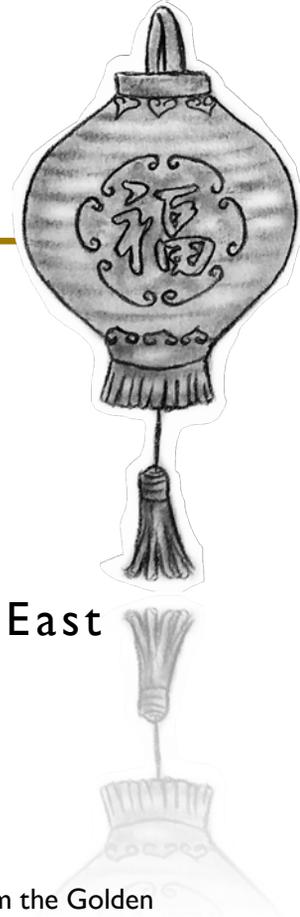


GOLDEN
CHOPSTICKS

AWARDS

**LITTLE BOOK
OF FREE
ASIAN DELIGHTS**

(Yes, it's totally free!)



Welcome

to your e-book packed full of delicious recipes to take you on a gastro tour of East and South East Asia!

“It gives us great pleasure, to be presenting this book of 37 incredible recipes from the Golden Chopsticks Awards family: Ken Hom OBE, Simon Rimmer, Jeremy Pang, Fuchsia Dunlop, Karen Barnes, Sonny Leong CBE, Lady Katy Tse Blair MBE, Eric Yu, Ping Coombes, and Tom Parker Bowles. We have also included recipes from our sponsors: Just Eat, Lee Kum Kee, Westmill Foods, Thai World, Shaftesbury PLC, Asco Foods, Tazaki Foods, S&B Herba, Coca-Cola European Partners, Kwan Yick, Bank of East Asia and Vitasoy.

The collaboration also includes some very exclusive recipes from London Chinatown, our previous award winners and our competition winner.

If you are as passionate about East and South East Asian food as we are, then you will be delighted to know that you can not only enjoy these tasty recipes from your favourite restaurants and takeaways, but you can now learn how to cook them at home!

The big question is.....how many pages will you get through before you need to eat?!”

**Gok Wan MBE, Lucy Mitchell and Sarah Lewis
Founders, The Golden Chopsticks Awards**





Preface

by Head Judge Ken Hom OBE

I have always felt humbled and honored at the same time when I was asked to be Head Judge for the Golden Chopsticks Awards. It was a perfect opportunity for me to join with some of the greatest names in our industry to support everyone in the East and South East Asia hospitality, from dishwashers to servers and cooks.

We have been through some of the toughest times in our industry in the last two years, but I feel and hope that we will come out of this challenging crisis even stronger by concentrating on our strengths: making our dishes even better and tastier, working on our service and smiles and most important using our time for reflection on how we can improve even more when better times return. The lessons we learn will make us all stronger.

So, to celebrate the coming of better times, I have asked our amazing judging panel, sponsors and restaurants to contribute some of their favourite recipes. The delicious result is a collection of 36 recipes covering the myriad of amazing cuisines through East and South East Asia.

From the very simple Crispy Mushrooms on Toast to the more exotic Sisig (Filipino Pork), really something for everyone, including personal favourites such as my Twice-cooked Pork recipe.

Remember when cooking this style of food to get your wok hot and keep it that way. Preparation is a key element and above all, don't panic! Once you have made some of the recipes, they will become part of your personal cooking repertoire.

My great hope is that this collection of recipes from some of the luminaries in our industry will help you discover just how versatile, easy and of course delicious and savoury this style of cooking can be. Then Golden Chopsticks can become your kitchen god!

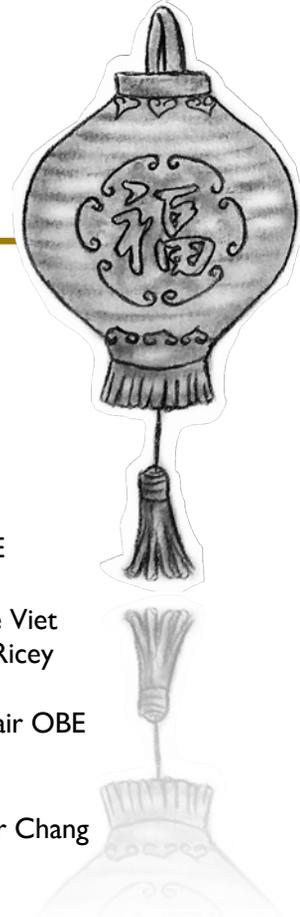
Ken Hom, OBE



Contents

6-7	Twice Cooked Pork	Ken Hom OBE
8-9	Nasi Goreng	Cosmo for Just Eat
10-11	Crispy Mushrooms on Toast	Simon Rimmer
12-13	Char Siu Prawn, Mango and Rice Lettuce Cups	Lee Kum Kee
14-15	Sweet & Sour Pork HK Style	Jeremy Pang
16-17	Seafood Laksa Soup	Lucky Boat Noodles
18-19	Gong Bao Chicken with Peanuts	Fuchsia Dunlop
20-21	Coconut Panna Cotta with Salted Caramel Sauce	Aroy-D
22-23	Crispy Cantonese Fish Rolls	Ken Hom OBE, contributed by Karen Barnes
25	Wok Fried Soy Cheung Fun	Bun House, Chinatown London
26-27	Jiaozi, Pan-Fried Sticker Dumplings	Dumplings' Legend, Chinatown London
28	Sichuan Grilled Fish in Chilli Oil	Jinli, Chinatown London
29	Matcha Iced Latte	Tsujiri, Chinatown London
30	Chicken Rendang	Rasa Sayang, Chinatown London
31	Sweet Ginger with Black Sesame Tang Yuan	Five Friends Desserts, Chinatown London
32	Braised Pan-Fried Tofu with Diced Peppers & Mushrooms	Plum Valley, Chinatown London
33	Jian Bing	Chinese Tapas House, Chinatown London
36-37	Teriyaki Tofu	Verna Gao for The Chinese Community Centre





Contents

38-39	Mango Pudding	Sonny Leong CBE
40-41	Chicken Pho Ga	Thuy Pham, Little Viet Kitchen for Oh! Ricey
42-43	Savoury Turnip Cake	Lady Katy Tse-Blair OBE
44-45	Tom Yum Soup	Zarina Dhillon for Chang
46-47	Grilled Chicken Thighs with Spring Onion and Ginger Sauce	The Last Talisman contributed by Eric Yu
48-49	Katsu Curry	Yutaka
50-51	Steamed Hake with Garlic Oil	Ping Coombes
52-53	Roasted Duck Fried Rice with Spring Greens, Duck Egg and Black Truffle	Lu Ban Bar and Restaurant for Phoenix USA Long Grain Rice
54-55	Sisig (Filipino Pork)	Tom Parker Bowles
56-57	Thai Green Curry with Roasted Cod	Mizu Pan Asian for Kwan Yick
58-59	Korean Fried Chicken	Gok Wan MBE
60-61	Beef & Coriander Wonton	Poon's for Bank of East Asia
62-63	Spicy Glass Noodle Salad	Lucy Mitchell
64-65	Tofu Phad Thai	Chaophraya Glasgow for Unicurd
66-67	Kankung Belacan	Sarah Lewis
68-69	Coconut Chicken Rice	Golden Dragon GD Box for Just Eat
70-71	Mock Char Siu Bao with Pickled Chinese Vegetables	Kwoklyn Wan
72-73	Beef with Rice Noodles	SeeWooUK
74-75	Mala Braised Coca-Cola Pork Belly	Jordan Kanz for Coca-Cola

Twice Cooked Pork

Ken Hom OBE

This recipe captures many of the elements of authentic, ancient Chinese cuisine. Most of the flavour of pork is concentrated in the fat, but the problem with fatty meat is its chewy, greasy texture. Twice-cooking is the age-old Chinese solution to this problem. First the meat is simmered slowly to make it tender and to render some of the fat; then it is stir-fried to rid it of most of the remaining fat. Despite the loss of so much of the fat, the meat retains its authentic pork flavour. Here the pork is finished off in a spicy mixture that makes it delicious and mouth-watering. This dish goes well with plain rice and re-heats well.

SERVES: 4

Ingredients

1 kg (2 lb) pork belly with rind
4 slices fresh ginger, peeled
6 spring onions
2 tablespoons groundnut or vegetable oil
3 tablespoons garlic, finely chopped
1 small onion, thinly sliced
1 red pepper, de-seeded and thinly sliced
1 green pepper, de-seeded and thinly sliced
225 g (8 oz) leeks, green part removed and shredded
3 tablespoons chicken stock
3 tablespoons Lee Kum Kee hoisin sauce
1½ tablespoons Lee Kum Kee chilli bean sauce
2 tablespoons Shaoxing rice wine or dry sherry
1 tablespoon Lee Kum Kee dark soy sauce
1 teaspoon salt
1 teaspoon sugar

Method

Bring a pot of salted water to a boil, add the belly and simmer for 10 minutes, skimming all the while. Then add the ginger and spring onions, turn the heat to low, cover tightly and simmer for 1½ hours. Then drain the meat thoroughly in a colander. Discard the liquid and the aromatics. When the meat is cool enough to handle, cut it into 5 cm x 1 cm (2 inch x ½ inch) pieces.

Heat a wok over high heat until it is hot. Add the oil, and when it is very hot and slightly smoking, add the meat and use the wok cover to keep the fat from splattering. Stir-fry for 20 minutes until brown and the fat is rendered. Drain carefully in a colander, keeping 1 tablespoon of oil in the wok. Re-heat the wok, and when it is hot, add the garlic, onion, peppers and leeks and stir-fry for 4 minutes or until the vegetables are tender. Then add the rest of the ingredients, return the pork to the mixture, turn the heat down, cover and braise for 15 minutes until tender. Turn onto a platter and serve at once.





Nasi Goreng

Cosmo

Originating from Indonesia, this is a simple fried rice dish, flavoured with kecap manis, a sweet, dark soy sauce. The fried egg on top is the final flourish. As winners of The Golden Chopsticks Awards Best Chain Award 2019, sponsored by Just Eat, we are proud to bring you this recipe from our book 'The Taste of COSMO-politan'.

SERVES: 4

Ingredients

6 shallots, peeled and thinly sliced
2 tablespoons sunflower oil
6 garlic cloves, peeled and crushed
1 teaspoon shrimp paste
2 teaspoons tamarind paste
3 red chillies, deseeded and finely chopped
20g fresh ginger, peeled and finely grated
1 lemongrass stalk, trimmed, bruised and finely chopped
2 large carrots, peeled and cut into fine matchsticks
150g chestnut mushrooms, thinly sliced
2 tablespoons kecap manis
400g cooked basmati rice
6 spring onions, thinly sliced
1 large bunch of coriander, stalks finely chopped, leaves roughly chopped
4 large eggs
1/2 cucumber, sliced into batons
Sea salt
Sriracha, to serve

Method

Place the shallots in a large wok or frying pan with the oil. Cook gently over a medium heat for about 15 minutes, until golden.

Remove from the heat and spoon the shallots out of the oil and set aside. Leave the oil in the pan and put it back on a medium heat. Add the garlic, shrimp paste, tamarind paste, chillies, ginger and lemongrass and fry for 2 minutes. Add the carrots and mushrooms and fry for 2-3 minutes until they are soft. Add the kecap manis and stir in the rice. Keep stirring for a few minutes until the rice is heated through. Stir through the spring onions and coriander.

In a separate frying pan, fry the eggs until just set and then season with salt.

Taste the rice to check the seasoning, adjusting if necessary and stir in the cucumber batons and shallots. Plate the rice onto warm plates or bowls, topping with a fried egg and sriracha.



Crispy Mushrooms on Toast

Simon Rimmer

SERVES: 4

Ingredients

4 x thick cut slices tin loaf
200g softened butter
25g white miso paste

250g oyster mushrooms,
shredded
75g flour
75g Chinese 5 spice
1 tsp salt

200ml hoi sin or plum sauce
juice 1 lime

30g sliced pickled pink ginger
1 cucumber finely diced
cucumber
sesame seeds to garnish

Method

Put a little oil on 4 x thick cut slices tin loaf and griddle for 2 minutes each side, or until charred.

Meanwhile beat together 200g softened butter and 25g white miso paste.

Toss 250g shredded oyster mushrooms in a mix of 75g flour, 75g Chinese 5 spice and 1tsp salt, then deep fry in small batches for 3-4 minutes until crispy.

Immediately toss in the 200ml hoi sin or plum sauce and the juice of 1 lime.

Butter the bread with the miso butter, sit mushrooms on top, then garnish with 1 finely diced cucumber, 30g pickled pink ginger and sesame seeds.





Char Siu Prawn, Mango and Rice Lettuce Cups

Lee Kum Kee

This is a fun and different way to eat a salad as well as being perfect for sharing. Char Siu Sauce offers a nice, balancing honey-savoury taste to the prawns that are packed with layers of flavours and a little spicy kick from the aromatic Chiu Chow Chilli Oil. The rice salad can be made in advance - easy and quick to make if time is of the essence.

SERVES: 6

Ingredients

125g wholegrain rice (cooked according to pack instructions)
250g peeled king prawns
4 tbsp Lee Kum Kee char siu sauce
200g sugar snap peas, sliced lengthways
1 large mango, peeled and diced
2 little gem lettuces
4 tbsp roasted peanuts, roughly chopped
1/2 tbsp Lee Kum Kee pure sesame oil
1 1/2 tbsp Lee Kum Kee premium light soy sauce
2 tsp mirin
Lee Kum Kee chiu chow chilli oil, to drizzle (optional)

Method

Heat a griddle pan (or BBQ) over a high heat. Combine the prawns with the char siu sauce and place onto the griddle pan. Cook for around 2 minutes per side, until pink and slightly charred. Set aside.

Mix the rice and sugar snap peas with the mango, sesame oil, soy sauce and mirin. Separate the leaves of the gem lettuces and spoon a little rice mixture into each one. Top with the prawns. Sprinkle over the crushed peanuts and a little chiu chow chilli oil if desired.





Sweet & Sour Pork HK Style

Jeremy Pang

Jeremy comes from three generations of Chinese chefs. Being surrounded by food connoisseurs Jeremy developed his passion for food and cooking at an early age. After several career changes, Jeremy decided to follow his heart and bring the world of Chinese cuisine to fellow food enthusiasts. School of Wok opened its first permanent professional kitchen in May 2012 in Covent Garden. Since then, the School has gone from strength to strength, winning The British Cookery School Awards in 2014, and teaching over 100,000 students the secrets of Asian cuisines - right in the heart of London. Jeremy is now also a regular chef on Channel 4's Sunday Brunch, BBC's Ready Steady Cook and has published two of his own cookbooks: demystifying Chinese cooking in Chinese Unchopped, and exploring different delectable dishes in Hong Kong Diner.

SERVES: 2

Ingredients

150g pork skin (off the shoulder / belly pork),
1/2 - 1 tsp salt
300g pork shoulder steaks
1/2 thumb sized piece of ginger
2-3 cloves garlic, bashed & skin removed
2 spring onions
1/2 red onion (optional)
1/2 green pepper (optional)
vegetable oil, for frying
1 ladle of chicken stock

The Marinade

1 teaspoon sesame oil
1/2 teaspoon granulated sugar
1 tablespoon light soy sauce
1 egg

The Batter

3-4 tbsp cornflour
1 egg white
5-6 tbsp cold water
1/4 teaspoon
1/4 tsp black pepper
2-3 tbsp mixed sesame seeds

The Sauce

4 tbsp rice vinegar or white wine vinegar
4 tbsp brown sugar
1 tbsp light soy sauce
1/2 tbsp dark soy sauce

Method

Preparation

Place the pork skin into a saucepan of boiling water and blanch for 3-4 minutes to remove the fatty impurities and scum. Rinse under cold water and then slice into thin slices and rub the salt around the slices of fat. Pat dry with kitchen towel and then place on an oven tray and roast at 230°C for 12-15 minutes until crispy and golden brown. Once golden brown and nice and crunchy, remove from the oven immediately to stop them from overcooking.

Slice the pork shoulder into large dice and place in a mixing bowl along with the marinade ingredients and massage well into the meat. Then mix 'the batter' ingredients together in the same bowl and massage all around the meat. The batter should have quite a sticky consistency.

Slice the red onion and green pepper (if using) into medium sized chunks and place at 12 O'clock on a round plate as the start of your wok clock. Slice the ginger into matchsticks and then bash the garlic and roughly slice. Slice the spring onions into rough chunks and place all these ingredients next on the wok clock.

Make up the "the sauce" ingredients in a small bowl and place last on the wok clock plate.

Cooking

Half-fill a wok with vegetable / sunflower oil and heat to 180°C (350°F) or use a wooden skewer or wooden chopstick to test the oil by placing the tip of the wood in the oil: if the wood starts to fizz after a second or so, the oil is at roughly 180°C. Carefully place the battered pork shoulder piece by piece into the hot oil, so that the pieces do not stick together. Do not overload the wok with pork, if you need to fry the pork in two batches, it's best to do so in order to retain the heat in the oil and keep each piece nice and crispy.

Once the pork pieces are floating at the top of the oil and golden brown and crispy (it should take at least 4-5 minutes), remove with a slotted spoon and drain on clean paper towels.

Now start to stir fry the wok clock of ingredients, starting with the red onion and peppers, then followed by the ginger, garlic and spring onion. Stir fry for 1-2 minutes and then bring the wok to a smoking point before pouring in the sauce. Bring the sauce to a vigorous boil and reduce the sauce down in the wok to a syrup consistency, then pour the ladle of chicken stock into the sauce and reduce down once again. Once the sauce starts to thicken, place the fried pork pieces into the wok and toss through the sauce 5-6 times and serve. Scatter with coriander / spring onions and more mixed sesame seeds and top with the crunchy pork crackling.





Seafood Laksa Soup

Lucky Boat Noodles

Lucky Boat, leads the way in wheat noodles among Chinese restaurants and takeaways, and we are excited to extend our noodle offer. As the noodle experts, we've responded to chefs' needs for perfect vermicelli: good elasticity & springiness, smooth texture and they do not stick together, meaning there is no waste. In addition, they look & taste great and are easy to prepare. Rice Vermicelli can be used in various dishes, including stir fries, salads and soups. We are delighted to share this 'Laksa Soup' recipe which is the ideal choice for those looking for inspiring flavours from all over the world.

SERVES: 2

Ingredients

100g Lucky Boat rice vermicelli
10g bamboo shoot slices
10g pak choi, halved
2 x fresh king prawns
5g wild mushroom
2g coriander
10g beansprouts
5g spring onion, sliced
200ml coconut milk
25g Who Hup laksa paste
5g chilli flake oil
5g fresh red chilli, sliced
20g fish ball or fish cake, sliced
5g tofu puffs, halved
5g lime leaves
1 x lime, cut into wedges
2 tbsp cooking oil

Method

Preparation

Place the rice vermicelli in boiling water.

Remove from the heat and leave them to soak for 2 minutes until cooked.

Stir frequently to separate noodles and drain.

Soup broth preparation: Heat the cooking oil in a pot and cook the laksa paste for 1 minute until it deepens in colour. Add broth and coconut milk, bring to the boil and simmer for 5-7 minutes until the flavour deepens.

Prepare prawns: peel the shell and boil in hot water until well done. Alternatively, you could use ready-made prawns.

Cooking

Add prawns, mushrooms, fish ball or fish cake, tofu puffs and lime leaves to the broth and cook for 1 minute.

Add the Lucky Boat rice vermicelli noodles and beansprouts, stir well and cook for 1 minute.

Serving

Divide the noodles into bowls and ladle over the soup.

Garnish with coriander, spring onion, chilli, chilli flake oil and fresh lime on the side.





Gong Bao Chicken with Peanuts

gongbao jiding 宫保鸡丁

Fuchsia Dunlop

This dish, also known as Kung Pao chicken, is named after a nineteenth-century governor-general of Sichuan, Ding Baozhen, who is said to have enjoyed eating it. Ding was born in Guizhou province and, before moving to Sichuan in 1876, served as tutor to the imperial princes in Shandong – an honorary role for which he was known as ‘Palace Guardian’ (gongbao).

Guizhou, Shandong and Sichuan all lay claim to versions of Ding’s famous dish, but the Sichuanese is the most renowned. No one can quite agree on the details of its origins. Some say Ding Baozhen brought it with him from Guizhou to Sichuan; others that he ate it at a modest restaurant when he went out in disguise to observe the real lives of the people. Whatever the truth of its origins, its association with an imperial bureaucrat was enough to provoke the wrath of the Cultural Revolution radicals, and it was renamed ‘fast-fried chicken cubes’ (hongbao jiding) or ‘chicken cubes with seared chillies’ (hula jiding) until its political rehabilitation in the 1980s. Gong Bao chicken is a glorious medley of succulent chicken, golden peanuts and dark red chillies. The ‘lychee-flavoured’ sauce is pepped up with a scorched-chilli spiciness and a trace of Sichuan pepper that will make your lips tingle pleasantly. Although the classic dish is made with peanuts, cashew nuts are even more delicious.

Ingredients

300g boneless chicken breast
5 spring onions, white parts only
a good handful of dried chillies (at least 12)
4 tbsp cooking oil
1 tsp whole Sichuan pepper
3 garlic cloves, peeled and sliced
an equivalent amount of ginger, peeled and sliced
75g roasted or fried peanuts (or cashews)

For the Marinade

$\frac{1}{2}$ tsp salt
2 tsp light soy sauce
1 tsp Shaoxing rice wine
 $\frac{1}{2}$ tsp potato starch

For the Sauce

2 tbsp caster sugar
 $\frac{3}{4}$ tsp potato starch
 $\frac{3}{4}$ tsp dark soy sauce
1 tsp light soy sauce
2 tbsp Chinkiang vinegar
 $\frac{1}{2}$ tsp chicken stock or water
1 tsp sesame oil

Method

Cut the chicken breasts as evenly as possible into 1.5cm cubes. Place in a bowl, add the marinade ingredients and $1\frac{1}{2}$ tsp cold water, and mix well. Cut the spring onion whites into small chunks to match the chicken cubes. Snip the chillies in half or into 2cm sections and shake out the seeds as far as possible.

Combine the sauce ingredients in a small bowl – if you dip your finger in you should be able to taste the light sweet-and-sour or ‘lychee’ base flavour of the dish.

Pour the cooking oil into a seasoned wok over a high flame. Quickly add the chillies and Sichuan pepper and stir-fry briefly until the chillies are fragrant and darkening but not burnt. Tip in the chicken and stir to separate. As soon as the pieces have separated, add the garlic, ginger and spring onion whites and stir-fry until they smell delicious and the chicken is just cooked (you may test a piece by cutting it in half to make sure).

Give the sauce a stir and pour into the centre of the wok. Wait for a second or two, then stir as the sauce thickens and coats the chicken pieces. Mix in the peanuts (or cashews) and serve.





Coconut Panna Cotta with Salted Caramel Sauce (Dairy-Free)

Aroy-D

SERVES: 4

Ingredients

400ml AROY-D coconut milk
 $\frac{1}{3}$ cup of small diced coconut
flesh
 $\frac{1}{3}$ cup maple syrup
1 teaspoon vanilla extract (or 1
vanilla bean)
1 $\frac{1}{4}$ teaspoon grass-fed gelatin
5-6 tablespoons of salted
caramel sauce
Roasted shredded coconut for
topping (or coconut flake)

Method

In a small saucepan, whisk together 1 cup of the coconut milk with the powdered gelatin. Leave to sit for 5 minutes, to allow the gelatin to “bloom.”

Add in the vanilla, then gently heat the mixture over medium-low heat, whisking well to help the gelatin dissolve. Be careful not to boil this mixture!

Once the gelatin has completely dissolved, remove from the heat and stir in the maple syrup and remaining coconut milk.

Add in the coconut flesh and gently stir before pouring the mixture into 4 small cups, and place in the fridge to set for at least 4 hours.

Pour the salted caramel sauce on top and sprinkle with roasted coconut over before serving.





Ken Hom's Crispy Cantonese Fish Rolls

Karen Barnes gives tribute to her culinary hero

“The first time I cooked a Chinese recipe (actually, it was a whole Chinese feast) was 30 years ago using a Ken Hom book I'd been given for my birthday. He has continued to teach and inspire me ever since, and it's been a privilege to get to know him in recent years and appreciate fully his wisdom, warmth and generosity of spirit.

This recipe for spring rolls is one Ken created for *delicious* magazine and it's a gem.”

Karen Barnes, editorial director, *delicious*. magazine

www.deliciousmagazine.co.uk

SERVES: 4-6 AS PART OF A SHARING FEAST

Ingredients

For the salt and pepper dip

3 tbsp sea salt flakes

2 tbsp Sichuan peppercorns

For the fish paste

450g sustainable skinless white

fish fillets, such as cod or sea

bass, cut into 2.5cm squares

1 medium free-range egg white

2 tbsp Shaoxing rice wine or

dry sherry

3 tbsp chopped spring onions

2 tsp cornflour

2 tsp toasted sesame oil

5cm piece fresh ginger

4 sheets filo pastry, about

30cm x 46cm (see Ken's tip)

cornflour for dusting

vegetable oil for frying

1 lemon, cut into wedges

You'll also need...

large, deep wok or pan; food

processor or blender; digital

probe thermometer; baking

tray lined with kitchen paper

Method

Make Ahead

Assemble the rolls and make the dip up to 4 hours ahead. Cover the rolls and chill until ready to finish the recipe.

Ken's Tip

Traditionally, fish rolls are wrapped in caul fat (it's a membrane used to wrap pâtés and faggots). This recipe uses filo pastry instead, which works just as well and is easier to find.

Food Team's Tip

If your pan isn't big enough to fry 25cm rolls, halve the pastry and make 8 rolls.

To make the salt and pepper dip, heat a wok or large frying pan until hot, then add the salt and Sichuan peppercorns. Stir-fry for 1 minute, remove and set aside to cool, then roughly grind with a pestle and mortar for 1 minute and set aside. You won't need it all, but it lasts for weeks and goes with many things.

For the fish paste, mix the fish, egg white, rice wine, spring onions, cornflour and sesame oil in a food processor with a little salt and pepper. Coarsely grate the ginger, then squeeze the juice into the food processor and whizz to a smooth paste. (Use the pulse button or the paste will turn out rubbery.)

Spread out the pieces of filo on a worktop, then divide the fish paste evenly among them in a sausage-like roll, about 25cm long (see Food Team's tip). Roll up the filo, tucking in the ends as you roll. Repeat until the filo has been used up. Dust with cornflour and shake off any excess (see make ahead).

Set the wok or pan over a high heat. When hot, pour in the oil and heat to 180°C on a digital probe thermometer (a cube of bread should turn golden in about 30 seconds). Gently lower in 2 of the fish rolls and cook until golden brown and crisp (about 5 minutes). Carefully remove with a slotted spoon and put on the prepared tray. Fry the remaining rolls. Serve with lemon wedges and the salt and pepper dip.





CHINATOWN

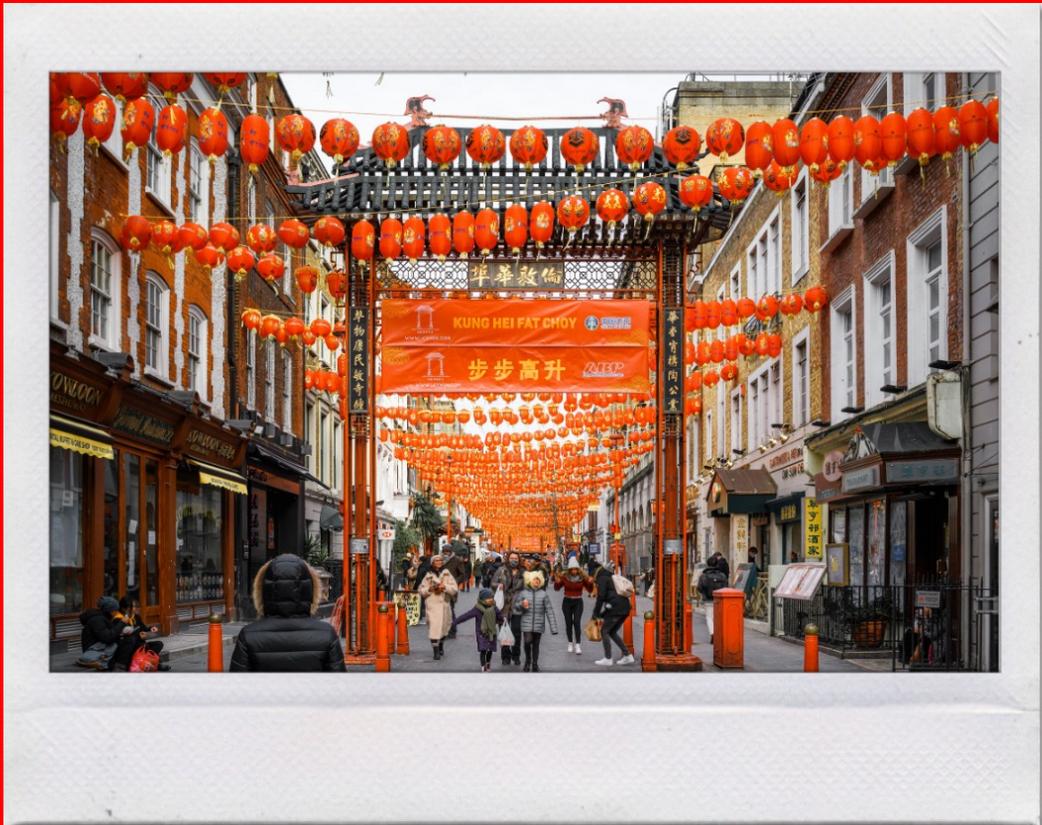
LONDON

Chinatown London is a thriving central London destination packed with East and South-East Asian bakeries, bars, restaurants, supermarkets and shops.

Here is a collection of eight simple, easy and delicious recipes from restaurateurs and chefs with businesses in Chinatown London. All speciality ingredients can be sourced from one of Chinatown London's Asian supermarkets including See Woo, New Loon Moon, Oseyo and Lucky Foods.



CHINATOWN L O N D O N



Follow at Chinatown London | 伦敦中国城



Wok Fried Soy Cheung Fun

Bun House

Cheung Fun is a Cantonese rice rolled noodle dish found throughout southern China and Hong Kong. The wok tossed noodles are often enjoyed as an on-the-go street food snack but also make a great midweek dinner. Bun House are more widely known for their filled bao buns (as the name suggests) but this is a wonderful snack that features on their menu.

SERVES: 2

Ingredients

450g rolled cheung fun, cut into 6cm long pieces (if whole)
300g minced pork
2 spring onions, roughly chopped into 5cm pieces
2 cloves garlic, finely chopped
1 red chili pepper, de-seeded, chopped into rings
2 tbsp rapeseed oil
2 tbsp soy sauce
1 tsp oyster sauce
1 tbsp Shaoxing rice wine
1 tsp ground sesame seeds

Method

Heat a wok or non stick pan on a medium heat. Add the rapeseed oil and minced garlic, stir fry until lightly golden.

Add the minced pork to the wok and quickly toss while using a spatula to break up large lumps of pork until they are evenly sized.

Add in the cheung fun noodles, together with the rest of the ingredients, apart from the Shaoxing rice wine. Turn up the heat and toss all ingredients repeatedly for 5 minutes.

Splash some of the Shaoxing rice wine around the wok so it makes a sizzling sound and deglazes the wok. Quickly toss a couple more times and turn off the heat.

Garnish with freshly ground sesame seeds to finish. Serve immediately.



Jiaozi, Pan-Fried Pot Sticker Dumplings

Dumplings' Legend

Jiaozi Dumplings are crescent-shaped savoury dumplings, usually boiled or steamed. They're considered lucky as they look like Chinese ingots, which are boat-shaped, oval, and turned up at the two ends. Here, Geoffrey Leong provides his recipe for Jiaozi Dumplings that he offers, along with a whole bounty of other dumplings, at his Chinatown London restaurant, Dumplings' Legend.

RECIPE MAKES AROUND 60-70 DUMPLINGS, KEEP THE FILLING TO AROUND 25G PER DUMPLING (AROUND A SPOONFUL)

Ingredients

1kg mix of minced pork and pork belly, finely chopped
400g Chinese cabbage, finely chopped
100g carrots, finely chopped
150g water chestnuts, finely chopped
50g bamboo shoots, finely chopped
30g chive shoots, finely chopped
2 tsp salt
6 tsp sugar
4 tsp corn powder
1 tsp chicken stock powder
1 tsp Shaoxing rice wine
1 tsp oyster sauce
1 tsp white pepper
2 tsp sesame oil
100ml chicken stock
2 tbsp cooking oil
70 white round dumpling wrappers, available in Asian stores in Chinatown, London
soy sauce
rice wine vinegar
red chilli, finely chopped

Method

Put the finely chopped cabbage, bamboo shoots, carrots, water chestnuts and chives into a thin white clean cloth and squeeze out all of the excess water. In a large mixing bowl, mix the squeezed finely chopped vegetables with the minced pork meat and chopped pork belly. Season well and mix thoroughly. Leave for an hour in the fridge before use.

Get a dumpling wrapper (method below or store bought) and fill the middle with a spoonful of the filling (around 25g per dumpling), leaving space around the outside of the wrapper so the filling does not fall out.

Now, the Jiaozi fold. Hold the dumpling gently using your two fingers and a thumb, then applying the pressure of the fingers, fold them in half to close. Use your left hand finger to push the skin closed against the thumb around the edge.

Then, form a pleat in the centre of the dumpling wrapper. One side at a time, form pleats moving into the centre. Make sure that the pleats are pressed together tight all around to make sure there is no leaking of the filling and the dumpling is completely closed. Keep your hands a little wet, so they do not stick.

Heat a large pan with 3 tablespoons of oil. Place the dumplings with the folding facing up. Ensure each dumpling is sitting separately on the pan and not stacked.

Turn the heat up for one minute to crisp one side, then drain the oil and add the chicken stock so the dumplings are submerged in the stock. Turn the heat to simmer for 4 minutes.

Using tongs, take the dumplings out onto a plate. Drain the pan and add the oil back in and fry the folded side for 1 minute again.

Serve with a soy sauce or vinegar dipping sauce and some freshly chopped red chilli.



Sichuan Grilled Fish in Chilli Oil

Jinli

Winner of The Golden Chopsticks Best Restaurant in England Award 2018, Jinli is known for its authentic, Sichuan food. The restaurant brings local Chengdu dishes to London diners with lots of great options to taste the mouth-watering, aromatic, Sichuan spices and other popular Sichuan dishes. If you can't get your hands on a whole sea bass, this recipe also works with shop-bought fillets and other varieties of fish.

Best served with a warming bowl of rice.

SERVES: 4

Ingredients

1 whole sea bass or four fillets (cleaned, but kept whole)
340g lotus root (peeled and cut into thin slices)
3 shallots (sliced diagonally)
5 slices of ginger
a bunch of coriander (chopped finely, save some for garnish)
garlic
1 stalk of celery
1 star anise
cumin
6 dried chillies
pixian bean paste
Sichuan peppercorns
sugar
Shaoxing rice wine
neutral oil
soy sauce

Method

Add a little oil to the frying pan and get it hot. Fry the fish skin down on a medium-heat until golden.

Bring a pot of water to the boil and blanch the lotus root for 1 minute. Drain and set aside.

Lay the sliced lotus root on a baking tray and top with the fried fish.

In the same pan as you fried the fish, add the prepared shallots, ginger, garlic, celery, coriander, Pixian bean paste, dried chilli, star anise and cumin. Saute for 5 minutes. Add the soy sauce, Shaoxing rice wine, sugar and salt to taste. Pour all of this into the baking tray, surrounding the fish.

Put the baking tray into the oven at 200 degrees for 10 to 15 minutes. Sprinkle with the reserved coriander leaves and serve.



Matcha Iced Latte

Tsujiri

Chinatown London's resident matcha expert Chin Teow of Tsujiri claims that this is the golden ratio for a Matcha Iced Latte. Chin is the King of 'real' matcha, flying to annual trainings with tea masters and retailing tip-top ceremonial grade matcha in his store.

His shop is an emporium for matcha goodies: from matcha sundaes, to matcha bubble tea, to nama matcha chocolate.

SERVES: 1

Ingredients

5ml spoonful of high quality Japanese matcha powder
30ml water
200ml milk
optional: sugar syrup

Method

Mix 5ml spoonful of matcha powder with 30ml water.

Combine with 200ml cold milk. Feel free to mix in a little sugar syrup if you fancy something sweeter.

Pour into a cup filled with ice cubes.



Chicken Rendang

Rasa Sayang

Chicken Rendang is one of the most superior Malaysian-Indonesian stews with many variations across the regions. Rasa Sayang is a Singaporean/Malaysian restaurant headed up by Ellen Chew and this is their version: a rich chicken curry packed with nourishing spices and layered with the fragrance of the galangal and turmeric.

SERVES: 6

Ingredients

1kg chicken meat, diced
1 tablespoon of oil
3 tsp of brown sugar
4 stalks of lemongrass (white part only, and bashed)
5 Kaffir lime leaves
200ml coconut milk
100g of grated coconut water (to be added when needed, please see step 6)

Paste

12 cloves of garlic
9 shallots (or 260g)
6 red chillies
50g galangal
50g turmeric
1 tbsp of salt
1 tsp of sugar
10 cloves
4 candlenuts

Method

Blend all the paste ingredients together in a food processor.

Heat the oil in a saucepan or wok and fry the paste over medium heat till fragrant (approximately 5 – 6 mins), then add brown sugar and stir until it melts.

Add the diced chicken, Kaffir lime leaves and lemongrass and cook for about 20 minutes. Continue to stir and flip the chicken to ensure the pieces cook evenly.

Now, add the coconut milk and lemongrass into the wok and continue stirring.

In a separate pan, dry-fry the 100g of grated coconut until golden brown and grind in a pestle and mortar to a paste.

Add the coconut paste and cook until the chicken is cooked and the meat has absorbed all the spices and flavours. The process from this point should take about an hour. The trick is to continue stirring and flipping the chicken from time to time to prevent the sauce and chicken from burning. The end result is chicken smothered in a thick and rich rending paste. If, at any point, you feel like it's drying out too quickly, lower your fire and add some water.

Serve with jasmine rice or bread.



Sweet Ginger with Black Sesame Tang Yuan

Five Friends Desserts

Tang Yuan, meaning 'soup ball', are associated with reunion and family togetherness, thanks to their pronunciation and round shape. They are a popular celebratory dish in Southern China and made from glutinous rice flour and served in boiling water or sweet syrup, with many fillings – sweet and savoury. Tang yuan is tricky to make, so preferably you will buy it in an East Asian supermarket. This recipe is for black sesame tang yuan, but feel free to swap out for regular.

SERVES: 1

Ingredients

4 black sesame tang yuan,
available to buy in the
Chinatown London
supermarkets or in an online
East Asian specialist store
5g ginger, thinly sliced
25g brown sugar

Method

Pour 250ml of water into a pan, place on a high heat until boiling.

Add the brown sugar and sliced fresh ginger, give it a good stir. Leave it to boil for 3 minutes.

Place the 4 black sesame tang yuan into the pan. Give it a good stir.

Cook for around 8 minutes. Leave to cool for 15 minutes. Then, serve.



Braised Pan-Fried Tofu with Diced Peppers & Mushrooms

Plum Valley

A destination restaurant in Chinatown London, Plum Valley puts a modern twist on traditional gourmet Cantonese foods. A great example is this simple, but super nutritious, vegetable side dish, packed with a whole range of glorious vegetables reimagined with the star tastes of Cantonese cooking.

SERVES: 2

Ingredients

400g soft tofu, cubed
1/4 green pepper, diced
1/4 red pepper, diced
50g carrot, diced then cooked
boiling water for a few
minutes, and drained
3 Chinese mushrooms, soaked
in water, and drained before
dicing
2 cloves of garlic, finely
chopped
2 spring onions, finely chopped
1/2 tbsp chilli bean sauce
1 egg, beaten
1 1/2 tsp cornstarch, mixed
with 30ml cold water

Sauce

240ml chicken stock
1 1/2 tsp sugar
1/2 tbsp vegetarian oyster sauce
1/2 tbsp soy sauce
1/2 vegetarian stock cube
1/2 tbsp Shaoxing rice wine
Sichuan chilli oil

Method

Mix the ingredients for the sauce together. Put to one side.

Pour the beaten egg into the tofu cubes and mix well.

Pour 1 tablespoon of oil into the wok, pan-fry the tofu cubes on a medium heat, until they turn golden.

Pour 1 tablespoon of oil into the wok, add the diced garlic, half the chopped spring onion and the chilli bean sauce to the wok and stir-fry for a few minutes, then add the diced pepper, carrots and mushrooms and stir-fry for another few minutes.

Add the mixed sauce and cook until it bubbles, then add the pan-fried tofu and braise for 1 minute.

Add the well-mixed corn starch water into the wok and cook for half a minute.

Place the vegetable mix into a bowl and garnish with the remaining finely chopped spring onion.



Jian Bing

Chinese Tapas House

Chinese Tapas House is a must-try street food option in Chinatown London that specialises in Jian Bings - a pancake stuffed with either sausage, pork belly, kelp, crabsticks and more. Here is their (secret) recipe with added Frankfurter sausages, but feel free to swap in a filling of your choice.

SERVES: 4

Ingredients

50g flour
50g mung bean flour (if there is no mung bean flour available, just increase the flour to 100g)
2 eggs
2 frankfurter sausages, cut into chunks
cooking oil
sweet bean (tianmian) sauce
chilli sauce
4 spring onions, chopped

Method

Mix 180ml water with both flours to make the batter. Beat the two eggs together.

Add a little oil to the frying pan. Once hot, spread the pancake batter on the pan, add the eggs to the top of the pancake. Leave for 1 to 2 minutes in the frying pan.

Flip the pancake over. Drizzle over the sweet bean and chilli sauce, top with the chopped spring onions and Frankfurter sausages.

Roll it up and cut in the middle. Ready to eat.





LONDON CHINESE COMMUNITY CENTRE 倫敦華人社區中心

WHO WE ARE?

A grassroots charity & cultural touchstone in London Chinatown. We deliver vital support and promote Chinese culture



WHAT WE DO?

- Elderly care
- Youth club
- COVID outreach
- Fighting to #stopasianhate



2019-20 STATS

1679 Information & advice cases

£500,000+ Financial aid secured for those in need

2192 Healthy meals served

157 Trilingual pro-bono legal consultations

120 community events

**DONATE
TODAY**





Here are some of The Golden Chopsticks Awards 2019, which were awarded to our winners at:
London Marriott, Grosvenor Square by Gok Wan

Teriyaki Tofu

Verna Gao

My most popular recipe by far, and with good reason. This teriyaki tofu wrapped in nori seaweed is super easy and such an umami bomb. The nori seaweed is the game changer here, it adds a little extra texture and flavour, so if you've never liked tofu, try this and let me change your mind. Taken from the recipe e-book *Easy Asian Recipes* created to fundraise for The Chinese Community Centre. The book is available post-donation via <https://justgiving.com/fundraising/vernahungrybanana>

SERVES: 2

Ingredients

300g firm tofu, cut into equal sized sticks
1-2 sheets of nori seaweed, cut to size suitable for wrapping around tofu
30g cornflour
1 tbsp Japanese mirin
1 tbsp brown sugar, or honey
3 tbsps light soy sauce
5 tbsps water

Method

Mix the sauces together and set aside.

Dip the pieces of cut seaweed lightly in water before wrapping it around each piece of tofu.

Coat each piece of wrapped tofu generously in cornflour, covering all sides.

Heat up a pan with cooking oil and gently pan fry until golden brown.

When the tofu is all cooked, turn the heat down to low and pour the teriyaki sauce over it. Let the water evaporate and sauce thicken, turning the tofu slightly to ensure all sides are evenly coated.

Sprinkle on some sesame seeds as garnish and serve immediately with some rice or just by itself.





Mango Pudding

Sonny Leong CBE

Sonny is a social entrepreneur, community leader, social justice defender, publisher, educationalist, and plane spotter. His claim to fame is driving on every single motorway across the length and breadth of Britain for the best part of fifteen years when he was a law publisher visiting every law school in the UK. He is passionate about education attainment and equality of opportunity for young people across the world. He keeps himself occupied by advising policy makers of the changing nature of work, and the skilling of young people for the jobs of tomorrow. When he gets time, he helps out in the kitchen to the annoyance of his lovely wife Gita, and daughter, Sonya who both cook fantastic Chinese food. He was awarded the Commander of the Order of the British Empire (CBE) in the Queen's Birthday Honours in 2014.

SERVES: 6

Ingredients

500g mango puree
125ml evaporated milk
250ml hot water
100g granulated sugar
1½ tsp unflavoured gelatine
3 ice cubes

Method

Blend the mango puree and evaporated milk in a blender.

Dissolve the granulated sugar and gelatine in hot water.

Add the ice cubes and dissolved gelatine mixture to the mango puree and evaporated milk and blend until the ice is melted.

Pour the mixture into ramekins and leave in the fridge for at least 3 hours to set before serving.





Chicken Pho Ga - Phở Gà

Thuy Pham, Little Viet Kitchen

Light and fragrant, chicken pho is the little sister of the more complex beef pho, but in no way inferior. Delicately spiced, the tender chicken and hot aromatic broth serves as a hearty breakfast meal to many Vietnamese every day. Taking less than half the cooking time of beef pho, this is my go-to option for a quick pho fix when the need strikes (which, as a Viet, is often). The subtlety of the flavours makes this a winner for kids as well. I always loved it growing up and watching my nieces and nephew slurping a bowl down never fails to warm my heart. I hope they will grow up loving it as much as I do and maybe one day make it for their children too.

The Golden Chopsticks 2019 Best Restaurant in England Award Winners share this recipe in association with Acecook Vietnam and ASCO Foods (www.ascofoods.com) proud sponsor of The Golden Chopsticks Best Fusion Award.

Oh! Ricey Pho Noodles are our recommended choice of pho noodles and could be used for this recipe.

SERVES: 4 - 6

Ingredients

200g dried pho noodles
6 spring onions
500g bean sprouts
2 red chillies, sliced
Thai basil, large handful
crispy fried shallots, handful
2 limes, quartered
2 teaspoons hoisin sauce
2 teaspoons sriracha sauce

For the Broth

2 onions, unpeeled
20g piece ginger, unpeeled
5 star anise
1 teaspoon coriander seeds
1 whole chicken, approx. 1.3kg
18cm piece daikon, peeled
3 tablespoons fish sauce
50g rock sugar, crushed
1 teaspoon salt

Method

Roast the onions and ginger for approximately 5 minutes directly over an open flame, until you see the juice of the onion bubbling on the surface and the ginger is fully blackened. Wash under cold water and rub the blackened outer layers away.

In a dry pan, roast the star anise and coriander seeds over a medium heat for 2 minutes.

Bring 3 litres of water to the boil in a large stockpot and add the whole chicken, the daikon and the roasted onions and ginger. Place the roasted spices into a spice strainer and position it carefully at the bottom of the pot. Lower the heat and simmer for 1 hour, skimming away any foam that comes to the surface.

Remove the chicken and place to one side to cool. Strain the broth, discarding the solids, and return to the pot. Add the fish sauce, sugar and salt to the broth and simmer for 30 minutes.

Meanwhile, soak the noodles in lukewarm water for 20 minutes. Drain. Bring a pan of water to the boil and cook the noodles for 3–5 seconds. Drain well and leave to cool.

Remove the top and bottom of the spring onions and slice very thinly lengthwise. Soak in a bowl of cold water for 5 minutes until they curl up.

Take a handful of noodles and place into a bowl, and top with a small handful of bean sprouts. Tear the chicken into large chunks and place on top. Now ladle the broth into the bowl leaving some room for adding the herbs. Drain the spring onions and place a few on top of the chicken. Sprinkle over a couple of slices of chilli, the basil leaves and crispy fried shallots. Repeat with the remaining bowls.

Lastly squeeze a lime quarter into each bowl to balance the flavours of the broth. Serve with hoisin and sriracha dipping sauce, and extra lime for squeezing.





Savoury Turnip Cake 蘿蔔糕

Lady Katy Tse-Blair MBE

Pronounced as Loh Bak Go in Cantonese, “Loh Bak” means Turnip, “Go” is the Chinese name which can broadly refer to anything made with batter and steamed or baked into either savoury or sweet firm cake. Loh Bak Go is a popular Cantonese homemade dish traditionally served during Chinese New Year. I remember my dear Mother used to make this on New Year’s Eve when the kids were young and I would be the one doing the hard work: grating the turnip. Due to its popularity, Loh Bak Go has become a very common dim sum available in Chinese restaurants. The “Go” is cooked by steaming. Although it is delicious eaten fresh from the steamer, it is usually preferred pan fried, especially when served in restaurants. The difference between home and restaurant made Loh Bak Go is the amount of turnip that goes into the “Go”, the latter usually uses less turnip to reduce cost. My recipe for homemade Loh Bak Go is easy to follow and delicious to eat.

YIELDS: 16 SLICES

Ingredients

Long white turnip (also known as daikon) approximately 1.8kg: peeled and grated or cut into thin chunks (I personally prefer the latter as I like being able to enjoy the texture of the turnip in my mouth)

A small bunch of coriander to cook with the turnip as it will reduce the bitterness that can sometimes be found in the turnip

700ml water made up of the water used to soak the dried shrimp and mushroom plus the liquid from the cooked turnip (see below)

2 x Chinese preserved dry sausage cut into small pieces (I personally prefer smoked bacon lardon, easily available from supermarkets, about 70g)
40g small dried shrimp, washed and soaked

about 12 medium dried shitake mushrooms, washed, soaked until soft, cut into small pieces

3 x shallots, chopped

240g rice Flour

120g cornflour

salt

sugar

white pepper

Method

Sauté the sausage (or smoked bacon lardon), dried shrimp, mushroom and shallots for about 10 minutes.

Add some water into the prepared turnip and coriander, cook until the turnip softens or becomes translucent (make sure not to overcook to prevent it from disintegrating in the “Go”). Once the turnip is done, leave it to cool slightly, pour out the liquid into the water used to soak the dried shrimp and mushroom. The combined liquid should measure 700ml (top up with some water if necessary).

Add the cooled 700ml liquid to the rice flour and corn flour to make a batter.

Pour the batter into the turnip while the turnip is still warm (not hot - I learnt this from my Mother that this process will partly cook the batter).

Add the sautéed ingredients into the turnip and batter mixture, mix well and season with salt, sugar and white pepper, ensuring the mixture is well-incorporated. The mixture should feel sticky and slightly dry, not runny or thick. (If too runny, thicken the mixture on low heat so the mixture turns stickier. If too thick, just add some water but be careful not to over add).

Give the mixture a final stir, and pour it into a well-oiled loaf, round pan or deep plate and place it into a steamer with plenty of water and steam over high heat for approximately 1.5 hours, ensuring the steamer is always filled with enough water.

When the “Go” is cooked, remove the pan from the steamer.

You can eat the “Go” freshly cooked or keep it in the fridge until you want to eat. As and when you do, just slice it into your desired thickness and pan fry until golden. Whatever sauce you serve it with: soya, chilli, oyster, sesame, peanut ...the “Go” tastes absolutely heavenly!





Tom Yum Soup

Zarina Dhillon

Salty, sour, hot and sweet ... serious flavours going on in this umami bursting soup. Undoubtedly one of my favourite weeknight dinners which can be whipped up in under 30 minutes...the perfect bowl of yumminess on a cold gloomy day. Created for Chang and ASCO Foods, (www.ascofoods.com) proud sponsor of The Golden Chopsticks Best Street Food Award. Instagram: [@zarskitchen](https://www.instagram.com/zarskitchen) (www.zarskitchen.com)

SERVES: 6

Ingredients

12 tbsps of Chang tom yum soup paste
cooking oil
2 lt boiling water or 1/2 chicken stock, 1/2 water
1 shallot finely chopped
2 large tomatoes chopped small
1 lime juiced
1 tsp galangal paste (optional)
3 lemongrass stalks slit down the middle keeping top end intact
6 Chang frozen Kaffir lime leaves (defrosted)
4 tbsps fish sauce
1 tsp Chang palm sugar
150g mushrooms of choice, I used baby king oyster and oyster
100g sugar snap peas
12 large king prawns peeled leaving tails on and deveined
225g Chang bamboo shoots
2 nests Chang vermicelli noodles or Chang rice sticks
large handful coriander
fresh limes

Method

Cook Chang vermicelli noodles / Chang rice sticks according to packet instructions and set aside.

Add a little oil to a saucepan and sauté the shallots over medium high heat for a couple of minutes.

Add Chang tom yum paste and continue to cook for a minute.

Add a good glug of the water/stock to the saucepan and mix until all the paste is combined.

Add the remaining water/ stock to the saucepan and bring to a boil.

Add the Chang Kaffir lime leaves, tomatoes, fish sauce, lime juice, galangal (if using) and lemongrass.

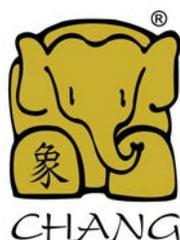
Reduce the heat and simmer for 15-20 minutes.

Add Chang palm sugar & fish sauce, taste to ensure the salty-sour-hot-sweet taste.

Add mushrooms, sugar snaps peas, prawns and bamboo shoots and cook for 3-4 minutes until prawns are cooked through and sugar snaps are cooked but still crisp.

Remove lemongrass and discard.

Add Chang vermicelli noodles. Chang rice sticks and coriander. Serve immediately while hot and garnish with more coriander and lime wedges.





Grilled Chicken Thigh with Spring Onion and Ginger Sauce

Eric Yu shares a recipe from The Last Talisman

We're all in need of a lucky charm. And just when we needed it most, the magical force of The Last Talisman has come to Bermondsey Street, ready to rejuvenate and rehydrate lucky Londoners. Good fortune doesn't come to those who wait, though, but to those who explore. And it comes in the form of tantalising cocktails and mouth-watering small plates served straight from a sizzling Asian grill, right in the heart of Bermondsey.

"This Grilled Chicken Thigh with Spring Onion and Ginger Sauce is a simple Asian chicken dish but always an easy favourite. The dish can be served with either rice or some buttery rice noodles.

Coriander garnish is also an excellent extra for those who love fresh coriander! This recipe was created by our chef for 'The Last Talisman', which is the latest opening for The Breakfast Club Group (www.thebreakfastgroup.co.uk) and it is a popular choice on our menu."

Eric Yu, Managing Director, The Breakfast Club Group

Ingredients

For the Chicken

500g of deboned skin-on chicken thigh
50g Shaoxing rice wine
6g ginger (finely chopped)
10g sesame oil
5g fine sea salt

For the Sauce

50g canola oil
30g sesame oil
40g spring onion (green part)
40g spring onion (white part)
8g ginger
100g mirin
50 light soy sauce
50g Shaoxing rice wine
20g large red chilli

Method

For the Chicken

Mix the rice wine, salt, ginger and sesame oil in a zip lock bag. Add in the chicken and shake the bag to cover all the chicken in the marinade.

Allow the chicken to marinate for 12-24 hours.

Once the chicken has marinated, soak some bamboo skewers in water for 1 hour.

Skewer the chicken thigh whole and keep the skin as flat as possible. Grill the chicken over white coals on a bbq, keep turning the chicken to avoid burning the skin. Once the chicken is golden brown and cooked, put the chicken skin side down on the bbq and char a little. Once the chicken is cooked, brush it with a little of the spring onion sauce and serve.

For the Sauce

Heat the canola & sesame oils in a small saucepan to 165C.

Finely chop the green part of the spring onion and ginger.

Once the oil is 165C, drop the chopped onion and ginger and cook till they are light golden brown.

Remove the pan from the stove and leave it to cool and infuse for 1 hour.

In another pan, add the rice wine, mirin and soy. Bring to a boil and reduce by half.

Strain the oil mix into the soy mix and discard the brown spring onion.

Cut the white part of the spring onion into small rounds and chop the chilli into small rings. Remove and discard the seeds if you would like it less spicy.

Add the spring onion and chilli into the pot of sauce. Place back on the stove and heat the sauce to 70c.

Remove from the heat and keep in a warm place till your ready to eat.





Katsu Curry

Yutaka

Katsu Curry is one of Japan's most popular home-made dishes & comfort food. Our recipe combines thick, satisfying curry sauce with a crisp fried chicken cutlet, perfect with steam rice & a green salad. It's packed full of flavour and so easy to make at home. For vegetarians, replace chicken with firm cotton tofu or aubergine.

SERVES: 2

Ingredients

Sauce

1/2 large onion
vegetable oil
300ml - 400ml water
50g Yutaka Japanese-style
curry (half pack)
steamed rice

Chicken Katsu

chicken breast
salt & pepper
50g plain flour
1 large egg
Yutaka panko
deep frying oil

Method

Rice & Side dish

Soak rice first while you prepare the rest of the meal.
Cook steamed rice according to the instructions on pack.
Prepare your favourite green salad to serve with the Katsu Curry.

Sauce

Chop onion into small pieces. Add a little oil to the pan. Gently fry chopped onions on a low heat for a few minutes or until lightly browned. Add 300ml to 400ml of water and bring to the boil (use more water if you prefer a less salty sauce). Simmer for a few minutes. Break 50g of Yutaka Curry (half pack) into small pieces and add into the pot. Simmer for about 7 minutes or until sauce thickens. Stir constantly to prevent burning.

Chicken Katsu - Deep Frying - Option 1

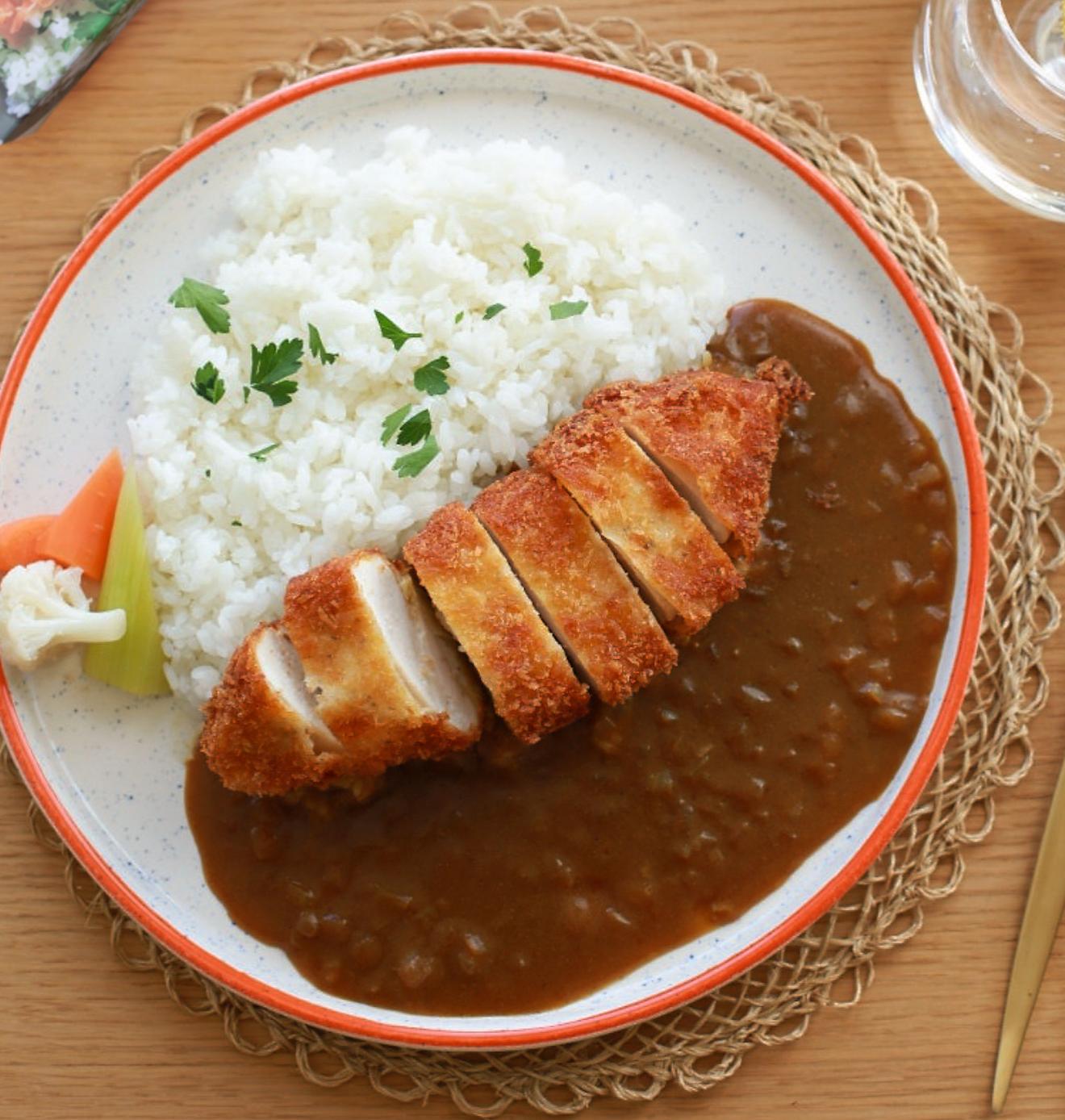
Make 4-5 cuts on the chicken to prevent it from bending when cooking, then season the chicken with salt and pepper. Coat the seasoned chicken with plain flour. Dip chicken in egg and coat with Yutaka panko. Add oil to pan and bring the heat to 170°C. Deep fry the chicken for 6-8 minutes. Serve with steamed rice, green salad and sliced chicken. Add sauce.

Chicken Katsu - Oven Baking - Option 2

Preheat your oven to 200 °C

To Toast Panko: Heat 1 tablespoon of olive oil in a non-stick pan on medium-high heat. Once the oil starts swirling around in the pan, add 1 heaped cup of Yutaka panko, stirring panko constantly for 3 to 4 minutes until they look golden. Turn off the heat and place the toasted panko on a big plate to cool down.

Season chicken breast with some salt and pepper. Put the flour, the beaten egg and the toasted panko onto three plates. Coat the seasoned chicken in plain flour, then dip in the beaten egg, and finally coat with the toasted panko. Place the chicken in an oven tray and cook in the oven for 20-30 minutes (200°C). Cook sauce as instructed above while waiting for chicken to be ready.



Steamed Hake with Garlic Oil

Ping Coombes

Hake is one of my favourite fish. My mum often steams fish at home so that it retains its natural flavours and juices. This recipe is really simple - one that compliments the fish and doesn't overpower it. Enjoy with a steaming bowl of plain rice and spoon over the fish along with the sauce.

Ingredients

garlic oil

4 fat cloves of garlic, finely and evenly chopped as possible

4 tbs vegetable or other flavourless oil

2 hake fillets, about 150g each

2 tbs garlic oil

2 tbs oyster sauce

1 spring onions, finely sliced lengthways

Small handful coriander leaves, torn

Method

To make the garlic oil, heat oil in pan on medium heat for about 1 minute. Drop in the chopped garlic and swirl in the pan so the garlic is evenly distributed. As soon as the garlic changes colour to light golden, remove from the heat immediately and set aside. The garlic will continue to cook and will turn into a rich golden colour.

Place your steamer inside your wok and add boiling water up to the level of your steamer. Bring it back to boil and then lower the heat a little.

Slice the spring onions and place them into a bowl of cold water. Add the coriander. They will stay fresh while the fish steams.

In a shallow bowl, place your fish fillets skin side up making sure they are not overlapping, add the garlic oil and oyster sauce.

Cover and steam for 5 minutes. Then uncover and add $\frac{3}{4}$ of the spring onions and coriander leaves. Steam for another 8 minutes. Sprinkle the remaining spring onions and coriander leaves over the dish. Serve immediately.





Roasted Duck Fried Rice with Spring Greens, Duck Egg and Black Truffle 时蔬烤鸭蛋炒饭

Lu Ban Bar and Restaurant

Recipe created by Chef Dave J Critchley for The Golden Chopsticks Awards sponsor
Phoenix USA Long Grain Rice

www.sbf.com

SERVES: 4

Ingredients

400ml of long grain rice
(measured in a jug)
200g cooked sliced duck meat,
breast or shredded leg
50g peas
6 small duck eggs
50g asparagus tips
20g soybeans
10g fresh black truffle
2 spring onions, thinly sliced
1 stem of garlic greens, thinly
sliced
3 tbsp light soy sauce
(optional)
3 tbsp sesame oil or vegetable
oil
5g crushed ginger
1 tbsp crispy chilli oil (to
serve)
ground white pepper
sea salt
3 tbsp vegetable oil

Method

Place the rice in a bowl and wash it two or three times with fresh water each time. Drain the rice and place in a large pan with 600ml of water or a level of 2cm of water above the rice and bring to the boil.

Boil the rice for 14-16 minutes or until the surface water has gone and pits appear on the surface of the rice. Place a lid on the pan and reduce the heat as low as possible and cook for a further 10 minutes, ensure the rice doesn't catch.

Drain the rice and allow to cool - this can be done the day before.

Heat a large wok or frying pan over high heat until very hot for about 2 minutes. Add 1 tablespoon of vegetable oil.

Beat 2 of the eggs with 2 teaspoons of water and a large pinch salt, and add to the wok or frying pan. Cook the eggs until they begin to set for about 30 seconds. Transfer to a plate and break into small pieces.

Return the wok to a high heat and add 2 tablespoons of vegetable oil.

Add the garlic greens and half of the spring onions. Cook for about 2 minutes until fragrant but without colour. Add the ginger and stir fry for about 1 minute. Add cooked rice and stir fry for 3 to 4 minutes, until a golden-brown colour begins to appear on the rice. Add the duck meat, peas, soybeans and asparagus tips and the cooked egg pieces to the wok. Add the optional soy sauce, sesame oil and season with salt and pepper to taste, then stir in the remaining spring onions and remove from the heat.

In a separate frying pan add a splash of oil and fry each of the remaining duck eggs and season with salt. When the eggs are cooked, remove from the heat and drain.

Serve the fried rice with a fried duck egg on the top, finish with plenty of freshly grated truffle and crispy chilli oil to taste.





Sisig (Filipino Pork)

Tom Parker Bowles

Filipino food is one of Asia's great hidden secrets. We 'go out' for a Thai green chicken curry, 'slurp' a Vietnamese pho and 'murder' a Chinese. Yet what about the food of the Philippines, a country that looks both east and west (thanks to over half a century of occupation by the Spanish and then Americans)? It's not as vivid and spicy as most Thai food, nor as delicate as Vietnamese. Vinegar is of huge importance, and many dishes tend towards the sweet. But I had a blast in Manila, an under loved and overlooked city. Sure, it ain't no looker. Dirty, chaotic and smog-filled. But it's got heart and soul and charm. This is a classic booze dish, and should use the whole of a pig's head. But I've adapted it to use pork belly. It's all about the contrast of textures: crisp, soft and crunchy. The citrus juice hews through the fat, the chillies add heat. It's one of the world's great dishes, and I ate endless versions. If you have a good butcher, ask him for a pig's head. Scorch off the hairs, then poach and debone so you're left with the ears, snout and all that wonderful cheek meat. I've adapted this recipe from one in *Kulinarya* (2008), a great guide to Philippine cuisine.

Taken from *Let's Eat* by Tom Parker Bowles, published by Pavilion Books.

SERVES: 4

Ingredients

1 kg/2 lb 2 oz pork belly (or 1 kg/2 lb 2 oz deboned pig's head meat: jowls, ears and cheek), cut into 1 cm¹/₂ inch cubes
500 ml/18 fl oz pineapple juice
15 g¹/₂ oz sea salt
10 g¹/₄ oz black peppercorns
6 chicken livers
2 large white onions, finely chopped
2 tablespoons lime juice, plus lime wedges to serve
4 tablespoons white vinegar 6–20 bird's-eye chillies, plus extra to serve
freshly ground black pepper

Method

Put the pork belly (or head meat), pineapple juice, salt and peppercorns in a stockpot with 2 litres/3¹/₂ pints water. Cover and bring to the boil, then reduce to a simmer and cook for 1 hour.

Heat a barbecue so the coals are glowing white-hot.

After 1 hour cooking, add the chicken livers to the pork and cook for a further 15 minutes, until the meat is fork-tender. Remove the pork and chicken livers from the pot and discard the liquid. Grill the pork over the hot charcoal, or fry over a high heat in a heavy-based pan, until the skin is brown and crisp.

Chop the chicken livers into small cubes, mix with the pork and place in a bowl. Mix in the onions, lime juice, vinegar and chillies. Season to taste with salt and pepper.

Heat a cast-iron griddle pan until white hot, then add the meat mixture. Cook for 3–5 minutes. This is the third cooking stage, where the meat becomes browner and crunchier still.

Serve sizzling hot, with cold beer, and extra chillies and lime wedges on the side.





Thai Green Curry with Roasted Cod

Mizu Pan Asian

Created by The Golden Chopsticks Awards 2019 winning restaurant in the Best Newcomer category in association with proud sponsor Kwan Yick
www.kwanyick.com

SERVES: 4

Ingredients

4 cod fillets
1 green chilli deseeded and roughly chopped
1 red chilli deseeded and roughly chopped
100g ginger, peeled and roughly chopped
2 chopped onions
1 litre of coconut milk
2 garlic cloves, roughly chopped
2 whole lemons juiced
4 baby aubergines
50ml fish sauce
40g fresh coriander
100g palm sugar
2 lemon grass
4 Kaffir lime leaves
Hua la da basil
100g Japanese rice
1 red pepper diced, 1 green pepper diced, 1 yellow pepper diced
1 potato cut into straws

Method

Wash the Japanese rice with running water for 20 minutes and leave to soak for 1 hour 50 minutes.

Once rice has soaked, drain well then add the rice to a rice cooker. Add 2 litres of water and turn rice cooker on.

While rice is cooking, use a food processor to blend together the red and green chillies, chopped ginger, chopped onions, garlic, coriander, lemon grass, baby aubergines, palm sugar, fish sauce, Kaffir lime leaves, basil and lemon juice until it forms together as a rough paste.

When appropriately blitzed, add the paste into a hot pan to cook.

Next, add in the coconut milk and bring to a boil.

In a separate hot pan, place the cod skin-side down. Cook for 10 minutes until the cod skin is golden on top and the fish is cooked.

To serve the dish as a whole, first start with the rice. Use a wooden spoon to fold and gently turn the rice from top to bottom then add rice to the centre of a bowl.

Pour the curry sauce around the rice then place the pan-fried cod on top of the rice.

To garnish, add some diced red, green and yellow peppers around the bowl, along with some fried straw potatoes and coriander leaves.





Korean Fried Chicken

Gok Wan MBE

Traditionally done with bone in and skin on, this is a quicker to cook version. Alcohol inhibits the formation of gluten so helps keep the batter crisp.

“ I made these deliciously simple treats on my latest series of Easy Asian for Food Network UK, and who doesn't like cooking with Vodka! ”

Ingredients

8 x boneless and skinless chicken thighs
100g cornflour
salt and white pepper
1 tbsp gochugaru
2tsp garlic powder

150g self raising flour
1tsp baking powder
1.5tbsp gochujang
slug of vodka
sparkling water (roughly 200ml)
vegetable oil to deep fry

300g cooked and cooled rice
1 small pineapple peeled and cut into small chunks
4 spring onions, trimmed and finely sliced
100g frozen peas
1 clove of garlic
1 egg
1tsp onion granules
light soy sauce
sesame oil
black sesame seeds

Method

Mix the cornflour, salt, white pepper, garlic powder and gochugaru. Toss the chicken thighs in the seasoned flour.

Mix together the self raising flour, baking powder and salt and pepper. Add the vodka, then whisk in enough sparkling water until you reach a consistency somewhere between single and double cream.

Heat the vegetable oil to 160c.

Take each chicken thigh one at a time, pat off excess flour, dip into batter and carefully lay into the hot oil. Fry the chicken for 6-7 minutes or until the chicken is fully cooked through – to be sure, cut open a thick piece and check the pink flesh has turned white.

Drain the cooked chicken on paper towel.

Heat a little oil in a frying pan. Add the spring onion and garlic. Add the pineapple, peas and onion granules. Beat the egg then add into the middle of the pan. Let to set then break up.

Add in the rice then toss to mix. Season the rice with soy sauce, sesame oil and finish with black sesame seeds





Beef & Coriander Wonton

Poon's

Poon's has been serving wontons since master chef Bill Poon opened his first eponymous restaurant in 1973 at 27 Lisle Street. Bill Poon developed this particular recipe with his daughter, Amy, for Poon's Wontoneria, bringing a twist to the original Cantonese dumpling.

@poonslondon @poons_wontoneria.

This recipe is supported by The Bank of East Asia, Limited UK Branch.

The Bank of East Asia, Limited UK Branch, proud sponsor of The Golden Chopsticks Awards – Best Dumpling Award

YIELDS: 38

Ingredients

500g beef – silverside
55g coriander
55g preserved salted turnip –
“chung choi”
55g water chestnuts
15g ginger
1 tsp salt
3 tsp sugar
2 tbs soya sauce – light
1/2 tsp white pepper
2 tbs potato starch
1 tbs sesame oil
vegetable oil
200ml water

Method

Dice the beef into 1cm cubes and place in a stand mixer. Add salt, sugar, soya sauce, white pepper, potato starch and sesame oil.

Mix at a medium speed till the meat mixture becomes “sticky”.

Add vegetable oil, a little at a time and continue to mix at medium speed.

Add water, 50ml at a time. Wait until water is absorbed into mix before adding more.

Roughly chop the coriander, finely chop the “chung choi”, coarse chop the water chestnuts and very finely chop the ginger.

Add coriander, “chung choi”, water chestnuts and ginger to the meat mixture.

Combine gently until well mixed. The filling is now ready.

Allowing for approximately 13g per wonton, this will make about 38 wontons.

Using your wonton pastry of choice (there are many brands to choose from in most Asian/Chinese supermarkets), wrap the wontons by placing a teaspoon of filling into the middle of the wonton pastry.

Gather the pastry around the filling and pinch gently to seal.

Bring a pan of water to boil, drop in wontons and simmer gently for 4-6 minutes until the wontons float to the surface and you see the wonton pastry cling lusciously to the filling.

Serve with Poon's extraordinary chilli oil and a sprinkling of chopped spring onions.



Spicy Glass Noodle Summer Salad

Lucy Mitchell

This is one of my favourite quick and easy summer salads. I use it on its own or as a side dish to bbq'd or grilled meat or fish. It's great as a bbq salad and what I love about it is that you can play around with the recipe and adapt it to your personal tastes / what you're cooking at the time.

You can tweak the veg that you're using and the sauce. You can also play around with how spicy it is by changing the type or quantity of fresh chilli used and also the herbs. I personally love mint, it's so fresh and goes so well with the sour lime, fish sauce and umami flavours.

I'm a bit of a waste freak so I often adapt the veg side to whatever crunchy veg happens to be kicking around in the fridge, it's a very forgiving, using up leftovers recipe!

It's also pretty good in the fridge for a day or two after making, so it's great to take to work for lunch.

SERVES: 4

Ingredients

75g (2 nests) of mung bean vermicelli (I use Brotherhood Longkou Funsee)
1 carrot (peeled)
1/2 a red pepper (deseeded)
1/2 a cucumber
1 handful of sugar snaps or mangetout (top and tail)
4 spring onions
1/2 a large red chilli (deseeded)
bunch of fresh mint (or coriander if you prefer)

For the sauce

1 tbsp pure sesame oil
3 tbsp light soy sauce
1 tbsp fish sauce
1 tbsp dark brown soft sugar
juice of 2 limes
1 large clove of garlic (or 2 small) minced
3cm piece of fresh ginger finely grated

optional: 1 handful of salted peanuts (chopped)



Method

Making the salad

In a pan of boiling water cook the mung bean vermicelli nests for approximately 3-4 minutes (until soft but not soggy, I like it cooked a bit al dente like spaghetti, if you like it softer, cook it for longer). Once cooked strain and rinse under cold water to cool quickly and avoid sticking together. Put aside in a large mixing bowl.

Finely slice the carrot, cucumber, spring onion, sugar snaps and pepper into thin strips (no longer than 4cm). You can use any combo of crunchy fresh veg you like here.

De-seed the red chilli and finely dice. You can use smaller bird's eye chilli's here if you prefer more heat.

Mix the vegetables into your vermicelli trying to spread them evenly (hands are best for this!)

De-stalk and roughly chop the fresh mint leaves. You can substitute the mint with coriander or you can mix the two, I personally love the fresh taste of mint, it's so summery. Add the chopped herbs to the mix.

Making the dressing

(Use a dressing bottle if you have one or I actually just use a jar, it does the job perfectly. You need to be able to shake it vigorously so make sure whatever you use has a lid).

Simply combine all the ingredients into the jar or dressing bottle and give it a good old shake (to dissolve the sugar). Taste and add more lime / soy or sugar to adjust acidity, saltiness or sweetness to your own taste.

Pour over the salad and thoroughly mix (again hands are best I find), distributing the dressing and vegetables evenly amongst the noodles.

Finally, chop and scatter the salted peanuts over the top.

Serve with bbq or grilled meat or fish or on its own. It can be served straight away but equally can be stored in the fridge until needed, but make sure to get it out 15-20 minutes before serving and give it another thorough mix. If refrigerating before serving add the nut garnish just before you serve.



Tofu Phad Thai

Chaophraya Glasgow

Chaophraya was founded in 2004 by partners in business and in life, Kim and Martin. Kim, the real inspiration and beating heart of our restaurants, grew up in rural Khiri Mat, a village in the Sukhothai province of Thailand. In the early 90s Kim set up her first small Phad Thai Cart. Through her dedication and hard work, Kim expanded to run several street foods stalls, and won an award for the delicious flavours of her Phad Thai recipe.

This very recipe is still proudly used across our restaurants today. Our goal is still to deliver an authentic Thai experience and for our customers to fall in love with the Thai culture and food as much as we have, so please, enjoy!

The Golden Chopsticks 2019 Best Restaurant in Scotland Award Winners share this recipe in association with The Golden Chopsticks Awards sponsor Unicurd Tofu.

SERVES: 2

Ingredients

250g cubed tofu
90g rice noodles
50g bean sprouts
2 tbsp. chopped green onions
6 tbsp fish sauce
3 tsp tamarind sauce
2 tbsp sugar
2 tbsp preserved turnip
2 eggs
1 tsp red chilli
1/2 lime
2 tbsp crushed peanuts

Method

Soak rice noodles for 30 minutes in room temperature water.

Heat and season the wok. Add tofu and stir fry for a few minutes.

Add egg and stir fry (for vegan, leave this step). Before the egg is fully cooked, add the noodles, sugar and turnip. Stir fry until all ingredients are mixed well and noodles are wilted.

Add the tamarind and season with fish sauce (for vegan/ veg, please use a fish sauce alternative). Then add bean sprouts, green onions and the red chilli. Stir fry quickly to ensure everything is well combined.

Remove from heat and serve with crushed peanuts and lime wedge on the side and garnish with coriander.





Kangkung Belacan

Sarah Lewis

Kangkung Belacan is a common traditional dish in Singapore and Malaysia. This dish is so easy and simple to make, taking a matter of minutes to cook.

It's a classic Malay recipe stir fried with spices and one of my favourite leafy green dishes.. It reminds me of the time my father was working in Singapore and we visited for the summer holidays.

We were overwhelmed by the tastes and smells of all the wonderful street markets and instantly hooked on the amazing local dishes, the like of which we had never experienced in the UK. This was a must order at the local restaurant and was just one of the recipes we brought it home with us, often cooking it for a family gathering when we'd reminisce about the wonderful time we had in the far east.

S E R V E S :

Ingredients

oil
1 tablespoon dried shrimp, soaked in hot boiling water until softened, drained
3 chillies
3 shallots, peeled, sliced
2 garlic, peeled, chopped
ginger, peeled and sliced
Shaoxing rice wine
1 teaspoon belacan (shrimp paste)
300gm kangkung (water spinach) washed and drained, but you could substitute other Chinese greens such as choy sum or pak choi.
salt to taste

Method

Grind the spice paste ingredients until smooth

Trim 1-2 inches from the tough ends of the kangkung and discard. Cut into 2-3 inch lengths.

Add the cooking oil to a wok or saucepan over a medium-high heat, add the spice paste and cook for 5 minutes or until fragrant stirring occasionally.

Add in kangkung, and stir-fry at high heat until well mixed (this should take less than 2 minutes!).

Add salt to taste. (Add very little salt to taste as the belacan is already salty)

Be careful not to over-cook. Kangkung tend to softened very fast, and it's best eaten with a slight crunch.

Serve hot over steamed rice or noodles. Also makes the perfect accompaniment with any meat or fish dishes.





Coconut Chicken Rice

Golden Dragon GD Box

As winners of The Golden Chopsticks Awards Best Takeaway Award 2019, sponsored by Just Eat, we are proud to share this recipe.

SERVES: 2

Ingredients

740g cooked (boiled) rice
2 tbsp extra-virgin olive oil
3 large eggs
300g chicken breast
100g carrots, sliced
100g green peppers, sliced
70g cream coconut block
800ml milk (or dairy free milk)
200ml single cream
2 tsp turmeric powder
2 tsp salt
8 tsp sugar
40g mozzarella cheese (or vegetarian alternative), grated
6 tsp all-purpose flour

Method

Prepare the chicken:

Slice the chicken into $\frac{1}{2}$ inch thick strips. Add 1 teaspoon of salt over the chicken and mix to combine. Set the chicken aside for 10 minutes.

Prepare the fried rice:

Separate one yolk from one egg and beat the remaining egg white with the two eggs. Heat a wok or large skillet over medium-high heat. Swirl in a tablespoon of oil and add the beaten eggs. Use a spatula to scramble the eggs into smaller pieces. Add cooked (boiled) rice and using the back of your spatula, smash any large chunks of rice to break them apart. Stir to incorporate. If the rice starts to stick to the wok, add a little more oil. Cook for another 2-3 minutes and transfer to an oven dish.

Cook the chicken:

Add one tablespoon of oil into the wok or large skillet. Add the chicken and stir fry for 4 to 5 minutes.

Cook the sauce:

Heat the saucepan and melt the coconut block over medium-high heat. Add the milk (or dairy free milk), single cream and the prepared chicken. Stir and fry the mixture. Add the turmeric powder, 1 teaspoon of salt, 8 teaspoons of sugar and stir to combine. Transfer the stir fried chicken and cook until fragrant. Add the green peppers and carrots, and cook for 2 minutes. Bring the sauce to simmer and turn off the heat. Add 6 teaspoons of all-purpose flour. Stir briefly to bring it together and bring to simmer on medium-high heat. Add a little more flour to thicken the sauce further if necessary.

Transfer the sauce with the chicken into the oven dish containing the fried rice.

Pre-heat the oven at 180°C.

Sprinkle the cheese on top of the dish. Beat the egg yolk and pour over the sauce.

Place the dish into the oven for 8 minutes at 180°C.

Serve immediately while hot.



Mock Char Siu Bao with Pickled Chinese Vegetables

Kwoklyn Wan

Soft, fluffy steamed buns – Check! Firm tempeh patty filling, marinated in a rich, aromatically smoky, sweet Chinese barbecue sauce – Check! Topping of tangy, sour, crunchy, pickled vegetables – Check! That'll get your taste buds going!

Chinese pickled veg is a great side to rich or spicy dishes as it acts as a palate cleanser as you eat. It is especially good with Chinese style curry's or on top of a tofu burger as not only does it introduce a sour-sweet note, the vegetables are still crunchy which adds another texture dimension to each bite. Taken from Veggie Chinese Takeaway Cookbook by Kwoklyn Wan, published by Quadrille 2020.

SERVES: 4

Ingredients

Bao Ingredients

560g plain flour
11g instant dry yeast
 $\frac{1}{2}$ tsp salt
1 tsp baking powder
30g fine sugar
30g vegetable oil
320g whole milk (vegan option: soy or almond milk)

Filling

1 block tempeh cut into 2 cm thick patties
 $\frac{1}{2}$ cup Chinese barbecue sauce (hoisin sauce)
1 tbsp five spice
1 tbsp Shaoxing rice wine
2 tbsp sugar
1 tbsp vegetable oil

$\frac{1}{2}$ cup Chinese pickled veg

Chinese Pickled Veg

$\frac{1}{4}$ white cabbage, shredded
 $\frac{1}{4}$ red cabbage, shredded
2 carrots cut into thin matchsticks
 $\frac{1}{2}$ cucumber, seeds removed, cut into batons
1 cup Shaoxing rice wine
 $\frac{1}{3}$ cup granulated sugar
 $1\frac{1}{3}$ tsp salt

Method

Making the Chinese Pickled Veg

In a saucepan over a medium to low heat, gently dissolve the sugar and salt in the Shaoxing rice wine. Once dissolved, remove from the heat.

In a large container add the shredded vegetables and pour over the vinegar liquid ensuring as much of the vegetables are submerged. Cover and place in the fridge, removing after 1 hour to give the vegetables a good mix. Re-cover and place back in the fridge, allowing 2 hours before eating but ideally over night. Eat within 1 week.

Making the Bao

Place all of the bao ingredients into a large bowl and bring together to form dough.

Turn out onto the table and knead for 6 minutes.

Bring mixture together to form a ball and place in a lightly greased bowl, cover and leave to stand for 2 hours, until doubled in size.

On a lightly floured worktop, turn out the dough, lightly flatten and roll into a long sausage, divide into 8-12 equal pieces (depending on how large you'd like your bao to be!). Roll each piece into a short sausage shape and flatten, fold in half to create a soft clam shape and place on non-stick paper. Steam for 8 to 10 minutes.

Making the Veggie Char Siu Burger

Preheat oven to 190C/374F.

In a large bowl combine BBQ sauce (hoisin), five spice, sugar and Shaoxing rice wine.

Line a baking sheet with foil and brush with oil, place tempeh patties onto the sheet and brush over half of the marinade. Place in the oven for 10 minutes or until they have formed a crust, then turn the patties over and brush on the remainder of the marinade and cook for a further 10 minutes or until they have formed a crust on both sides. Remove from oven.

Take a steamed bao and carefully pull open (you may need to cut with a knife), place a tempeh patty in the middle, top with the Chinese pickled veg and tuck in!



Beef with Rice Noodles

SeeWooUK

Our popular Fresh Ho Fun Noodles are made daily in our 24,000 sq ft. BRC AA grade accredited factory in London. Our rice noodles are Vegan Society certified and are available for home delivery via our website (www.seewoouk.com) or in our London Chinatown Store, located on Lisle Street since 1975. To honour SeeWoo's 45 year contribution to the development of the UK Chinese food sector, in 2018 our founder Stanley Tse was the proud recipient of The Golden Chopsticks Founders' Lifetime Achievement Award. We are delighted to have the opportunity to share a recipe using our very own Way-On Fresh Ho Fun Noodles for this book and for the community.

SERVES: 3

Ingredients

300g beef fillet – sliced thinly
500g fresh rice noodles
1 spring onion – finely chopped
150g bean sprouts
6 tbsp cooking oil
to taste – shredded ginger

Marinade

1½ tbsp light soy sauce
½ tbsp dark soy sauce
1 tsp Shaoxing rice wine
1 tbsp oyster sauce
2 tsp water
½ tsp sugar
1 tsp corn flour

Seasonings

2 tbsp light soy sauce
1 tbsp dark soy sauce
to taste – salt
to taste – sesame oil

Method

Thinly slice the beef across the grain and mix with marinade for 15 minutes.

Heat the cooking oil in a wok over medium-high heat, quickly stir fry the beef until 70% cooked then set it aside.

Heat more oil in the wok, add ginger and bean sprouts. When the bean sprouts are softened, push bean sprouts to the sides of wok.

Increase heat to high and toss in rice noodles and stir fry until it's really heated up. Add seasoning.

Toss back in the beef and spring onion and mix well then serve hot.

Note: Preheat the fresh rice noodle in a microwave for 30 seconds to 1 minute. Carefully separate each strip of rice noodle before tossing them in your pan.





Mala Braised Coca-Cola Pork Belly

Jordan Kanz

This recipe is a take on a classic Cantonese braised pork belly, blended with Sichuan flavours incredibly tender bursting with spice and sweetness, we use Coca-Cola as a primary braising stock as it implements a wonderful base sweetness that pairs beautifully with the numbing component of the Sichuan peppercorn. Served with steamed white rice, we only ask you to prepare to have your guests fighting for the last bite.

Coca-Cola has been used as an ingredient in oriental cooking for decades. In association with our partner Coca-Cola European Partners, The Golden Chopsticks Awards launched a social media competition to find The Best Coca-Cola oriental food recipe.

We are delighted to share this exclusive winning recipe with you, as chosen by Coca-Cola, proud sponsor of The Golden Chopsticks Awards Best Newcomer Award.

Ingredients

800 grams pork belly
4 slices ginger
4 cloves of garlic
1 teaspoon of Sichuan pepper
3 tablespoons dark soy
1 teaspoon sesame oil
2 teaspoon chiu chow chilli oil
(we like to use
Lee Kum Kee)
0.5 litre Coca-Cola
1 and 1/2 teaspoon of salt
1 onion
1 spring onion (just the green
part sliced finely)
1 and 1/2 teaspoon of msg
(optional)
1 tablespoon crushed black
pepper
1 tablespoon of sugar
1 and 1/2 corn-starch or plain
white flour, mixed with 4
tablespoons of cold water
1 teaspoon sesame seeds

Equipment

1 large pot and lid

Method

Chop pork into large bite size pieces and set aside. We like to use pork belly that still has its skin on as this leads to a wonderful mouth feel.

Roughly dice your base ingredients - one onion, your peeled garlic, patiently peel your ginger before again chopping into large chunks slicing and setting aside.

Chop your aubergine into bite sized pieces set aside til the last 30 minutes.

Place your pot on your hob and turn on the heat to its hottest setting before browning pork belly.

Lower your temperature and add in your base ingredients, chilli oil, Sichuan and black pepper before gently pouring in your Coca-Cola.

Season your pork belly with salt, sugar, msg (optional) and sugar before lowering to a very gentle simmer. You should be able to count about one second between each bubble, cover the pot with a lid and braise for 2.5 hours.

After braising for 2.5 hours remove your lid and add your sliced aubergine and flour mixture. Gently stir and leave to simmer for an additional 15-20 minutes or until aubergine is tender.

Finish with sliced spring onion and sprinkling of sesame seeds.



 **im_forking_hungry** Message 👤 ⌵ ⋮

7 posts 202 followers 253 following

Big Cook, Little Cook
📧 📧
Serving you home-cooked food inspo - simple recipes and flavour wizardry.
Love Jordan & Georgia x
@beansontoast_ @georgiabellebrown
Followed by beansontoast_

POSTS TAGGED





We hope

you enjoy our wonderful collection of recipes from The Golden Chopsticks Awards family.

Follow us on social and tag us with your recipe creations!
[@TheGoldenChopsticksAwards](#)

