp Sugar, dissolved
- 1 Tbsp Chili Garlic Sauce

3. Prepare other ingredients for Wok – Small Ziploc Bag

- 2 Green Onions, cut in half lengthwise, then in 2" lengths on the diagonal
- 0.5 Cup Cashews

Kung Pao Chicken Wok Instructions (about 8-min):

1. Heat the wok over high heat. Add 2 Tbsp oil. When the oil is hot, add the 1st bag of the chicken marinade. Stir-fry until it turns white and is 80 percent cooked, about 3-4 minutes.
2. Remove Chicken from the wok temporarily.
3. Add 2 Tbsp oil. Add the 2nd bag of sauce to the wok. Bring to a boil.
4. Add the Chicken and 3rd bag of peanuts and green onion. Stir-fry for about 1-minute.

GENERAL TSO'S CHICKEN: SERVES 6, 6-BATCHES REQUIRED

This dish dates back to the Ch'ing Dynasty (1644-1912) and is named for General Tso Tsung-t'ang 1812-1885 (pronounced "sow"), a distinguished general and Governor of Hunan Province. According to legend, the old general ate nothing but poultry and this dish was his favorite.

Preparation Steps: All ingredients stored in 1-large Bag

- 1. Prepare-Marinade Chicken – Medium Ziploc Bag**
 - 24 Oz (0.7Kg) boneless, skinless chicken, cut into ¾" cubes
 - 2 Tbsp Soy Sauce
 - 2 Tbsp Sherry
 - 1 tsp Orange Zest

- 2. Prepare other ingredients for Wok – Small Ziploc Bag**
 - 5 Baby Bok Choy, split into individual stalks each about 1" long
 - 1 Lg. Onion, cut into large squares about ¾" ea

- 3. Prepare Sauce for Wok – Small Ziploc Bag**
 - 3 Tbsp Soy Sauce
 - 3 Tbsp Hoisin Sauce
 - 2 Tbsp Rice Vinegar
 - 2 Tbsp Minced Ginger
 - 2 Tbsp Chili Garlic Sauce
 - 1 Cup Chicken Stock
 - 2 Tbsp Sugar, dissolved in Chicken Stock
 - 2 Tbsp Corn Starch, dissolved in Chicken Stock
 - 1 tsp Sesame Oil

- 4. 5 Green Onions, chopped including tops – Saran Wrap**

General Tso's Chicken Wok Instructions (about 10-min):

1. Heat the wok over high heat. Add 3 Tbsp oil. When the oil is hot, add the 1st bag of the chicken marinade. Stir-fry until 90-100% done and crispy, about 4-5 min.
2. Remove Chicken from the Wok temporarily.
3. Add 3 Tbsp oil. Add the 2nd bag of Bok Choy and stir fry about 1½ - 2 minutes.
4. Add the 3rd bag of Sauce and stir until sauce thickens, about 1-minute
5. Add the reserved Chicken and stir until hot, about 1-minute. Add Green Onions at the last few seconds.

SINGAPORE NOODLES: SERVES 4, 5-BATCHES REQUIRED

Preparation Steps – Ingredients stored in 1-large Bag:

1. Chicken & Mushrooms–Small Ziploc Bag

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|---|-----|-----------|------------------------------------|
| 1 | Cup | (0.09 Kg) | Mushrooms, halved and quartered |
| 8 | Oz | (0.25 Kg) | Chicken, cut into 1/8" x 1" shreds |

2. Veggies–Small Ziploc Bag

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|-----|--------------------|-----------|--|
| 1 | Lg. Onion | (0.25 Kg) | Halved and slivered |
| 1 | Stalk | | Celery, cut into diagonal, thin slices |
| 1 | Cup | | Bean Sprouts, washed |
| 2 | Stalks | | Green Onions, halved lengthwise, cut into 1.5" lengths |
| .25 | lb (.11 Kg) | | Snow Peas, trimmed, cut lengthwise into thin strips |
| 1 | Green Bell Pepper, | | thinly sliced |

3. Curry & Spices – Small Ziploc Bag

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|---|------|------------------|
| 2 | Tbsp | Hot Curry Powder |
| 2 | tsp | Ginger |
| 1 | tsp | Sugar |
| 2 | Tbsp | Soy Sauce |
| 4 | Tbsp | Chicken Stock |

4. Rice Stick Noodles: 0.5lb-Ziploc Bag**5. Shrimp & BBQ Pork – Small Ziploc Bag**

- | | | |
|----|------------------------|--------|
| 16 | Cooked Shrimp-90 Count | Halved |
| 16 | BBQ Pork Pieces | Halved |

Singapore Noodles Wok Instructions (about 10-min):

1. Bring a large pot of water to boil ready for noodles. Take off the boil when ready for noodles
2. Add 2 Tbsp Canola Oil to Hot Wok. Stir fry Bag #1 Chicken & mushrooms until nearly done, about 3-4 minutes. Remove from Wok and set aside.
3. Add 1 Tbsp Canola Oil to Hot Wok. Stir fry Bag #2 veggies until tender crisp, about 1-2 minutes.
4. Push veggies aside and add Bag #3 Curry & Spices to centre of Wok.
5. Add Bag #5 Shrimp & BBQ Pork, reserved chicken & mushrooms, and stir.
6. At the same time Break/cut into 4 chunks and cook Rice Stick Noodles for 30-seconds in water. Briefly drain in a colander.
7. Add noodles, combining with vegetables by using chopsticks or forks to lift, shake and separate strands of noodles, until they are evenly coated with sauce, moist but not wet. Add more chicken stock if too dry. Serve.

CHINESE VEGETABLES: SERVES 4, 9-BATCHES REQUIRED**Preparation Steps – All ingredients stored in 1-large Ziploc Bag:****1. Vegetables #1 to be steamed–Small Ziploc Bag**

2	Stalks	Baby Bok Choy, separated, cut into 1" lengths
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2. Vegetables #2 for Stir Fry–Small Ziploc Bag

1	Lg. Onion	Onion, cut into large pieces about 1" square
1	Cup	Mushrooms, sliced into quarters
1	Red Bell Pepper	Red Pepper, cut into large 1" pieces

3. Vegetables #3 for Stir Fry–Small Ziploc Bag

1	Can	Miniature Corn pieces, rinsed & drained
1	Cup (.11Kg)	Snow Peas, trimmed & washed
1	Can (200MI)	Sliced Water Chestnuts, rinsed

4. Sauce for Vegetables Stir Fry–Small Ziploc Bag

1	tsp (5MI)	Minced Garlic
2	Tbsp (30MI)	Soy Sauce
1	Cup (250MI)	Chicken Stock
1	Tbsp (15MI)	Corn Starch, dissolved in stock

5. Last Minute Vegetables for Stir Fry–Small Ziploc Bag

3	Stalks	Green Onions, trimmed, cut into ½" pieces
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Chinese Vegetables Wok Instructions (about 10-min):

1. Add 1 Tbsp water and Bag #1 Bok Choy to hot Wok. Cover and steam for 1-minutes.
2. Add 2 Tbsp Canola Oil to hot Wok. Add Bag #2 and stir-fry for 2-minutes.
3. Add 1-2 Tbsp Canola Oil to hot Wok. Add Bag #3 of veggies and stir fry for 1-minute.
4. Push all veggies aside and add Bag #4 Sauce. Stir fry until bubbly and sauce has thickened, about 1-minute.
5. Thoroughly mix all vegetables and sauce. Add Bag #5 Green Onions, mix in for about 30-seconds, and then serve.

CRISPY BEEF: SERVES 6, 5-BATCHES REQUIRED

This is plain sirloin beef cooked for those who like to mix & match basic ingredients.

Preparation Steps – All ingredients stored in 1-large Ziploc Bag***1. Prepare Beef – Large Ziploc Bag***

18 Oz (.5Kg, about 4-Cups) Sirloin Steak, cut into ¼" x ¼" x 1" strips

Crispy Beef Wok Instructions (about 2-min):

1. Add 1 Tbsp Canola Oil and 1 Tbsp Butter to hot Wok.
 2. Add the bag of beef. Stir-fry until done medium-rare (pink), about 1- minute. Then serve
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CRISPY CHICKEN: SERVES 6, 5-BATCHES REQUIRED

This is plain chicken cooked for those who like to mix & match basic ingredients.

Preparation Steps – All ingredients stored in 1-large Ziploc Bag***1. Prepare Chicken – Large Ziploc Bag***

18 Oz (.5Kg, about 4-Cups) boneless, skinless chicken, cut into ¾" cubes

Crispy Chicken Wok Instructions (about 5-min):

1. Add 1 Tbsp Canola Oil and 1 Tbsp Butter to hot Wok.
 2. Add the bag of the chicken. Stir-fry until done, brown and crispy on the outside, about 3-4 minutes. Then serve
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CHOW MEIN CHICKEN CASSEROLE: SERVES 6, 4-BATCHES REQUIRED

Excellent, home-style casserole that works great with left-over turkey

Ingredients:

1 Tbsp Butter
16 Oz (0.45Kg, about 3 Cups) cooked chicken, cut into 3/4" chunks
1 Red Pepper, chopped
2 Garlic Cloves, minced
16 Oz Mushrooms, sliced
3 Green Onions, chopped
1/3 Cup Slivered Almonds
1 Can Cream of Mushroom Soup, undiluted
0.75 Cup Mayonnaise
2 tsp Soy Sauce
1/4 tsp Pepper
3 Oz (85g) Package of Fried Chow Mein Noodles

Preparation:

1. Melt butter in large skillet. Add Red Pepper, Garlic and Mushrooms; sauté until tender
2. Stir in almonds and rest of ingredients except noodles.
3. Pour into a lightly greased 11x7x1.5 inch baking dish and sprinkle with Chow Mein Noodles
4. Bake at 350° F for 30-minutes or until bubbly

Notes: 9x13x2 baking dish is twice the volume of a 11x7x1.5 in. dish; 9.5x13.5x3 is three times the volume.

BBQ PORK (CHAR SIU): 128⁺ PIECES, 3-BATCHES REQUIRED

Char Siu roasted pork is also called barbecued pork, partly because of its slightly charred look around the edges. Served in Won Ton Soup and Fried Rice

64 Pieces

INGREDIENTS:

1 Pork Tenderloin – 1+ lb (18-19Oz or about .53 Kg)

For the Marinade:

- 1 Tbsp soft brown sugar
- 1 Tbsp Black Bean & Garlic Sauce
- 2 Tbsp Soy Sauce
- 2 Tbsp Hoisin Sauce
- 2 Tbsp Rum
- 1 tsp Sesame Oil

Preparation:

1. Trim the pork tenderloin of fat and sinew
2. Cut the pork into 4-strips, about 1" (4 cm) thick and 7 - 8 inches (18 - 20cm) long
3. Marinate in Ziploc Bag for at least 8-10 hours and up to 2-days, turning occasionally.

To cook and Prepare for Serving:

1. Pre-heat the oven to 450° F, and place strips on a roasting rack on a tin foil lined pan, reserving the marinade.
2. Roast for 10 minutes, then baste with the marinade and rotate. Repeat twice for a total of 30-min cooking. Less time on a BBQ.
3. Cool meat then cut the meat across the grain into thin slices, about 32-per strip.
4. Fried Rice dishes may need the slices halved.
5. Refrigerate until just before use.

BASMATI AND JASMINE RICE

Makes about 14-16 Cups cooked, serves about 9-12 people (at $\frac{3}{4}$ Cup each)

4-Batches Basmati, 3-Batches Jasmine Required

Preparation Steps – All ingredients stored in 1-large Ziploc Bag:

1. Rice– Large Ziploc Bag

6 Cups (1.2 Kg) Raw Basmati or Jasmine Rice, washed if possible

Rice Cooker Instructions (about 25+10-min):

1. Add rice to cooker. Add 6.5 Cups water to cooker.
2. Cover and turn on. Should be done and automatically switch to warm in about 25-minutes.
3. Leave cover on for another 5-10 minutes.
4. Transfer to Slow Cooker (4-5Q Crock Pot) and keep warm (Low setting).

Note: People did not eat as much plain rice as anticipated.