

A bundle of seven wooden chopsticks is fanned out, creating a large, stylized 'A' shape. The chopsticks are light brown with a visible wood grain. They are set against a light blue background with a subtle, embossed pattern of irregular, overlapping shapes. The text 'CHINA' is printed vertically on the right side, and 'THE COOKBOOK' is printed vertically on the left side. The publisher's name 'PHAIDON' is at the bottom left.

CHINA

THE COOKBOOK

PHAIDON

—N—T—R—O—D—U—C—T—O—N

A—P—P—E—T—I—Z—E—R—S

&—S—A—L—A—D—S

S—O—U—P—S

F—I—S—H—&

S—E—A—F—O—O—D

P—O—U—L—T—R—Y

M—E—A—T

V—E—G—E—T—A—B—L—E—S

T—O—F—U—&—E—G—G

R—I—C—E—C—O—N—G—E—E

&—N—O—O—D—L—E—S

D—E—S—S—E—R—T—S

G—U—E—S—T—C—H—E—F—S

S O U P S





抓皮春卷 EGG ROLLS

- 2 CUPS (16 FL OZ/475 ML) VEGETABLE OIL, PLUS EXTRA FOR DEEP-FRYING
- 2 OZ/50 G PORK TENDERLOIN, SLICED INTO 1/8-INCH/3-MM STRIPS
- 1/2 TEASPOON SALT, PLUS EXTRA TO TASTE
- 2 TEASPOONS LIGHT SOY SAUCE
- 2 TEASPOONS RICE WINE
- 3 1/2 OZ/100 G CHIVES, CUT INTO 1 1/2-INCH/4-CM LENGTHS
- 1 TEASPOON CORNSTARCH (CORNFLOUR)
- 8 EGG ROLL WRAPPERS

- * Heat 1 tablespoon oil in a large skillet (frying pan) over medium-high heat. Add the pork and stir-fry over medium heat for 5–7 minutes.
- * Combine the salt, soy sauce, and wine and add the mixture to the skillet. Stir-fry for another minute, then transfer to a bowl and set aside to cool.
- * Add the chives to the pork, season with salt, and mix well. Divide the filling into eight equal portions.
- * In a small bowl, combine the cornstarch (cornflour) and 1 tablespoon water. Place a sheet of egg roll wrapper on a cutting board, add one portion of filling, and roll the skin into a 4-inch/10-cm-long egg roll—tucking the outer edges as you roll. Dab the long edge of the egg roll with the cornstarch water and seal. Repeat with the remaining egg roll wrappers and filling.
- * Heat the 2 cups (16 fl oz/475 ml) oil in a wok or large skillet to 350°F/180°C, or until a cube of bread browns in 45 seconds. Carefully lower the egg rolls into the hot oil and deep-fry for 2 minutes, turning occasionally, until golden and crispy. Using a slotted spoon, transfer the egg rolls to a plate lined with paper towels to drain. Serve immediately.

姜拌藕 LOTUS ROOT WITH GINGER

- 1 LB 2 OZ/500 G FRESH LOTUS ROOTS, PEELED
- 1 TABLESPOON BLACK OR BALSAMIC VINEGAR
- 2 TEASPOONS LIGHT SOY SAUCE
- 2 TEASPOONS SESAME OIL
- 1/4 OZ/10 G GINGER (1/2-INCH/1.5-CM-LENGTH PIECE, PEELED AND GRATED)
- 1/4 TEASPOON SALT

- * Trim off the knots at the two ends of each lotus root and flush the holes with water. Clear the channels using a chopstick and rinse thoroughly. Cut the lotus roots into 1/8-inch/3-mm-thick slices.
- * Combine the vinegar, soy sauce, and sesame oil in a bowl.
- * Bring a large saucepan of water to a boil, add the lotus root, and blanch for 1 minute. Drain, then transfer to a heatproof bowl, sprinkle on the ginger and salt, cover with aluminum foil. Place the bowl in a collapsible pot or bamboo steamer over a pot of boiling water. Steam, covered, for 5 minutes.
- * Remove the foil, transfer the lotus roots to a plate, and drizzle the sauce on top.



EGG ROLLS

大千乾烧鱼

FISH IN CHILI SAUCE

- 1 (1¼-OZ/800-G) CARP, CLEANED AND RINSED
- 1 TEASPOON SALT, PLUS EXTRA TO TASTE
- 3 DRIED BLACK MUSHROOMS
- ½ OZ/3 G DRIED BLACK FUNGUS
- 3 TABLESPOONS VEGETABLE OIL
- 1 TABLESPOON CORNSTARCH (CORNFLOUR)
- 2 CLOVES GARLIC, CHOPPED
- 2 TEASPOONS GRATED GINGER
- 5 OZ/150 G GROUND (MINCED) PORK
- 1 TABLESPOON RICE WINE
- 10 PICKLED RED CHILES, CHOPPED
- 2 TABLESPOONS PIXIAN CHILI BEAN PASTE, CHOPPED
- 1 TABLESPOON LIGHT SOY SAUCE
- 2 TEASPOONS GRANULATED SUGAR
- 1 TABLESPOON BLACK OR BALSAMIC VINEGAR
- ½ TEASPOON GROUND WHITE PEPPER
- 4 SCALLIONS (SPRING ONIONS), CHOPPED, PLUS EXTRA TO GARNISH
- 1 TEASPOON SESAME OIL
- 1 SMALL RED CHILE, SLICED, TO GARNISH (OPTIONAL)
- STEAMED RICE (PAGE 657), TO SERVE

- * Use a sharp knife to make five or six slashes on each side of the fish. Pat the fish dry with paper towels, sprinkle with salt, and salt for 10 minutes.
- * Put the mushrooms and black fungus in two separate bowls and soak in boiling water for at least 20 minutes, or until softened. Remove the mushrooms, squeeze dry, and discard the stems. Dice, then set aside. Tear the black fungus into small pieces.
- * Heat the oil in a wok or large skillet (frying pan) over medium-low heat, lightly dredge both sides of the fish with cornstarch (cornflour), and pan-fry for 3 minutes, or until golden brown. Flip over and pan-fry for another 2–3 minutes. Remove the fish from the wok and set aside.
- * Add the garlic and ginger to the remaining oil in the wok, mix in the ground (minced) pork, and stir-fry over medium heat for 1 minute, until fragrant. Sprinkle in the wine, then stir in the pickled chiles, chili bean paste, mushrooms, fungus, soy sauce, and sugar. Add 1½ cups (12 fl oz/350 ml) boiling water and bring to a boil. Add the fish, reduce to medium heat, cover, and simmer for about 5 minutes. Turn the fish over and cook for another 5 minutes. Transfer the fish to a serving plate.
- * Bring the sauce in the wok to a boil. Reduce to medium heat and simmer, uncovered, for 2–3 minutes until the sauce has reduced by half.
- * Stir in the vinegar, white pepper, scallions (spring onions), and sesame oil. Adjust seasoning to taste. Pour the sauce over the fish and garnish with scallions and sliced chiles, if using. Serve immediately with rice.



FISH IN CHILI SAUCE

甜酸排骨 SWEET AND SOUR SPARE RIBS

- 11 OZ/300 G PORK SPARE RIBS, CUT INTO SMALL CHUNKS
- 2 CLOVES GARLIC, CHOPPED
- ½ TEASPOON SALT
- ½ TEASPOON BROWN SUGAR
- ½ TEASPOON RICE WINE
- ¼ TABLESPOON LIGHT SOY SAUCE
- 1 EGG, BEATEN
- 4 TABLESPOONS ALL-PURPOSE (PLAIN) FLOUR
- 1 CUP (8 FL OZ/250 ML) VEGETABLE OIL
- ½ ONION, CUT INTO CHUNKS
- ½ GREEN BELL PEPPER, CUT INTO CHUNKS
- ½ RED BELL PEPPER, CUT INTO CHUNKS
- 1 (8-OZ/225-G) CAN PINEAPPLE, DRAINED AND CUT INTO CHUNKS
- CILANTRO (CORIANDER), TO GARNISH (OPTIONAL)
- STEAMED RICE (PAGE 657), TO SERVE

FOR THE SWEET AND SOUR SAUCE:

- 4 TABLESPOONS RED VINEGAR
- 4 TABLESPOONS BROWN SUGAR

- * Soak the spare ribs in a large bowl of cold water for 10 minutes, then drain.
- * Add the garlic, salt, sugar, rice wine, and soy sauce and marinate for 15 minutes. Stir in the egg, then add the flour and mix well so that each spare rib is well coated.
- * In a small bowl, mix the sauce ingredients until the sugar has dissolved. Set aside.
- * Heat the oil in a wok or large skillet (frying pan) to 300°F/150°C. Add the spare ribs and deep-fry for 3–4 minutes until golden brown. Using a slotted spoon, carefully transfer the spare ribs to a plate lined with paper towels.
- * Pour out most of the oil, leaving only 1 tablespoon in the wok and heat over medium-high heat. Add the onion and stir-fry for about 1–2 minutes, until slightly soft. Toss in the pepper and the sauce and simmer for 2–3 minutes, until the sauce thickens.
- * Add the spare ribs and toss quickly until each piece is fully coated in the sauce. Stir in the pineapple, remove from heat, and garnish with cilantro (coriander), if using. Serve with rice.



SWEET AND SOUR SPARE RIBS

REGION: GUANGDONG

PREPARATION TIME: 5 MINUTES,
PLUS 10 MINUTES MARINATING TIME
COOKING TIME: 3 MINUTES
SERVES: 2

- 5 OZ/150 G FLANK STEAK, CUT INTO ½-INCH/3-MM-THICK SLICES
- 1 CLOVE GARLIC, CHOPPED
- 1 TEASPOON CORNSTARCH (CORNFLOUR)
- 3 TABLESPOONS VEGETABLE OIL
- 11 OZ/300 G CHINESE BROCCOLI, CUT TO 4-INCH/10-CM LENGTHS
- 1 TABLESPOON GINGER JUICE
- 1 TABLESPOON SHAOXING WINE
- 1 TEASPOON GRANULATED SUGAR
- 2 TABLESPOONS OYSTER SAUCE
- 1 RED CHILE, SLICED, TO GARNISH (OPTIONAL)
- STEAMED RICE (PAGE 657), TO SERVE

芥兰炒牛肉 BEEF WITH CHINESE BROCCOLI

- * In a bowl, mix the beef with the garlic, cornstarch (cornflour), and 1 tablespoon water and marinate for 10 minutes. Stir in 1 tablespoon of the oil just prior to cooking.
- * Heat 1 tablespoon of the oil in a wok or large skillet (frying pan) over high heat, add the Chinese broccoli, and stir-fry for 1 minute. Add the ginger juice, wine, and sugar and stir-fry for another minute. Transfer the broccoli and the pan juices to a plate.
- * Heat the remaining 1 tablespoon oil in a clean wok over high heat, add the beef, and stir-fry for 30 seconds. Stir in the oyster sauce, then add the Chinese broccoli and sauce, and toss for about 30 seconds until the beef is just cooked.
- * Transfer to a serving plate, garnish with sliced chiles, if using, and serve with rice.

REGION: SICHUAN

PREPARATION TIME: 10 MINUTES
COOKING TIME: 5 MINUTES
SERVES: 4

野山椒炒牛柳 BEEF WITH PICKLED CHILES

- 11 OZ/300 G BEEF TENDERLOIN, THINLY SLICED
- 1 TABLESPOON CORNSTARCH (CORNFLOUR)
- 2 TABLESPOONS VEGETABLE OIL
- 1 TEASPOON WHITE SESAME SEEDS
- 2 CLOVES GARLIC, SLICED
- 1 RED CAYENNE PEPPER, SEEDED AND SLICED
- 1 OZ/25 G GREEN PICKLED CHILES
- 1 TABLESPOON OYSTER SAUCE
- ½ TEASPOON SESAME OIL
- ¼ TEASPOON GROUND SICHUAN PEPPER
- SALT, TO TASTE
- STEAMED RICE (PAGE 657), TO SERVE

- * Put the beef in a large bowl, mix in the cornstarch (cornflour) and 3 tablespoons water, and marinate for 10 minutes. Stir in 1 tablespoon oil.
- * In a small pan, toast the sesame seeds over medium heat and shake occasionally for 3–5 minutes or until golden brown. Set aside.
- * Heat 1 tablespoon oil in a wok or large skillet (frying pan) over medium heat. Add the garlic and stir-fry for 1 minute until fragrant. Put in the cayenne pepper and toss briefly for about 10 seconds. Add the beef, increase the heat to high, and stir in the pickled chiles and oyster sauce. Toss well for another 2–3 minutes, until the beef is just cooked.
- * Stir in the sesame oil and ground Sichuan pepper. Season with salt to taste. Transfer to a serving plate and serve with rice.



BEEF WITH CHINESE BROCCOLI

REGION: BEIJING

PREPARATION TIME: 10 MINUTES, PLUS 10
MINUTES MARINATING TIME

COOKING TIME: 15 MINUTES

SERVES: 4

炸酱面

NOODLES WITH
SPICY SAUCE

- 7 OZ/200 G LEAN PORK, CUT INTO THIN STRIPS
- 2 TEASPOONS LIGHT SOY SAUCE
- ½ TEASPOON GRANULATED SUGAR
- 2 TEASPOONS CORNSTARCH (CORNFLOUR)
- 3 TABLESPOONS VEGETABLE OIL
- 3 CLOVES GARLIC, CHOPPED
- 1 TABLESPOON SICHUAN PRESERVED MUSTARD GREENS, CHOPPED
- 2 TABLESPOONS HOISIN SAUCE
- 1 TABLESPOON CHILI SAUCE
- 1 TABLESPOON KETCHUP
- ½ TEASPOON SALT
- ½ TEASPOON DARK SOY SAUCE
- 1 LB 5 OZ/600 G DRIED WHEAT NOODLES
- ½ CUCUMBER, SHREDDED

- * In a bowl, combine the pork, 1 teaspoon light soy sauce, sugar, 1 teaspoon cornstarch (cornflour), and 1 tablespoon water, mix well, and marinate for 10 minutes. Mix in 1 tablespoon oil.
- * Heat the remaining 2 tablespoons oil in a wok or large skillet (frying pan) over medium-high heat. Add the garlic and stir-fry for a minute until fragrant. Add the pork, pickled mustard, hoisin and chili sauces, ketchup, and remaining 1 teaspoon light soy sauce. Stir-fry for another 2–3 minutes. Add the salt and ½ cup (4 fl oz/120 ml) water, bring to a boil, then add the dark soy sauce.
- * In a small bowl, mix the remaining 1 tablespoon cornstarch with 2 tablespoons water and stir this mixture into the wok. Bring to a boil, stirring, for 30 seconds to thicken the sauce.
- * Bring a large saucepan of water to a boil, then add the noodles. Cook according to the manufacturer's instructions. Drain, then transfer to a serving bowl. Pour over the sauce and top with the shredded cucumber.

REGION: HONG KONG

PREPARATION TIME: 20 MINUTES

COOKING TIME: 20 MINUTES

SERVES: 2–3

雞絲冷麵

CHILLED NOODLES
WITH CHICKEN

- 10 OZ/300 G DRIED WHEAT NOODLES
- 2 BONELESS CHICKEN BREASTS
- 1 TEASPOON WHITE SESAME SEEDS
- 2 TEASPOONS SESAME OIL
- 1 SMALL CUCUMBER, SHREDDED
- 1 SMALL CARROT, SHREDDED

FOR THE SAUCE:

- 3 TABLESPOONS HOISIN SAUCE
- 3 TABLESPOONS SESAME PASTE
- 1½ TABLESPOONS LIGHT SOY SAUCE
- 1½ TABLESPOONS OYSTER SAUCE
- 1½ TABLESPOONS BLACK OR BALSAMIC VINEGAR
- 1½ TABLESPOONS GRANULATED SUGAR

- * Bring a large saucepan of water to a boil, then add the noodles. Cook according to the manufacturer's instructions. Drain, rinse the noodles in cold water, and refrigerate until cooled.
- * In the same saucepan, add 4¼ cups (34 fl oz/1 liter) water and bring to a boil. Add the chicken and bring to another boil, then cover and turn the heat off. Let sit for 10 minutes.
- * Transfer the chicken to a cutting board, remove the skin, and cut into thin strips. Refrigerate until ready to use.
- * In a small pan, toast the sesame seeds over medium heat and shake occasionally for 3–5 minutes or until golden brown. Set aside.
- * In a small bowl, combine the sauce ingredients and 3 tablespoons cold water and mix well. Set aside.
- * In a serving bowl, combine the noodles and sesame oil, add the cucumber and carrots, and top with the shredded chicken. Pour the sauce over the chicken and sprinkle over the sesame seeds. Serve.



NOODLES WITH SPICY SAUCE

- 2¼ CUPS (11 OZ/300 G) ALL-PURPOSE (PLAIN) FLOUR
- ½ TEASPOON BAKING POWDER
- ½ TEASPOON BAKING SODA (BICARBONATE OF SODA)
- ¾ CUP (5 OZ/140 G) GRANULATED SUGAR
- 1 EGG, BEATEN
- 2 TABLESPOONS LARD, MELTED
- 6 TABLESPOONS WHITE SESAME SEEDS
- 2 CUPS (16 FL OZ/475 ML) VEGETABLE OIL

- * Sift the flour, baking powder, and baking soda into a mound on a clean counter. Make a well in the middle of the mixture and add the sugar, egg, lard, and 4 tablespoons cold water. Using your hands, gradually and gently bring the flour towards the center of the board and push down to form a dough. Using a pastry scraper, gently fold the dough and press down with your hands (avoid kneading the dough, which causes gluten to form and creates an incorrect texture).
- * Cut the dough into 4 strips and then into small pieces, each weighing about ¼ oz/7 g. Roll each piece into a small dough ball, dampen the balls with a little water, and roll them in the sesame seeds. Roll each dough ball again, using your fingers to press the sesame seeds firmly into the dough.
- * Heat the oil in a wok or deep fryer to 300°F/150°C. Put about 20 dough balls onto a large slotted spoon (or stainless steel perforated ladle) and carefully lower the balls into the hot oil. Reduce the heat to 265°F/130°C and deep-fry for about 2 minutes, stirring occasionally with wooden chopsticks to ensure even browning. Once the donuts have cracked open, increase the heat back to 300°F/150°C and cook until golden brown. Using a slotted spoon, transfer them to a plate lined with paper towels. Repeat with the remaining dough balls.
- * They can be served immediately or stored in an airtight jar for 2–3 days.

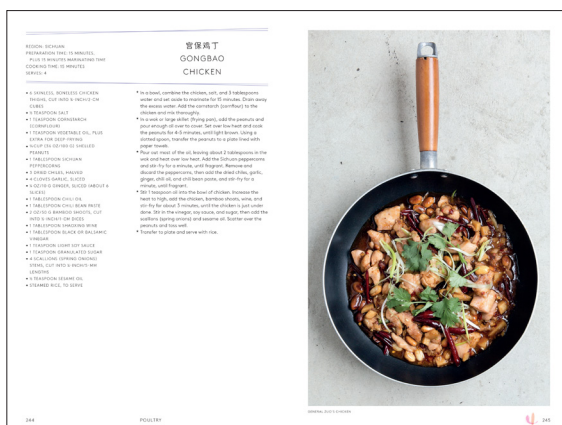
- 5 OZ/150 G ROCK SUGAR, CRUSHED
- 2 TABLESPOONS HONEY
- 1 EGG WHITE
- 2½ CUPS (9 OZ/250 G) WALNUTS
- 3 TABLESPOONS KAOLIANG WINE

- * In a bowl, combine the sugar, honey, and ¾ cup (5 fl oz/150 ml) warm water and stir to dissolve the sugar.
- * Beat the egg white and run it through a strainer (sieve) to strain the foam. Stir the egg white into the sugar syrup.
- * Bring a scant 1 cup (7 fl oz/200 ml) water to a boil in a saucepan. Stir in the syrup and bring to a boil again. Add the walnuts and bring to a boil again. Stir in the wine, then transfer the syrupy walnuts into 4 individual bowls. Serve warm.

笑口棗 LAUGHING DONUT HOLES



LAUGHING DONUT HOLES



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