

Traditional recipes for good luck

Kung Pao Chicken

1 pound diced chicken (chicken needs to marinate for two hours)

3/4 cup water

1/2 teaspoon salt

1/4 teaspoon ground white pepper

1 egg

3 tablespoons corn starch

5 cups plus 4 1/2 teaspoons salad oil

2 ounces diced red bell peppers

6 ounces diced green bell peppers

8 whole dried chili peppers (the dried chili peppers should be smaller than 3 inches; if they are longer, cut them in half)

2 ounces diced green onion (Cut off the green end of the green onion, and dice the white part into 1/2 inch pieces; use only the white part)

1 teaspoon ground ginger

1 teaspoon ground garlic

1 tablespoon crushed red pepper

1 teaspoon cooking wine

1/4 cup soy sauce

1 teaspoon sesame oil

2 ounces peanuts, deep fried

1. Marinate chicken; combine 1/4 cup water, salt, white pepper,

egg and corn starch; add mixture to the chicken and mix well until the meat absorbs all the water. Add 1/4 teaspoon salad oil and mix well. Marinate for 2 hours.

2. Heat a clean wok for 10 seconds over a flame.

3. Add 5 cups salad oil into wok and heat oil to 250 to 300 F.

4. Add the chicken to the wok. Stir quickly, separate the meat and then cook the chicken for approximately 40 seconds. Remove the cooked chicken and oil from the wok. Make sure the chicken is cooked well. Drain it well.

5. Place diced red and green bell peppers into boiling water for 10 seconds. Then remove them and hold them on the side. Drain peppers well.

6. Reheat wok for 5 seconds over a high flame.

7. Add the whole dried chili peppers into the wok and stir fry several times until they change to a darker colour. Then add white portion of the green onion. After 10 seconds add ground ginger, ground garlic and crushed red chili peppers into the heated wok. It is important to add the ingredients in order. Stir for 5 seconds.

8. Add cooked chicken, then cooking wine. Then add soy sauce and water. Stir until sauce boils and thickens.

9. Pour red and green chili peppers into wok. Stir and fold them several times in the wok to mix them.

10. Add 1 teaspoon sesame oil, 1/2 teaspoon of salad oil and the deep fried peanuts to the wok. Continue to stir and fold until the ingredients are thoroughly mixed.

Courtesy of pionerthinking.com & Panda Express

Crispy Fish with Sauce

4 large Chinese dried black mushrooms

1 tbsp. peeled, minced fresh ginger

2 tsp. minced garlic

1/3 C thinly sliced carrots

1/3 C thinly sliced bamboo shoots

1/3 C snow peas, cut in half lengthwise

1 tbsp. rice wine

2 cups chicken broth

1/3 C oyster sauce

3/4 tsp. salt

1 tsp. sugar

1/3 C soy sauce

2 tsp. rice vinegar

3 tbsp. corn starch mixed with 3 tbsp. water

2 tbsp. peanut oil

1 tsp. sesame oil

shake of white pepper

Soak dried mushrooms in water to cover and set aside. Mince ginger and garlic and put into small dish. Cut carrots, bamboo shoots and snow peas and combine in small bowl. Combine rice wine, chicken broth, oyster sauce, salt, sugar, soy sauce and vinegar in a small bowl. Combine corn starch with water in a small dish.

Remove dried mushrooms from bowl and squeeze out excess liquid. They should be fully hydrated; if not, let them soak longer. Trim and discard stems. Cut into 1/2-inch wide strips and place in dish with carrots.

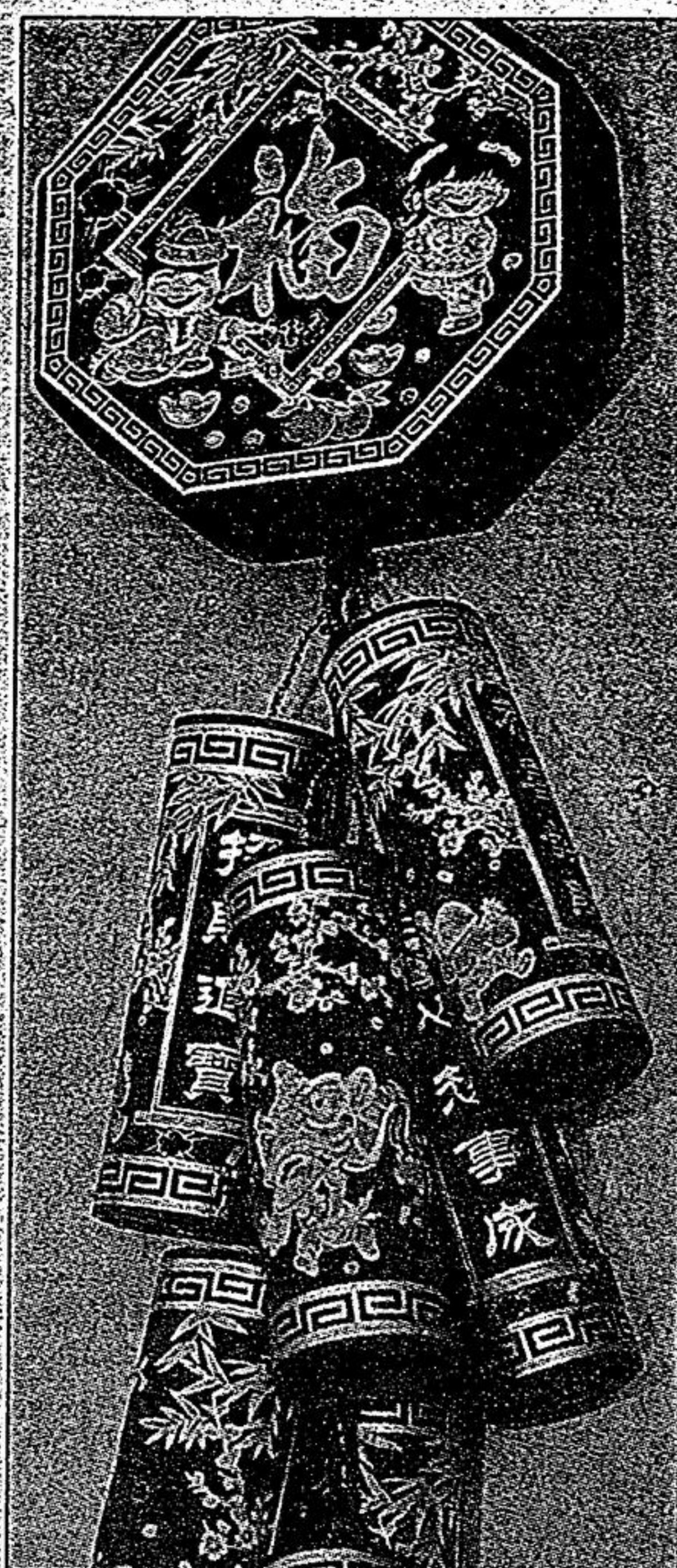
Heat wok over high heat for 2 to 3 minutes. Add vegetable oil and heat 30 seconds.

Move wok around so oil coats sides. Add ginger mixture and stir 15 seconds.

Add vegetables and stir quickly. Add chicken broth mixture and simmer briefly then add corn starch. Bring to a boil. Add sesame oil, a little white pepper (black can be substituted) and pour over hot fried fish.

Fish: Buy firm fillets, and cut into serving sizes. Soak in salt water 30 minutes. Drain and rinse. Pat dry. Dip in beaten egg and coat well with corn starch. Fry in hot oil to cover until golden brown. Remove with a slotted spoon. Drain briefly and transfer to serving platter. Ladle sauce over fish.

Courtesy masterstech-home.com



STAFF PHOTO/SJOERD WITTEVEEN

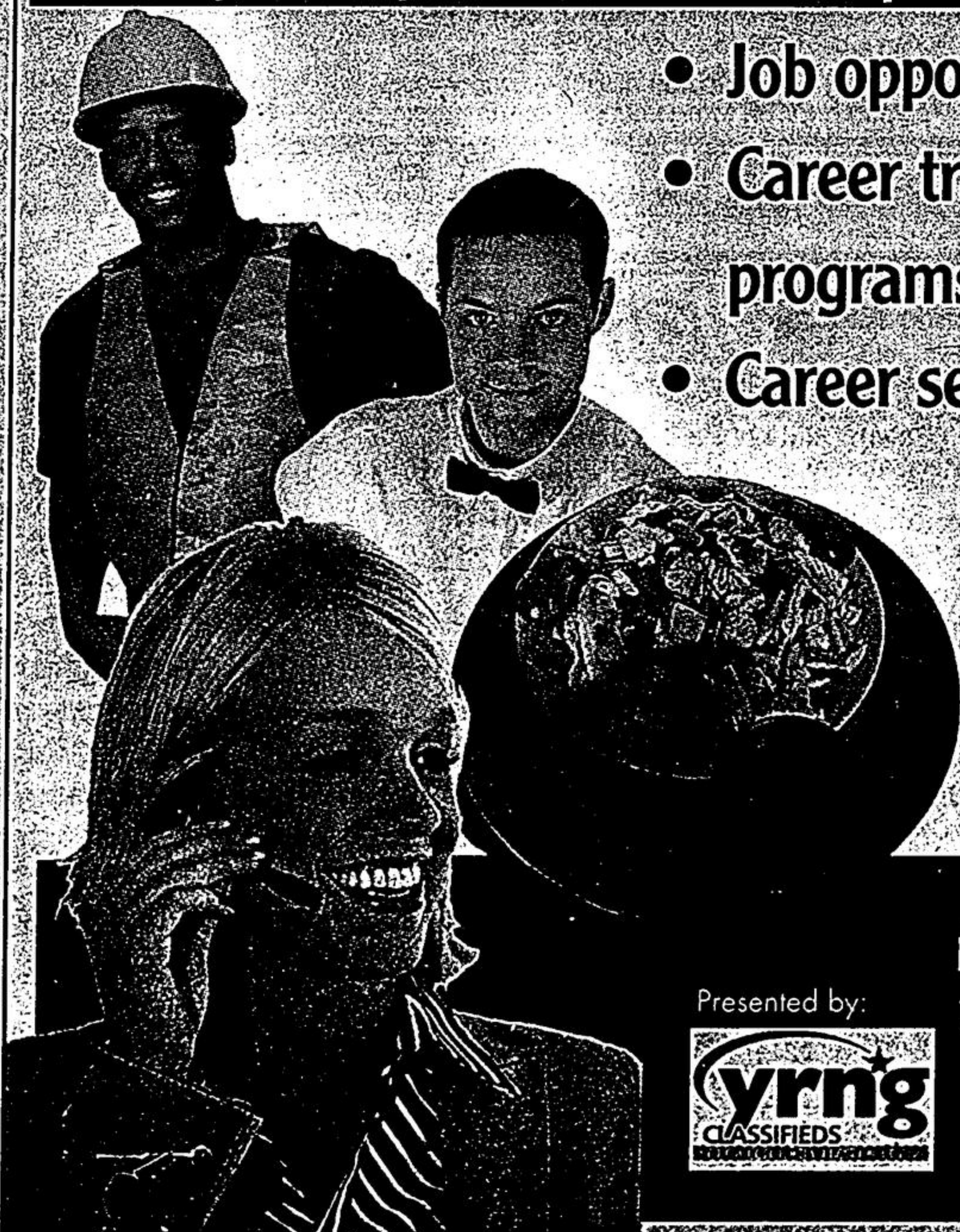
RING IN NEW YEAR

Traditional firecrackers, such as these, will help celebrate the Chinese New Year.

Find the right career...
in a matter of hours.

york region north
JOB & CAREER fair

Thursday, January 22, 2004 • 10am - 4pm • Newmarket Community Centre • 200 Doug Duncan Drive (E. of Main & Timothy), Newmarket



- Job opportunities
- Career training & skills upgrading programs
- Career search assistance

FREE ADMISSION
FREE PARKING
Bring Plenty of Resumes

For more information, call Denise Exler at 1-800-743-3353 or 905-853-8888 x264
Email: dexler@yrng.com
www.yorkregion.com



Participating Companies:

- | | |
|--------------------------------------|-----------------------------|
| Office Team | StudyBound.com |
| Primerica Financial | Job Skills |
| Recording Arts Canada | National Money Mart Co. |
| Adecco | Kelly Services |
| The Pampered Chef | Shifting Gears |
| Transport Training Centres of Canada | The People Bank |
| Accountemps | Allied International Credit |
| Wendy's | OPP |
| Canadian Forces Recruiting Centre | Vocational Pathways |
| Spherion Staffing Solutions | Investors Group |
| Humber College | Clarica |
| York Regional Police | Excel Communications |
| YMCA Employment Services | HCR Personnel Solutions |

Come out to the Fair and fill out a ballot to

WIN

a \$500 Shopping Spree
courtesy of **StudyBound.com**

OR

2 Raptors Tickets (value \$270)
courtesy of

