

# Won Hai Shien Recipes

Recipes created by Lee Chia-Ying

Compiled by Rebecca Lathrop -- Photographs and Design by Karen Earnshaw



## General Notes:

1. The tempura batter is 1 cup flour, 2 eggs and enough water to make a batter that is the consistency of pancake batter. If the batter is too thin it will not coat the meat or vegetables properly.
2. After the batter, sweet potato flour is used for dredging.
3. Oil for frying is soy bean oil.
4. A light weight cleaver is used for all chopping, a heavier cleaver is used for cutting the meat.
5. The Asian products can be purchased at Cost Price in Majuro.
6. Shrimp is shelled and then the back is sliced to make a butterfly cut. The vein is picked out. The vein can also be removed by poking near the edge of the shrimp back with a toothpick and bringing out the vein for removal.
7. The wok and all utensils must be clean and dry before adding the oil. The heat for the wok is high. A large wok is used along with a ladle and a large netted spoon.
8. Cooking wine (white) is a common ingredient and is kept in a condiment squirt bottle for easy use.
9. Unless mentioned otherwise, the vegetables are all cut as in the Mixed Vegetables-5 Colors recipe.
10. Unless mentioned, the cooking happens quickly, one step right after the other.

# Five-Color Mixed Vegetables

## Ingredients:

Celery  
Oyster mushrooms  
Cabbage (green)  
Carrots  
Baby corn  
Bell peppers  
Broccoli  
Minced garlic  
Soybean cooking oil  
Cooking wine  
Chicken stock powder  
Water  
Cornstarch and water mixture



## Cutting the vegetables:

1. Celery: break the top of the rib and tear away, removing the threads from the rib. The rib is cut in half width-wise, then also length-wise. Then each piece is cut into  $\frac{1}{2}$  to 1 inch pieces, cutting on the diagonal.
2. The oyster mushrooms come dried. A half package is soaked for half an hour. They are rubbed together and washed three times, then dried. They are cut into strips about  $\frac{1}{2}$  inch wide.
3. The carrot is cut on the diagonal into thin pieces and then cut into matchsticks.
4. The corn is cut in half width-wise, cutting into the diagonal.
5. The bell peppers are cut into halves, cleaned and then cut into thirds length-wise, then cut into bite-size chunks, cutting on the diagonal.
6. The broccoli stems are trimmed and cleaned. Then the flowerets are split using a diagonal cut, making for one long and one short piece each.
7. Chop the cabbage.

## Cooking the dish:

8. Add 1 teaspoon chicken stock powder to vegetables.
9. Add oil to wok for stir-fry.
10. Add garlic.
11. Add vegetables.
12. Add squirt of cooking wine.
13. Add  $\frac{1}{4}$  cup water.
14. Cook a couple of minutes, then add 2 Tablespoons cornstarch plus water mixture, one at a time. Stir and remove.



# Eggplant Tempura

## Ingredients:

Young eggplants  
Tempura batter  
Sweet potato flour  
Sweet chili sauce (condiment)

## Preparing the dish:

1. Cut off the end of each eggplant. Split into half and then cut length-wise wedges, 4 to 5 per half.
2. The wedges are dipped into the batter and then rolled into the sweet potato flour.
3. Add oil into the wok, enough for deep frying. Test the wok with a bit of vegetable to test that the oil is hot enough for cooking.
4. Add several pieces of eggplant, but don't crowd the wok. Cook about one minute until coating is light brown. Turn as the pieces fry using long tongs. Remove using large netted spoon.
5. Give the oil a minute to come back to high temperature and reintroduce the eggplant for another minute or until golden brown in color. Remove.
6. Serve with sweet chili sauce.



# Shrimp Salad

## Ingredients:

Large shrimp with heads removed  
Cornstarch  
Cooking wine (white)  
Tempura batter  
Sweet potato flour  
Soy bean vegetable oil  
Cashews  
Pineapple chunks, fresh or canned  
Sweetened condensed milk  
Mayonnaise

## Preparing the dish:

1. Prepare large shrimp as stated in general notes above. Three or more shrimp per person.
2. Sprinkle with cornstarch and cooking wine. This is to remove the shrimp smell. Rub the shrimp around with your hands.
3. Rinse the shrimp in water, then dust with cornstarch.
4. Coat with batter, then cover with sweet potato flour.
5. Deep-fry the shrimp for a minute in hot wok for 45 second to 1 minute until the coating is light golden brown. Remove.
6. Deep-fry again for another 45 seconds to one minute until golden in color. Remove.
7. Add cashews and pineapple chunks.
8. Add one full tablespoon of sweetened condensed milk.
9. Add two heaped tablespoons of mayonnaise. Stir these together.
10. Stir dressing into the shrim, nuts, and pineapple mix and serve.



# Shrimp and Vegetables

## Ingredients:

Shrimp  
Carrot  
Broccoli  
Chicken stock powder  
Soybean vegetable oil  
Minced garlic  
Cooking wine  
Salt  
Water  
Cornstarch and water mixture  
Sesame oil

## Preparing the dish:

1. Prepare shrimp as in Shrimp Salad (steps 1 – 6).
2. Cut carrots on the diagonal and then into match sticks.
3. Trim and clean broccoli and then slice into pieces  $\frac{1}{4}$  to  $\frac{1}{3}$ " thick.
4. Add 1 teaspoon chicken stock powder to vegetables.
5. Heat oil in wok for stir-frying.
6. Add garlic.
7. Add broccoli and carrot mixture.
8. Add a healthy squirt of cooking wine.
9. Add  $\frac{1}{2}$  teaspoon salt.
10. Add up to 1 cup water and allow vegetables to cook.
11. Add 1 to 2 tablespoons cornstarch and water mixture to thicken the liquid.
12. Add the shrimp to the wok.
13. Squirt sesame oil over all.
14. Stir and remove from heat.



# Spicy Chicken

## Ingredients:

Boneless chicken (marinated in soy sauce and cooking wine)

Celery

Red bell pepper

Green bell pepper

Carrot

Fresh ginger

Peanuts

Tempura batter

Sweet potato flour

Soy bean vegetable oil

Garlic, minced

Dried chili

Cooking wine

Salt

Hoisin sauce

Oyster sauce

Chili oil



## Preparing the dish:

1. Cut chicken into bite-sized squares. Marinate in soy sauce and cooking wine.
2. Coat the chicken in the batter and then the sweet potato flour.
3. Deep-fry the chicken for a minute in hot wok for 45 second to 1 minute until the coating is light golden brown. Remove.
4. Deep-fry again for another 45 seconds to one minute until golden. Remove.
5. Add a handful of peanuts to the chicken.
6. Start a new wok for stir-frying (less oil).
7. Add minced garlic, 2 tablespoons.
8. Add ginger, cut into small matchstick pieces.
9. Add dried chili.
10. Add vegetables.
11. Squirt of cooking wine.
12. Add ½ teaspoon salt.
13. Add 1 tablespoon of Hoisin sauce.
14. Stir. Add healthy squirt of oyster sauce.
15. Add squirt of chili oil.
16. Add 1 teaspoon sugar.
17. Add the chicken, stir and finish.

Note: All of this happens quickly, one after another.

# Beef and Vegetables

## Ingredients:

Red bell pepper  
Green bell pepper  
Carrot  
Soybean vegetable oil  
Minced garlic  
Thinly sliced beef  
Soy bean sauce  
Cooking wine  
White sugar  
Water  
Oyster sauce  
White pepper  
Cornstarch and water mixture

## Preparing the dish:

1. Stir-fry the beef until just cooked, about 30 seconds. Remove from heat.
2. Mince the garlic and thinly slice the length of the bell peppers.
3. Heat oil in wok for stir-frying.
4. Add 2 tablespoons finely minced garlic.
5. 1 to 1 1/2 cups of thinly sliced beef.
6. Add 1 tablespoon soybean sauce.
7. Add the bell peppers.
8. Squirt of cooking wine.
9. 2 tablespoons white sugar.
10. 3 tablespoons water.
11. Cook for 30 seconds more.
12. Add beef.
13. Add healthy squirt of oyster sauce.
14. Add 1/2 teaspoon white pepper.
15. Add 1 tablespoon cornstarch and water mix.



# Paprika Squid

## Ingredients:

Squid rings and pieces  
Peanuts  
Fresh ginger, cut into small matchstick pieces  
Dried pepper  
Cooking wine  
1 tablespoon white sugar  
2 tablespoons hoisin sauce  
Water  
Celery  
Carrot

## Preparing the dish:

1. Coat the squid rings and pieces with batter and then sweet potato flour.
2. Deep-fry the squid for a minute in hot wok for 45 second to 1 minute until the coating is light golden brown. Remove.
3. Deep-fry again for another 45 seconds to one minute until golden. Remove.
4. Add a handful of peanuts to the squid.
5. In a stir-fry wok, add ginger.
6. Add dried chili pepper.
7. Add vegetables.
8. Squirt of cooking wine.
9. Add 1 tablespoon sugar.
10. Add 2 tablespoons hoisin sauce.
11. Add  $\frac{1}{4}$  cup water.
12. Add the squid and peanuts.
13. Pick up and toss all in the wok.
14. Give it all a quick stir and remove.





# Won Hai Shien Recipes II

Recipes created by Lin Chia-Ying

Compiled by Rebecca Lathrop -- Photographs and Design by Karen Earnshaw



## General Notes:

1. Oil for frying is soy bean oil.
2. A light weight cleaver is used for all chopping, exception a heavier cleaver is used for cutting the meat.
3. The Asian products are purchased at Cost Price in Majuro.
4. Shrimp is shelled and then the back is sliced to make a butterfly cut. The vein is picked out. The vein can also be removed by poking near the edge of the shrimp back with a toothpick and bringing out the vein for removal.
5. The wok and all utensils must be clean and dry before adding the oil.
6. Rice cooking wine (white) is a common ingredient and is kept in a condiment bottle for easy use. Soy sauce is also kept handy this way.
7. Unless mentioned, the cooking happens quickly, one step right after the other.
8. Measurements were recorded from observing the chef; taste testing and revisions are recommended.

# Chinese Dumplings (Won Tons)

## Ingredients:

Ground sausage, about 1 pound  
1 tblsp rice cooking wine  
½ tsp salt  
White pepper  
1 tsp fresh ginger, finely grated  
Green (spring) onion, chopped fine  
1 egg, raw  
½ tsp chicken powder  
Shrimp, shelled and deveined: a dozen will make 24 dumplings  
Won ton wrappers

## Preparing the dish:

1. Mix the sausage with all of the ingredients except the shrimp and the won ton wrappers.
2. Cut the shrimp into halves.
3. Cut the won ton wrappers into circles using scissors.
4. Spread a teaspoon of sausage mixture on the middle of the wrapper, leaving ¾ inch around the edge.
5. Place half of one shrimp on top of the sausage, in the middle.
6. Dip finger into bowl of water and wet the edge of the wrapper.
7. Fold the wrapper. Pinch the middle third. Then work each end, crimping and pleating.

## Cooking the dish:

8. Boil water in a large pot (she used a wok). Add a few pieces but do not crowd. Boil the dumplings for several minutes, long enough to insure the pork is cooked. Pull out with a netted or slotted spoon and make sure the dumplings are well drained.
9. Squirt a little sesame oil over the dumplings.
10. Serve with sauce: Soy, green onion, garlic and ginger mix.

*Note:* other ingredients can go into the dumplings such as cabbage and spinach.



# Papaya Salad

## Ingredients:

Half a large, ripe, firm papaya, peeled  
2 tblsp fish sauce  
Pinch Salt  
3 Hot peppers (small, red or green)  
1 lime  
2 tblsp sweet chili sauce  
Quarter cup chopped peanuts, unsalted



## Preparing the dish:

1. Peel and remove the seeds from the papaya, leaving a little white rind is fine.
2. Slice the papaya very thin, then cut into thin julienne pieces.
3. Put the julienned pieces into ice water to keep the papaya crisp.
4. When all of the papaya is cut, remove from the ice water and put into bowl.
5. Add pinch of salt.
6. Add fish sauce and mix.
7. Add minced hot peppers.
8. Squeeze the lime over the salad.
9. Add sweet chili sauce and mix the salad thoroughly.
10. Put into a serving bowl and garnish the top with chopped peanuts.



*Note:* the hot peppers gave the dish a nice 2 to 3 star heat. Adjust seasonings according to your taste.



# Beef Rolls

## Ingredients:

½ pound beef, finely chopped  
2 tblsp minced garlic  
BBQ sauce  
Tortillas, flour, taco size (we also tried corn but they didn't roll well)  
¼ head green cabbage  
Cooking rice wine  
Vegetable oil  
½ carrot  
1 tblsp chili sauce  
Black pepper  
Oyster sauce

## Preparing the dish:

1. Heat a large deep frying pan with high heat, add enough oil to cover bottom (2 to 3 tblsp).
2. Add beef and cook a minute, stir.
3. Add garlic.
4. Add dollop of BBQ sauce.
5. Add cabbage and stir fry everything for a minute.
6. Add cooking wine, squirt once around the perimeter of the skillet.
7. Add chili sauce.
8. Add about 1 tsp black pepper.
9. Add 1 tblsp (generous) squirt of oyster sauce
10. Cook until cabbage is tender and pull from pan.
11. Turn heat to medium and put a tortilla into a clean, non-oiled frying pan. Flip and remove. You are warming them so they roll easily.
12. Put cabbage mixture into the tortilla and roll. She uses tongs with one hand to help her roll them.
13. Cut in half and place on platter. Repeat until mixture and/or tortillas are gone.

*Note:* the flour tortillas can be made ahead and frozen. You can take them directly from the freezer to the frying pan.



# Tomato and Egg Dish

## Ingredients:

3 large beefsteak tomatoes, cut into small bite-sized pieces  
3 eggs, beaten  
Cooking oil  
2 to 3 tblsp Ketchup  
1 Pinch salt  
1 Pinch MSG (optional)  
2 tsp white granulated sugar  
Soy sauce  
Rice, cooked

## Preparing the dish:

1. Heat a large deep frying pan with high heat, add 1 tblsp cooking oil.
2. Add the eggs, stir and cook quickly. Remove as soon as egg is cooked.
3. Add 1 tblsp cooking oil to pan.
4. Add tomatoes.
5. Add 2 to 3 tblsp ketchup, stir and simmer a minute.
6. Add a pinch of salt.
7. Add a pinch of MSG (optional).
8. Add 2 tblsp white granulated sugar. Stir.
9. Add the scrambled egg back into the mix and stir.
10. Squirt one perimeter of soy sauce.
11. Stir and finish. Remove from heat and put into serving dish.
12. Serve with rice.



# Smoked Pork and Scallions

## Ingredients:

½ pound thick cut bacon, cut into bite-size pieces  
Scallions (or leeks) cut into 1-inch pieces on the diagonal, including greens  
Cooking oil  
Chopped dry red chilies  
1 tbsp minced garlic  
1 tbsp soy bean sauce (NOT soy sauce, this comes in a can or a jar)  
¼ to 1/3 of 1 carrot, thinly julienned  
Cooking rice wine  
1 tsp sugar  
Oyster sauce  
Pinch white pepper

## Preparing the dish:

1. Boil the bacon for a few minutes to help remove some of the salt and fat. Drain.
2. Heat a large deep frying pan with high heat, add 1 tbsp cooking oil.
3. Add pork and fry.
4. Add 1 tsp chopped dry red chilies (or more according to taste).
5. Add garlic.
6. Add soy bean sauce.
7. Add scallions and carrot. Stir fry a minute.
8. Add 2 perimeter squirts cooking rice wine.
9. Add sugar and stir for a minute.
10. Add 1 perimeter squirt oyster sauce.
11. Add pinch of white pepper.
12. Remove from heat and put into serving dish.



# Hot and Sour Soup

## Ingredients:

2 tblsp canned enoki (golden) mushrooms  
2 tblsp bamboo shoots (canned in large chunks), sliced into small julienned pieces  
2 tblsp Chinese cabbage, finely shredded and chopped  
1 tblsp dried black mushroom  
Firm tofu, 4 slices, cut into small matchstick pieces  
¼ to 1/3 of 1 carrot, thinly julienned  
1 ½ tblsp Sriracha Sauce  
2 tblsp white vinegar  
2 tblsp soy sauce  
4 small cubes beef bullion  
Pinch salt  
Pinch MSG (optional)  
½ tsp black pepper  
¼ cup Cornstarch and water, thin mixture  
1 egg, raw, beaten  
Chopped green (spring) onion

## Preparing the dish:

1. In medium to large sauce pan, boil 1 gallon water.
2. Add the mushrooms.
3. Add the bamboo shoots.
4. Add the Chinese cabbage.
5. Add the tofu.
6. Add the carrot.
7. Add the Sriracha sauce.
8. Add the white vinegar.
9. Add the soy sauce.
10. Add the beef bullion.
11. Add pinch salt.
12. Add pinch MSG (optional).
13. Drizzle the cornstarch and water mixture slowly into the soup, stirring at the same time.
14. Drizzle the egg slowly into the soup, stirring at the same time.
15. Add green onions.
16. Remove from heat and serve in small bowls.

