

WOK COOKBOOK FOR BEGINNERS

*100 Easy Asian Recipes with Chinese &
Thai Stir-Fry, Noodles, Dumplings, Curries &
Steamed Dishes — Simple Techniques and a
Complete Guide for Cooking at Home*

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INTRODUCTION: WELCOME TO THE WORLD OF THE WOK

The wok is more than a pan—it’s a culinary philosophy. For centuries, this versatile vessel has been the heart of kitchens across Asia and beyond, mastering the art of high-heat searing, delicate steaming, and everything in between. Whether you’re stir-frying crisp vegetables, tossing silky noodles, or braising tender meats, the wok’s unique shape and heat distribution unlock flavors and textures that no other tool can replicate. This cookbook invites you on a journey across continents and traditions, all unified by the wok’s timeless appeal: speed, adaptability, and endless creativity.

From the fiery kick of **Kung Pao Chicken** to the comforting warmth of **Red Cooked Pork Belly**, each recipe here celebrates the wok’s ability to transform simple ingredients into extraordinary meals. You’ll explore bold stir-fries like **Thai Basil Chicken**, saucy classics like **Mapo Tofu**, and even unexpected delights like **Coconut-Lemongrass Braised Short Ribs**. The wok doesn’t just cook food—it brings dishes to life, with smoky wok hei (the coveted “breath of the wok”) and layers of flavor that dance on your palate.

So, whether you’re a seasoned stir-fry enthusiast or a curious beginner, this book is your guide to unlocking the wok’s magic. Dive into **30 days of meal plans**, master techniques from crispy deep-frying to gentle steaming, and discover how a single pan can open up a world of possibilities. Grab your spatula, turn up the heat, and let’s get cooking—the wok way!

Why the Wok?

The wok’s brilliance lies in its deceptively simple design—a wide, curved bottom that tapers into high, sloping sides. This iconic shape isn’t just for show; it’s engineered for performance.

The curve creates a natural “hot zone” at the center for searing and stir-frying, while the cooler upper sides gently simmer or keep ingredients warm. Made from carbon steel, cast iron, or lightweight alloys, a well-seasoned wok distributes heat evenly, reacting instantly to temperature changes and giving you unparalleled control. No other pan can sear, toss, and cradle food with such effortless grace.

Speed and efficiency are where the wok truly shines. In a fast-paced modern kitchen, it’s the ultimate multitasker—preheating in minutes and cooking dishes in a flash. Stir-fries like **Beef Chow Fun** or **Shrimp & Snow Pea Stir Fry** come together in under 10 minutes, locking in crisp textures and vibrant

colors while saving you time and energy. The high heat not only cooks food faster but also unlocks deep, smoky flavors (that coveted wok hei) that elevate even the simplest ingredients.

Versatility is the wok's superpower. Beyond stir-frying, it's a master of nearly every cooking technique: steam delicate **Fish Fillets in Soy-Lime**, braise fall-apart **Red Cooked Pork Belly**, or deep-fry **Crispy General Tso's Chicken** to golden perfection. Its depth makes it ideal for tossing noodles without spillage, while a bamboo steamer basket transforms it into a gentle cooking vessel for **Dim Sum Parcels or Silken Tofu**. Some chefs even use it to smoke meats or toast spices—proof that the wok is a true kitchen chameleon.

The wok is also incredibly adaptable to any kitchen setup. Whether you're cooking over a roaring gas flame, an electric stovetop, or even an outdoor wok burner, its design compensates for uneven heat. And unlike fussy specialty pans, it's low-maintenance—just a quick scrub and a thin layer of oil to keep it nonstick for life. From weeknight **Egg Fried Rice** to elaborate **Singapore Curry Noodles**, it handles both humble and ambitious dishes with equal ease.

More than just a tool, the wok is a gateway to global flavors. It bridges traditions, from the bold spices of **Malaysian Rendang** to the tangy sweetness of **Sweet & Sour Pork**, all while fitting seamlessly into contemporary cooking. Once you experience its magic, you'll wonder how you ever cooked without it.

Global Influences, One Pan

The wok is a culinary passport, effortlessly transporting you from the bustling street markets of Bangkok to the aromatic kitchens of Sichuan with just a flick of the wrist. In Cantonese cooking, it's the star of high-heat masterpieces like **Beef Chow Fun** and **Kung Pao Chicken**, where blistering temperatures create that signature smoky depth. Yet in Indonesia, the same pan simmers rich, coconut-laced **Rendang Stir-Down**, proving its ability to coax out slow-cooked complexity. Whether you're chasing the fiery thrill of **Sichuan Fish Poached in Chili Oil** or the umami comfort of **Japanese Nikujaga**, the wok adapts like no other tool—no borders, no limits.

This humble pan has spent centuries as a cultural diplomat, absorbing techniques and flavors wherever it travels. In Thailand, it tosses **Pad Thai** with rhythmic precision, while in Malaysia, it chars **Char Kway Teow** noodles over crackling flames. Korean cooks rely on it for **Bulgogi's** caramelized edges, and Vietnamese kitchens infuse it with the lemony punch of **Lemongrass Curry Beef**. Even beyond Asia, the wok inspires: imagine Spanish **Tortilla Stir-Down** meeting Indian **Jalfrezi** in a delicious cross-continental dance. Every recipe tells a story, and the wok is the perfect narrator.

What makes the wok so extraordinary is its ability to honor tradition while embracing innovation. Taiwanese **Three-Cup Chicken (San Bei Ji)** braises in its depths with equal reverence as modern twists like **General Tso's Cauliflower** sizzle in its curve. It's as comfortable crafting Burmese **Tofu & Chickpea Curry** as it is flash-frying **Cajun Spice Chicken**—a testament to its chameleon-like versatility. The ingredients may change, but the wok's core promise remains: intense flavor, fast.

More than just a cooking vessel, the wok bridges generations and geographies. Grandmothers in Shanghai use it to make **Scallion Egg Pancakes** with the same ease as chefs in San Francisco reinvent **Honey Walnut Shrimp**. It's a tool of both everyday meals and celebratory feasts, equally at home in a tiny apartment kitchen or a professional fire-wok station. When you cook with it, you're not just making dinner—you're joining a global community that spans continents and centuries.

So let this book be your guide to the wok's world-spanning magic. We've packed it with techniques from stir-steaming **Lotus Leaf Sticky Rice Parcels** to deep-frying **Korean Fried Chicken**, all united by one pan's boundless potential. Every recipe is an invitation to explore, experiment, and connect. Ready to taste the world? Your wok's waiting.

Essential Tools & Ingredients

Every wok virtuoso starts with the right pan, and your choice of material makes all the difference. Carbon steel is the gold standard—lightweight, durable, and quick to heat up, developing a natural nonstick patina over time. Cast iron offers unbeatable heat retention (perfect for **Braised Duck with Star Anise**), while nonstick woks are a fuss-free option for beginners, though they can't achieve the same high-heat sear. Whatever you pick, look for a round-bottomed wok if you have a gas stove (use a wok ring for stability) or a flat-bottomed version for electric stovetops. This one pan will become your kitchen's MVP, so choose wisely!

A few key tools will transform your wok game. A long-handled metal spatula with a curved edge lets you toss stir-fries like **Mongolian Beef** with precision, while a domed lid traps steam for dishes like **Fish Fillets in Soy-Lime Steamer**. Don't overlook a sturdy steamer rack for **Pork Ribs with Black Beans** or a wire strainer (called a "wok spider") for lifting tempura or fried noodles from hot oil. Bonus points for a wok brush—its stiff bristles make cleaning your prized pan a breeze. With these essentials, you'll move from basic stir-fries to restaurant-worthy techniques overnight.

Now, let's stock your flavor arsenal. A well-stocked wok pantry starts with multiple soy sauces: light for seasoning, dark for color and depth, and tamari for gluten-free needs. Oyster sauce brings umami richness to **Beef with Oyster Sauce**, while toasted sesame oil adds fragrance to **Sesame Soba Stir Fry**. Fermented black beans and Szechuan peppercorns will power up **Mapo Tofu**, and a can of coconut milk is your ticket to **Thai Green Curry Stir Fry**. Rice vinegar brightens, chili crisp electrifies, and cornstarch becomes your secret weapon for glossy sauces.

Fresh ingredients matter just as much. Always have ginger, garlic, and scallions ready—the "holy trinity" of wok cooking. Keep crisp veggies like bok choy and snow peas on hand for quick stir-fries, along with proteins that cook fast: thinly sliced beef for **Korean Bulgogi**, shrimp for **Mee Goreng**, or tofu for **Spicy Szechuan Green Beans**. Dry staples matter too: rice noodles, jasmine rice, and high-smoke-point oils (peanut or avocado) ensure you're always ready to create.

With these tools and ingredients, you're not just preparing to cook—you're building a foundation for countless culinary adventures. Whether you're recreating **Crispy Duck with Plum Sauce** or improvising your own stir-fry, having these essentials at your fingertips means deliciousness is always within reach.

Mastering the Core Techniques

The magic of wok cooking begins with stir-frying—a dazzling dance of high heat and quick movements that transforms simple ingredients into extraordinary dishes. Success starts with *mise en place*: have all ingredients prepped, sauces mixed, and tools within reach before firing up your wok. Crank the heat to maximum—a proper stir-fry like **Kung Pao Chicken** or **Thai Basil Chicken** needs that explosive sizzle when ingredients hit the pan. Cook in strategic layers: aromatics first (ginger, garlic), then proteins, followed by vegetables, and finally sauce—this ensures everything reaches perfection without overcooking. Remember: constant motion is key, and that glorious wok hei (breath of the wok) only appears when you respect the flames!

When it comes to deep-frying in your wok—whether crafting **Honey Walnut Shrimp** or **Korean Fried Chicken**—oil temperature is your compass. A clip-on thermometer is invaluable; most wok frying happens between 325–375°F (163–190°C). The wok’s sloping sides provide ample space for bubbling oil while minimizing splatter, and its wide opening allows for easy maneuvering with a wire strainer. Always fry in batches to avoid crowding (which drops oil temp and leads to soggy results), and let the oil fully reheat between batches. Pro tip: Double-frying creates next-level crispness—perfect for achieving that shatteringly crunchy exterior on **Salt & Pepper Soft Shell Crab**.

Braising in a wok—like creating **Red Cooked Pork Belly** or **Coconut-Lemongrass Short Ribs**—is where patience meets flavor alchemy. Start by searing proteins to develop fond (those tasty browned bits), then build layers of flavor with aromatics, spices, and liquids like soy sauce, stock, or coconut milk. The wok’s wide surface promotes rapid evaporation, concentrating sauces beautifully. Maintain a gentle simmer—the ideal bubble should look like lazy champagne bubbles rising. For tough cuts, low-and-slow is the mantra; for delicate items like **Soy-Braised Eggplant**, just 10–15 minutes may suffice. Always taste and adjust seasoning toward the end, as reduced sauces intensify in flavor.

Steaming in a wok unlocks a world of delicate textures, from silky **Egg Custard with Scallions** to plump **Lotus Leaf Sticky Rice Parcels**. Set up your steamer by adding just 1–2 inches of water below the rack—enough to generate steam but not touch the food. Bring the water to a vigorous boil before adding items, then cover with a domed lid to prevent condensation from dripping onto dishes. For extra flavor, infuse the steaming liquid with ginger slices or star anise. When wrapping dumplings or fish in banana leaves or parchment, secure them well to trap steam and aromas. The wok’s broad base accommodates multiple steamers at once—perfect for making an entire **Dim Sum** spread in one go!

These techniques are your foundation, but the real joy comes in blending them creatively. Maybe you’ll stir-fry then braise (**Taiwanese Three-Cup Chicken**), or steam before flash-frying (like **Crispy Duck**). With each method mastered, your wok becomes more versatile—a true extension of your culinary intuition. As you practice, you’ll develop an instinct for when to crank the heat or when to let things simmer, when to toss vigorously or when to leave undisturbed. That’s when the real magic happens, and these pages will guide you every step of the way. Ready to wield your wok like a pro? Let’s turn up the heat!

All calorie and nutrition calculations in this book are estimates only.

The calorie content and nutritional values of the same ingredient can vary significantly depending on the brand and manufacturer. Even everyday items like cooking oils, dairy products, sauces, or packaged goods often show noticeably different numbers on their labels from one brand to the next.

Because of this, the actual calories in a finished dish may differ from what’s listed in the recipe by 15–20% or more.

It is recommended to always check the nutrition label on the specific products being used.

This book is meant to be a source of culinary ideas and inspiration — not a precise calorie-counting guide.

Happy cooking!

HIGH-HEAT STIR FRIES





KUNG PAO CHICKEN

A bold, high-heat stir-fry featuring tender chicken, crunchy peanuts, and dried chilies in a savory-sweet sauce.



Time to prepare: 15 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 420 kcal
- Protein: 38 g
- Fat: 22 g
- Saturated Fat: 3.5 g
- Carbohydrates: 15 g
- Fiber: 3 g
- Sodium: 950 mg
- Potassium: 580 mg

INGREDIENTS:

- 10 oz (280 g) boneless, skinless chicken breast, cut into ½-inch (1.3 cm) cubes
- 1 tbsp (15 ml) soy sauce (divided, ½ tbsp for marinade and ½ tbsp for sauce)
- 1 tsp (5 ml) rice vinegar
- 1 tsp (5 g) cornstarch
- 1 tbsp (15 ml) peanut oil or vegetable oil
- 4–6 dried red chilies (adjust to heat preference)
- ½ cup (75 g) roasted unsalted peanuts
- ¼ cup (40 g) red bell pepper, diced into ½-inch (1.3 cm) pieces
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, minced
- 1 green onion, sliced (white and green parts separated)
- 1 tbsp (15 ml) soy sauce (remaining from above), for the sauce
- 1 tbsp (15 ml) hoisin sauce, for the sauce
- 1 tsp (5 ml) rice vinegar, for the sauce
- 1 tsp (5 g) sugar, for the sauce
- ½ tsp (2.5 ml) sesame oil, for the sauce
- ¼ tsp (0.5 g) crushed Szechuan peppercorns, for the sauce (optional)

INSTRUCTIONS:

1. In a bowl, combine chicken, ½ tbsp (7.5 ml) soy sauce, 1 tsp (5 ml) rice vinegar, and cornstarch. Mix well and let marinate for 10 minutes.
2. Whisk together all sauce ingredients (remaining ½ tbsp soy sauce, hoisin, 1 tsp rice vinegar, sugar, sesame oil, and Szechuan peppercorns) in a small bowl. Set aside.
3. Place a wok or large skillet over high heat and heat until smoking hot. Incorporate oil and swirl to coat. Add dried chilies and stir-fry for 10–15 seconds until fragrant but not burnt.
4. Incorporate marinated chicken and spread it in a single layer. Let sear undisturbed for 1 minute, then stir-fry for 2–3 minutes until lightly browned but not fully cooked.
5. Add bell pepper, garlic, ginger, and white parts of green onion. Stir-fry for 1 minute until aromatic.
6. Pour in the sauce, stir to blend evenly, then add the peanuts and toss for 1–2 minutes until the chicken is fully cooked and the sauce thickens slightly.
7. Garnish with chopped green onion tops and serve immediately, optionally over steamed brown rice (not counted in nutritional).



BEEF BLACK PEPPER STIR FRY

A savory, high-heat stir-fry featuring tender beef strips coated in a bold black pepper sauce with crisp scallions.



Time to prepare: 20 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 34 g
- Fat: 16 g
- Saturated Fat: 4 g
- Carbohydrates: 10 g
- Fiber: 2 g
- Sodium: 850 mg
- Potassium: 540 mg

INGREDIENTS:

- 10 oz (280 g) flank steak or sirloin, sliced against the grain into ¼-inch (6 mm) thick strips
- 1 tbsp (15 ml) soy sauce (divided, ½ tbsp for marinade and ½ tbsp for sauce)
- 1 tsp (5 ml) rice wine or dry sherry
- 1 tsp (5 g) cornstarch
- 1 tbsp (15 ml) peanut oil or vegetable oil (divided)
- 1 tbsp (15 g) freshly ground black pepper (adjust to taste)
- 1 tsp (5 g) garlic, minced

- 1 tsp (5 g) fresh ginger, minced
- ½ tsp (2.5 g) sugar
- ½ cup (50 g) scallions, cut into 1-inch (2.5 cm) lengths (white and green parts separated)
- ¼ cup (60 ml) low-sodium beef broth
- 1 tbsp (15 ml) oyster sauce
- 1 tsp (5 ml) sesame oil

INSTRUCTIONS:

1. In a bowl, combine beef strips, ½ tbsp (7.5 ml) soy sauce, rice wine, and cornstarch. Stir thoroughly and allow to marinate for 15 minutes.
2. Heat ½ tbsp (7.5 ml) oil in a wok or large skillet over high heat until smoking. Incorporate beef in a single layer and sear undisturbed for 1 minute. Stir-fry for 1–2 minutes until browned but not fully cooked. Transfer to a plate.
3. Add remaining ½ tbsp (7.5 ml) oil to the wok. Stir in black pepper, garlic, ginger, and white parts of scallions. Cook for 30 seconds until fragrant.
4. Pour in beef broth, oyster sauce, remaining ½ tbsp (7.5 ml) soy sauce, and sugar. Warm to a simmer while stirring until all the sugar has melted.
5. Return beef to the wok along with green parts of scallions. Toss for 1–2 minutes until beef is cooked through and sauce thickens slightly.
6. Drizzle with sesame oil and serve immediately over steamed jasmine rice (optional, not included in nutritional).



SESAME BEEF & ASPARAGUS – TOASTED SESAME DRESSING

A quick, high-heat stir-fry featuring tender beef and crisp asparagus coated in a rich sesame dressing.



Time to prepare: 15 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 32 g
- Fat: 22 g
- Saturated Fat: 5 g
- Carbohydrates: 14 g
- Fiber: 3 g
- Sodium: 900 mg
- Potassium: 620 mg

INGREDIENTS:

- 10 oz (280 g) flank steak, sliced against the grain into ¼-inch (6 mm) thick strips
- 1 tbsp (15 ml) soy sauce (divided, ½ tbsp for marinade and ½ tbsp for sauce)
- 1 tsp (5 ml) rice wine
- 1 tsp (5 g) cornstarch
- 1 tbsp (15 ml) peanut oil or vegetable oil (divided)
- 1½ cups (180 g) asparagus, trimmed and cut into 2-inch (5 cm) pieces
- 1 tsp (5 g) garlic, minced
- 1 tbsp (15 g) fresh ginger, julienned
- 2 tbsp (30 ml) water
- 1 tbsp (15 ml) soy sauce (remaining from above), for the sesame dressing
- 1 tbsp (15 ml) toasted sesame oil, for the sesame dressing
- 1 tbsp (15 g) brown sugar, for the sesame dressing
- 1 tbsp (15 ml) rice vinegar, for the sesame dressing
- 1 tbsp (9 g) toasted sesame seeds, for the sesame dressing
- ½ tsp (2.5 g) red pepper flakes, for the sesame dressing (optional)

INSTRUCTIONS:

1. In a bowl, combine beef strips with ½ tbsp (7.5 ml) soy sauce, rice wine, and cornstarch. Mix well and let marinate for 10 minutes.
2. Whisk together all sesame dressing ingredients in a small bowl. Set aside.
3. Heat ½ tbsp (7.5 ml) oil in a wok or large skillet over high heat until smoking. Add beef in a single layer and sear undisturbed for 1 minute. Stir-fry for 1–2 minutes until browned but not fully cooked. Transfer to a plate.
4. Add remaining ½ tbsp (7.5 ml) oil to the wok. Stir-fry asparagus for 1 minute. Incorporate garlic and ginger, cooking for 30 seconds until fragrant. Pour in water, cover, and steam for 1 minute.
5. Return beef to the wok. Pour sesame dressing over ingredients and toss for 1–2 minutes until sauce thickens slightly and coats everything evenly.



SHRIMP & SNOW PEA STIR FRY

A quick, high-heat stir-fry featuring plump shrimp and crisp snow peas in a delicate garlic-infused sauce.



Time to prepare: 15 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 240 kcal
- Protein: 28 g
- Fat: 10 g
- Saturated Fat: 1.5 g
- Carbohydrates: 8 g
- Fiber: 2 g
- Sodium: 780 mg
- Potassium: 420 mg

INGREDIENTS:

- 10 oz (280 g) large shrimp, peeled and deveined
- 1 tsp (5 g) cornstarch
- ½ tsp (2.5 ml) rice wine or dry sherry
- ¼ tsp (1 g) salt
- 1 tbsp (15 ml) peanut oil or vegetable oil (divided)
- 1 cup (100 g) snow peas, trimmed
- 1 tsp (5 g) garlic, minced
- ½ tsp (2.5 g) fresh ginger, grated
- ¼ cup (60 ml) low-sodium chicken or vegetable broth
- 1 tbsp (15 ml) oyster sauce
- 1 tsp (5 ml) soy sauce
- ½ tsp (2.5 g) sugar
- 1 tsp (5 ml) sesame oil
- 1 tsp (3 g) toasted sesame seeds

INSTRUCTIONS:

1. Pat the shrimp dry with paper towels. In a bowl, toss shrimp with cornstarch, rice wine, and salt. Let sit for 10 minutes.
2. Heat ½ tbsp (7.5 ml) oil in a wok or large skillet over high heat until shimmering. Incorporate shrimp in a single layer and sear for 1 minute per side until lightly pink but not fully cooked. Transfer to a plate.
3. Add remaining ½ tbsp (7.5 ml) oil to the wok. Stir-fry snow peas for 1 minute until bright green. Push to the sides, then add garlic and ginger to the center. Cook for 15 seconds until fragrant.
4. Pour in broth, oyster sauce, soy sauce, and sugar. Stir while heating to a simmer until all the sugar has dissolved. Return shrimp to the wok and toss for 1–2 minutes until shrimp are opaque and sauce coats evenly.
5. Top with sesame oil and a scattering of sesame seeds. Serve immediately over steamed jasmine rice (optional, not included in nutritional).



SPICY TOFU AND BROCCOLI

A vibrant vegetarian stir-fry featuring crispy tofu florets and tender broccoli in a spicy ginger-infused sauce.



Time to prepare: 20 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 340 kcal
- Protein: 18 g
- Fat: 22 g
- Saturated Fat: 3 g
- Carbohydrates: 20 g
- Fiber: 5 g
- Sodium: 750 mg
- Potassium: 520 mg

INGREDIENTS:

- 10 oz (280 g) firm tofu, pressed for 15 minutes and cut into 1-inch (2.5 cm) cubes
- 1 tbsp (15 ml) soy sauce (divided)
- 1 tbsp (8 g) cornstarch
- 2 tbsp (30 ml) peanut oil or vegetable oil (divided)
- 2 cups (180 g) broccoli florets, cut into 1½-inch (4 cm) pieces
- 1 tsp (5 g) garlic, minced
- 1 tbsp (15 g) fresh ginger, grated
- 1–2 red chilies, thinly sliced (adjust to heat preference)
- ¼ cup (60 ml) vegetable broth
- 1 tbsp (15 ml) hoisin sauce
- 1 tsp (5 ml) rice vinegar
- ½ tsp (2.5 g) sugar
- 1 tsp (5 ml) sesame oil
- 1 tbsp (8 g) toasted sesame seeds

INSTRUCTIONS:

1. Toss tofu cubes with ½ tbsp (7.5 ml) soy sauce, then coat evenly with cornstarch. Heat 1 tbsp (15 ml) oil in a wok or large skillet over high heat. Place the tofu in a single layer and cook without stirring for 2 minutes on each side until golden and crispy. Transfer to a plate.
2. Add remaining 1 tbsp (15 ml) oil to the wok. Stir-fry broccoli for 2 minutes until bright green. Add 2 tbsp (30 ml) water, cover, and steam for 1 minute. Uncover and cook until water evaporates.
3. Push broccoli to the sides. Add garlic, ginger, and chilies to the center. Cook for 30 seconds until fragrant. Whisk together broth, hoisin sauce, remaining ½ tbsp (7.5 ml) soy sauce, rice vinegar, and sugar. Pour into the wok and bring to a simmer.
5. Return tofu to the wok. Toss for 1–2 minutes until sauce thickens and coats ingredients. Pour a thin stream of sesame oil and scatter sesame seeds on top.



THAI BASIL CHICKEN (PAD KRAPOW GAI)

A fiery Thai stir-fry featuring ground chicken, fresh chilies, and aromatic holy basil in a savory sauce.



Time to prepare: 10 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 28 g
- Fat: 16 g
- Saturated Fat: 3 g
- Carbohydrates: 8 g
- Fiber: 1 g
- Sodium: 1200 mg
- Potassium: 450 mg

INGREDIENTS:

- 10 oz (280 g) ground chicken (preferably thigh meat)
- 1 tbsp (15 ml) neutral oil (vegetable or peanut)
- 4 garlic cloves, minced (1 tbsp/15 g)
- 2–4 Thai bird's eye chilies, thinly sliced (adjust to heat preference)
- ¼ cup (60 ml) chicken stock
- 1 tbsp (15 ml) oyster sauce
- 1 tbsp (15 ml) fish sauce
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) dark soy sauce
- 1 cup (20 g) holy basil leaves (or Italian basil in pinch)
- 2 eggs (optional, for serving)
- Steamed jasmine rice, for serving
- Sliced cucumber, for serving

INSTRUCTIONS:

1. Heat oil in a wok or spacious skillet over high heat until smoking. Add garlic and chilies, stir-frying for 15 seconds until fragrant but not burnt.
2. Incorporate ground chicken, breaking it up with a spatula. Cook undisturbed for 1 minute to develop color, then stir-fry for 2 minutes until nearly cooked through.
3. Add chicken stock, oyster sauce, fish sauce, sugar, and dark soy sauce. Stir to blend and cook for 2 minutes until the liquid decreases somewhat.
4. Take off the heat and stir in basil leaves until just wilted. The residual heat will cook the basil without overcooking.
5. If including eggs, fry separately in a little oil until whites are set but yolks remain runny. Serve chicken over rice, topped with fried eggs and cucumber slices.



EGG FRIED RICE WITH BACON & PEAS

A hearty stir-fried rice dish combining smoky bacon, fluffy eggs, and sweet peas for balanced textures and flavors.



Time to prepare: 10 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 16 g
- Fat: 18 g
- Saturated Fat: 5 g
- Carbohydrates: 38 g
- Fiber: 3 g
- Sodium: 800 mg
- Potassium: 280 mg

INGREDIENTS:

- 1½ cups (300 g) cooked and cooled jasmine rice (preferably day-old)
- 2 oz (60 g) bacon, diced into ¼-inch (6 mm) pieces
- 2 large eggs, beaten
- ½ cup (75 g) frozen peas, thawed
- 1 tbsp (15 ml) peanut oil or vegetable oil
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) sesame oil
- ½ tsp (2.5 g) sugar
- ¼ tsp (1 g) white pepper
- 1 green onion, thinly sliced

INSTRUCTIONS:

1. Heat a wok or spacious skillet over medium-high heat. Incorporate bacon and cook for 3–4 minutes until crispy, stirring intermittently. Remove bacon with a slotted spoon, leaving 1 tsp (5 ml) fat in the pan.
2. Increase heat to high. Add beaten eggs to the bacon fat and scramble for 30 seconds until just set but still moist. Transfer to the plate with bacon.
3. Add peanut oil to the wok. Break up rice clumps with your hands before adding to the wok. Stir-fry for 2 minutes, pressing rice against the hot surface to create slight crispness.
4. Add peas and cook for 1 minute until heated through. Return bacon and eggs to the wok, breaking up any large egg pieces.
5. Drizzle soy sauce, sesame oil, and sprinkle sugar and white pepper evenly over the rice. Toss continuously for 1 minute until all ingredients are well combined and rice is evenly colored.
6. Take off the heat and stir in green onions. Serve immediately.



SINGAPORE CURRY NOODLES

A fragrant stir-fry featuring thin rice noodles, plump prawns, and aromatic curry powder for a balanced flavor profile.



Time to prepare: 20 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 24 g
- Fat: 8 g
- Saturated Fat: 1.5 g
- Carbohydrates: 55 g
- Fiber: 4 g
- Sodium: 850 mg
- Potassium: 420 mg

INGREDIENTS:

- 6 oz (170 g) thin rice vermicelli noodles
- 8 oz (225 g) medium prawns, peeled and deveined
- 1 tbsp (15 ml) peanut oil or vegetable oil
- 2 tsp (10 g) garlic, minced
- 1 tsp (5 g) fresh ginger, minced
- ¼ cup (40 g) red bell pepper, julienned
- ¼ cup (35 g) carrot, julienned
- ½ cup (50 g) bean sprouts
- 1 green onion, sliced diagonally
- 1 tbsp (15 ml) light soy sauce
- 1 tbsp (15 ml) curry powder (Singapore-style preferred)
- ½ tsp (2.5 g) sugar
- ¼ tsp (1 g) white pepper
- ½ cup (120 ml) low-sodium chicken or vegetable stock
- 1 tsp (5 ml) sesame oil
- Lime wedges for serving

INSTRUCTIONS:

1. Place rice noodles in warm water for 15 minutes until they become pliable but retain some firmness. Drain and keep aside.
2. Heat oil in a wok or spacious skillet over high heat until shimmering. Add garlic and ginger, stir-frying for 15 seconds until fragrant.
3. Incorporate prawns and cook for 1 minute per side until they turn pink but aren't fully cooked through. Remove and set aside.
4. Using the same wok, add bell pepper and carrot. Stir-fry for 1 minute until slightly softened. Push vegetables to the sides.
5. Sprinkle curry powder into the center of the wok and toast for 15 seconds until aromatic. Immediately add drained noodles, tossing to coat with the curry powder.
6. Pour in stock, soy sauce, sugar, and white pepper. Stir-fry for 2 minutes, using tongs to separate noodles and allow them to absorb the liquid.
7. Return prawns to the wok along with bean sprouts and green onion. Toss everything together for 1 minute until prawns are cooked through.
8. Pour sesame oil on top and serve immediately alongside lime wedges.



MONGOLIAN BEEF

A restaurant-style stir-fry featuring tender beef in a glossy, balanced sauce with aromatic scallions.



Time to prepare: 20 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 350 kcal
- Protein: 32 g
- Fat: 18 g
- Saturated Fat: 4 g
- Carbohydrates: 16 g
- Fiber: 1 g
- Sodium: 1100 mg
- Potassium: 500 mg

INGREDIENTS:

- 10 oz (280 g) flank steak, sliced against the grain into ¼-inch (6 mm) thick pieces
- 1 tbsp (15 ml) soy sauce (divided, ½ tbsp for marinade and ½ tbsp for sauce)
- 1 tsp (5 ml) rice wine or dry sherry
- 1 tsp (5 g) cornstarch
- 2 tbsp (30 ml) peanut oil or vegetable oil (divided)
- ½ cup (50 g) scallions, cut into 2-inch (5 cm) lengths (white and green parts separated)
- 1 tsp (5 g) garlic, minced

- 1 tsp (5 g) fresh ginger, minced
- 2 tbsp (30 ml) water, for the sauce
- 1½ tbsp (22 ml) soy sauce (remaining from above), for the sauce
- 1½ tbsp (22 ml) brown sugar, for the sauce
- 1 tsp (5 ml) hoisin sauce, for the sauce
- ½ tsp (2.5 g) cornstarch, for the sauce
- ½ tsp (2.5 ml) sesame oil, for the sauce

INSTRUCTIONS:

1. Combine beef with ½ tbsp (7.5 ml) soy sauce, rice wine, and 1 tsp (5 g) cornstarch. Massage until absorbed and let marinate for 15 minutes.
2. Whisk all sauce ingredients in a small bowl until sugar dissolves. Set aside.
3. Heat 1 tbsp (15 ml) oil in a wok or spacious skillet over high heat until smoking. Spread the beef in a single layer and sear without moving for 1 minute. Stir-fry for 1 minute until browned but not fully cooked. Transfer to a plate.
4. Reduce heat to medium-high. Add remaining 1 tbsp (15 ml) oil. Cook white parts of scallions, garlic, and ginger for 30 seconds until fragrant.
5. Return beef to the wok. Stir sauce mixture and pour it over beef. Toss continuously for 1–2 minutes until sauce thickens and coats the beef.
6. Add green parts of scallions and toss for 15 seconds until just wilted. Serve immediately over steamed rice (optional, not included in nutritional).



VEGETABLE LO MEIN

A satisfying vegetarian stir-fry featuring chewy noodles and crisp vegetables in a savory sauce.



Time to prepare: 15 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 12 g
- Fat: 12 g
- Saturated Fat: 2 g
- Carbohydrates: 58 g
- Fiber: 6 g
- Sodium: 950 mg
- Potassium: 480 mg

INGREDIENTS:

- 6 oz (170 g) dried lo mein noodles or spaghetti
- 1 tbsp (15 ml) sesame oil (divided)
- 1 tbsp (15 ml) peanut oil or vegetable oil
- ½ cup (60 g) carrot, julienned into 2-inch (5 cm) matchsticks
- 1 cup (70 g) bok choy, sliced crosswise into ½-inch (1.3 cm) strips
- ½ cup (35 g) shiitake mushrooms, stems removed and sliced
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, minced
- 2 tbsp (30 ml) low-sodium soy sauce
- 1 tbsp (15 ml) vegetarian oyster sauce or hoisin sauce
- 1 tsp (5 g) sugar
- ½ cup (30 g) bean sprouts
- 1 green onion, sliced diagonally

INSTRUCTIONS:

1. Cook noodles according to package instructions until al dente. Drain and cool under cold running water, then toss with ½ tbsp (7.5 ml) sesame oil to avoid sticking. Set aside.
2. Heat peanut oil in a wok or spacious skillet over high heat until shimmering. Add carrot and stir-fry for 1 minute. Add bok choy and shiitake mushrooms, stir-frying for 2 minutes until vegetables begin to soften.
3. Shift the vegetables out to the edges of the wok. Add garlic and ginger to the center and cook for 15 seconds until fragrant.
4. Add cooked noodles, soy sauce, oyster sauce, and sugar. Toss everything together for 2 minutes until noodles are evenly coated and heated through.
5. Stir in bean sprouts and remaining ½ tbsp (7.5 ml) sesame oil. Cook for 30 seconds until sprouts are slightly wilted.
6. Garnish with green onion and serve immediately.

WET-STYLE SAUCED STIR FRIES



GINGER SCALLION FISH FILLETS

A delicate Cantonese-style dish featuring tender fish fillets in an aromatic ginger-scallion sauce.



Time to prepare: 10 minutes



Time to cook: 12 minutes



NUTRITIONAL VALUE (per serving):

- Calories: 220 kcal
- Protein: 28 g
- Fat: 8 g
- Saturated Fat: 1.5 g
- Carbohydrates: 6 g
- Fiber: 1 g
- Sodium: 500 mg
- Potassium: 600 mg

INGREDIENTS:

- 10 oz (280 g) white fish fillets (such as cod or tilapia), cut into 2-inch (5 cm) pieces
- 1 tsp (5 g) cornstarch
- ¼ tsp (1 g) white pepper
- 1 tbsp (15 ml) peanut oil or vegetable oil
- 1 tbsp (15 g) fresh ginger, julienned
- ½ cup (50 g) scallions, cut into 2-inch (5 cm) lengths (white and green parts separated)
- ½ cup (120 ml) low-sodium chicken or fish stock, for the sauce
- 1 tbsp (15 ml) light soy sauce, for the sauce
- 1 tsp (5 ml) rice wine, for the sauce
- ½ tsp (2.5 g) sugar, for the sauce
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water, for the sauce

INSTRUCTIONS:

1. Gently pat fish pieces dry and sprinkle with 1 tsp (5g) cornstarch and white pepper. Let them rest for 5 minutes.
2. Heat oil in a wok or skillet over medium-high heat. Add ginger and white parts of scallions. Stir-fry for 30 seconds until fragrant.
3. Gently add fish pieces in a single layer. Cook undisturbed for 2 minutes until edges turn opaque.
4. Carefully flip fish. Add stock, soy sauce, rice wine, and sugar. Bring to a gentle simmer.
5. Cover and cook for 3 minutes until fish flakes easily. Transfer fish to a serving plate, leaving broth in the wok.
6. Stir cornstarch mixture into the broth. Simmer for 30 seconds until slightly thickened.
7. Pour sauce over fish and garnish with green parts of scallions. Serve immediately.



MAPO TOFU

A classic Szechuan dish featuring soft tofu in a fiery, aromatic sauce with ground pork and Szechuan peppercorns.



Time to prepare: 10 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 22 g
- Fat: 20 g
- Saturated Fat: 5 g
- Carbohydrates: 12 g
- Fiber: 3 g
- Sodium: 850 mg
- Potassium: 480 mg

INGREDIENTS:

- 14 oz (400 g) soft tofu, cut into $\frac{3}{4}$ -inch (2 cm) cubes
- 4 oz (115 g) ground pork
- 1 tbsp (15 ml) peanut oil or vegetable oil
- 2 tsp (10 g) garlic, minced
- 1 tsp (5 g) fresh ginger, minced
- 1 tbsp (15 g) fermented black beans, rinsed and chopped
- 1 tbsp (15 g) Szechuan chili bean paste (doubanjiang)
- $\frac{1}{2}$ tsp (2.5 g) ground Szechuan peppercorns (divided)
- $\frac{3}{4}$ cup (180 ml) low-sodium chicken or vegetable stock
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) sesame oil
- 1 tbsp (8 g) cornstarch mixed with 2 tbsp (30 ml) water
- 1 green onion, thinly sliced

INSTRUCTIONS:

1. Blanch tofu cubes in gently simmering water for 2 minutes to firm up. Drain carefully and set aside.
2. Heat oil in a wok or skillet over medium-high heat. Add ground pork and cook for 2 minutes, breaking it up until no longer pink.
3. Push pork to the sides. Add garlic, ginger, black beans, and chili bean paste to the center. Cook for 30 seconds until fragrant and oil turns red.
4. Sprinkle $\frac{1}{4}$ tsp (1 g) Szechuan peppercorns over the mixture. Pour in stock, soy sauce, and sugar. Bring to a simmer.
5. Gently slide tofu into the sauce. Simmer uncovered for 3 minutes, occasionally spooning sauce over tofu without stirring.
6. Stir cornstarch mixture and drizzle it into the wok in a circular motion. Gently shake the wok to thicken sauce without breaking tofu.
7. Take off the heat. Drizzle with sesame oil and sprinkle remaining $\frac{1}{4}$ tsp (1 g) Szechuan peppercorns. Garnish with green onions.



HONEY GARLIC CHICKEN

A glossy, sweet-savory stir-fry featuring tender chicken and caramelized purple onions in a rich honey garlic sauce.



Time to prepare: 15 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 28 g
- Fat: 12 g
- Saturated Fat: 2.5 g
- Carbohydrates: 25 g
- Fiber: 1 g
- Sodium: 900 mg
- Potassium: 420 mg

INGREDIENTS:

- 10 oz (280 g) boneless, skinless chicken thighs, cut into 1-inch (2.5 cm) pieces
- 1 tbsp (15 ml) soy sauce (divided, $\frac{1}{2}$ tbsp for marinade and $\frac{1}{2}$ tbsp for sauce)
- 1 tsp (5 ml) rice wine or dry sherry
- 1 tsp (5 g) cornstarch
- 1 tbsp (15 ml) peanut oil or vegetable oil
- $\frac{1}{2}$ cup (80 g) purple onion, sliced into $\frac{1}{2}$ -inch (1.3 cm) wedges
- 1 tbsp (15 g) garlic, minced

- 1 tsp (5 g) fresh ginger, grated
- 2 tbsp (30 ml) honey, for the sauce
- 1½ tbsp (22 ml) soy sauce (remaining from above), for the sauce
- 1 tbsp (15 ml) rice vinegar, for the sauce
- ½ tsp (2.5 g) cornstarch, for the sauce
- ¼ tsp (1 g) red pepper flakes, for the sauce (optional)
- 2 tbsp (30 ml) water, for the sauce

INSTRUCTIONS:

1. In a bowl, combine chicken, ½ tbsp (7.5 ml) soy sauce, rice wine, and 1 tsp (5 g) cornstarch. Mix well and let marinate for 10 minutes.
2. Whisk all sauce ingredients in a small bowl until smooth. Set aside.
3. Heat oil in a wok or spacious skillet over high heat until shimmering. Arrange the chicken in a single layer and let it cook undisturbed for 2 minutes until browned. Flip and cook for 1 minute more. Transfer to a plate.
4. Reduce heat to medium. Add purple onions and cook for 2 minutes until slightly softened. Push to the sides.
5. Add garlic and ginger to the center. Cook for 30 seconds until fragrant. Return chicken to the pan.
6. Stir sauce mixture and pour it over chicken. Simmer for 2–3 minutes, stirring intermittently, until sauce thickens and coats the chicken.
7. Serve immediately over steamed jasmine rice (optional, not included in nutritionals).



SWEET & SOUR PORK

A classic Chinese-American dish featuring crispy pork, colorful vegetables, and a balanced sweet-sour sauce.



Time to prepare: 20 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 480 kcal
- Protein: 28 g
- Fat: 22 g
- Saturated Fat: 5 g
- Carbohydrates: 45 g
- Fiber: 3 g
- Sodium: 950 mg
- Potassium: 520 mg

INGREDIENTS:

- 10 oz (280 g) pork shoulder, cut into ¾-inch (2 cm) cubes
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice wine
- 1 tsp (5 g) cornstarch
- ½ cup (75 g) cornstarch for coating (divided)
- 1 cup (240 ml) peanut oil for frying
- ½ cup (80 g) red bell pepper, diced into ¾-inch (2 cm) pieces
- ½ cup (80 g) green bell pepper, diced into ¾-inch (2 cm) pieces
- ½ cup (80 g) pineapple chunks (fresh or canned)
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, minced
- ¼ cup (60 ml) pineapple juice, for the sauce
- 2 tbsp (30 ml) rice vinegar, for the sauce
- 2 tbsp (30 g) brown sugar, for the sauce
- 1 tbsp (15 ml) ketchup, for the sauce
- 1 tbsp (15 ml) soy sauce, for the sauce
- 1 tsp (5 ml) sesame oil, for the sauce
- 1 tbsp (8 g) cornstarch mixed with 2 tbsp (30 ml) water, for the sauce

INSTRUCTIONS:

1. In a bowl, combine pork cubes with 1 tbsp (15 ml) soy sauce, rice wine, and 1 tsp (5 g) cornstarch. Mix well and let marinate for 15 minutes.
2. Dredge marinated pork in remaining ½ cup (75 g) cornstarch, shaking off excess. Warm oil in a wok to 350°F (175°C) and fry pork in batches for 3–4 minutes until golden and crispy. Drain on paper towels.
3. Pour out all but 1 tbsp (15 ml) oil from the wok. Over medium-high heat, stir-fry bell peppers for 1 minute. Add pineapple, garlic, and ginger, cooking for 30 seconds until fragrant.
4. Whisk together pineapple juice, vinegar, sugar, ketchup, and 1 tbsp (15 ml) soy sauce. Pour into the wok and bring to a simmer.
5. Stir cornstarch mixture and add to the sauce, stirring until thickened. Return pork to the wok and toss to coat. Drizzle with sesame oil.
6. Serve immediately over steamed rice (optional, not included in nutritionals).



BEEF WITH OYSTER SAUCE

A savory stir-fry pairing tender beef with crisp broccoli in a rich, umami-packed oyster sauce.



Time to prepare: 15 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 34 g
- Fat: 14 g
- Saturated Fat: 4 g
- Carbohydrates: 12 g
- Fiber: 3 g
- Sodium: 1100 mg
- Potassium: 650 mg

INGREDIENTS:

- 10 oz (280 g) flank steak, sliced against the grain into ¼-inch (6 mm) thick strips
- 1 tbsp (15 ml) soy sauce (divided, ½ tbsp for marinade and ½ tbsp for sauce)
- 1 tsp (5 ml) rice wine
- 1 tsp (5 g) cornstarch
- 1 tbsp (15 ml) peanut oil or vegetable oil (divided)
- 2 cups (180 g) broccoli florets, cut into 1½-inch (4 cm) pieces
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, minced
- 2 tbsp (30 ml) oyster sauce, for the sauce
- 1 tbsp (15 ml) soy sauce (remaining from above), for the sauce
- 1 tsp (5 g) sugar, for the sauce
- ½ tsp (2.5 ml) sesame oil, for the sauce
- ¼ cup (60 ml) low-sodium beef or vegetable stock, for the sauce
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water, for the sauce

INSTRUCTIONS:

1. Combine beef with ½ tbsp (7.5 ml) soy sauce, rice wine, and 1 tsp (5 g) cornstarch. Mix well and let marinate for 10 minutes.
2. Whisk together oyster sauce, remaining ½ tbsp (7.5 ml) soy sauce, sugar, sesame oil, and stock in a small bowl. Set aside.
3. Heat ½ tbsp (7.5 ml) oil in a wok over high heat until smoking. Arrange the beef in a single layer and sear for 1 minute undisturbed. Stir-fry for 1 minute until browned but not fully cooked. Transfer to a plate.
4. Add remaining ½ tbsp (7.5 ml) oil to the wok. Stir-fry broccoli for 1 minute. Add 2 tbsp (30 ml) water, cover, and steam for 1 minute. Uncover and cook until water evaporates.
5. Push broccoli to the sides. Add garlic and ginger to the center and cook for 15 seconds until fragrant.
6. Return beef to the wok. Stir sauce mixture and pour it over ingredients. Bring to a simmer. Stir cornstarch mixture and add it to the wok, tossing for 30 seconds until sauce thickens and coats everything evenly.



GENERAL TSO'S CAULIFLOWER

A vegetarian twist on the classic dish featuring crispy cauliflower florets coated in a bold, tangy sauce.



Time to prepare: 15 minutes



Time to cook: 20 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 12 g
- Fat: 18 g
- Saturated Fat: 3 g
- Carbohydrates: 45 g
- Fiber: 6 g
- Sodium: 1200 mg
- Potassium: 700 mg

INGREDIENTS:

- 1 small head cauliflower (about 4 cups/400 g), cut into 1½-inch (4 cm) florets
- ½ cup (60 g) cornstarch
- 2 large eggs, beaten
- ½ tsp (2.5 g) salt
- ¼ tsp (1 g) black pepper
- ½ cup (120 ml) peanut oil or vegetable oil for frying
- 3 tbsp (45 ml) soy sauce, for the sauce
- 2 tbsp (30 ml) rice vinegar, for the sauce
- 2 tbsp (30 g) brown sugar, for the sauce

- 1 tbsp (15 ml) hoisin sauce, for the sauce
- 1 tbsp (15 ml) water, for the sauce
- 1 tsp (5 g) garlic, minced, for the sauce
- 1 tsp (5 g) fresh ginger, minced, for the sauce
- 1 tbsp (4 g) sliced green onions
- ½ tsp (2.5 g) red pepper flakes (adjust to taste), for the sauce
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water, for the sauce
- 1 tsp (3 g) toasted sesame seeds

INSTRUCTIONS:

1. Using a large bowl, toss cauliflower florets with cornstarch until evenly coated. Dip each floret in beaten egg, allowing excess to drip off, then return to cornstarch for a second coating.
2. Bring oil to 350°F (175°C) in a wok or deep skillet. Cook the cauliflower in batches, frying for 3–4 minutes until crisp and golden. Drain on paper towels.
3. In a small saucepan over medium heat, combine soy sauce, vinegar, sugar, hoisin, water, garlic, ginger, and red pepper flakes. Simmer for 2 minutes.
4. Stir cornstarch mixture and add it to the sauce. Cook for 30 seconds until thickened. Take off the heat.
5. Toss fried cauliflower in the sauce until evenly coated. Garnish with green onions and sesame seeds.



CHICKEN IN BLACK BEAN SAUCE

A savory Cantonese-style stir-fry featuring tender chicken in a deeply flavorful fermented black bean sauce.



Time to prepare: 15 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 290 kcal
- Protein: 30 g
- Fat: 12 g
- Saturated Fat: 2.5 g
- Carbohydrates: 14 g
- Fiber: 2 g
- Sodium: 1100 mg
- Potassium: 550 mg

INGREDIENTS:

- 10 oz (280 g) boneless, skinless chicken thighs, cut into ¾-inch (2 cm) cubes
- 1 tbsp (15 ml) soy sauce (divided, ½ tbsp for marinade and ½ tbsp for sauce)
- 1 tsp (5 ml) rice wine
- 1 tsp (5 g) cornstarch
- 1 tbsp (15 ml) peanut oil or vegetable oil
- 1 tbsp (15 g) fermented black beans, rinsed and roughly chopped
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, minced
- ½ cup (75 g) red bell pepper, diced into ¾-inch (2 cm) pieces
- ½ cup (75 g) zucchini, diced into ¾-inch (2 cm) pieces
- ½ cup (120 ml) low-sodium chicken stock, for the sauce
- 1 tbsp (15 ml) soy sauce (remaining from above), for the sauce
- 1 tbsp (15 ml) oyster sauce, for the sauce
- 1 tsp (5 g) sugar, for the sauce
- ½ tsp (2.5 ml) sesame oil, for the sauce
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water, for the sauce

INSTRUCTIONS:

1. In a bowl, combine chicken, ½ tbsp (7.5 ml) soy sauce, rice wine, and cornstarch. Mix well and let marinate for 10 minutes.
2. Heat oil in a wok over high heat until shimmering. Add black beans, garlic, and ginger. Stir-fry for 30 seconds until fragrant.
3. Incorporate the marinated chicken and spread it in a single layer. Sear undisturbed for 1 minute, then stir-fry for 2 minutes until lightly browned.
4. Add bell pepper and zucchini. Stir-fry for 1 minute until vegetables begin to soften.
5. Whisk together chicken stock, remaining ½ tbsp (7.5 ml) soy sauce, oyster sauce, and sugar. Pour into the wok and bring to a simmer.
6. Stir cornstarch mixture and add to the sauce, stirring until thickened, about 30 seconds. Drizzle with sesame oil.
7. Serve immediately over steamed rice (optional, not included in nutritional).



EGGPLANT IN GARLIC SAUCE

A luscious vegetarian dish featuring tender eggplant in a savory, garlicky sauce with a hint of spice.



Time to prepare: 10 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 4 g
- Fat: 14 g
- Saturated Fat: 2 g
- Carbohydrates: 22 g
- Fiber: 6 g
- Sodium: 800 mg
- Potassium: 580 mg

INGREDIENTS:

- 1 lb (450 g) Chinese or Japanese eggplant, cut into 2-inch (5 cm) batons
- 2 tbsp (30 ml) peanut oil or vegetable oil (divided)
- 1 tbsp (15 g) garlic, minced
- 1 tsp (5 g) fresh ginger, minced
- 2 dried red chilies (optional)
- 2 green onions, sliced (white and green parts separated)
- ½ cup (120 ml) vegetable stock, for the sauce
- 1 tbsp (15 ml) soy sauce, for the sauce
- 1 tbsp (15 ml) rice vinegar, for the sauce
- 1 tbsp (15 ml) hoisin sauce, for the sauce
- 1 tsp (5 g) sugar, for the sauce
- ½ tsp (2.5 ml) sesame oil, for the sauce
- 1 tsp (5 g) cornstarch mixed with 1 tbsp (15 ml) water, for the sauce

INSTRUCTIONS:

1. Heat 1 tbsp (15 ml) oil in a wok or large skillet over high heat. Place the eggplant in a single layer and cook without stirring for 2 minutes. Then stir-fry for 3–4 minutes until lightly browned and starting to soften. Remove from the wok.
2. Add remaining 1 tbsp (15 ml) oil to the wok. Add garlic, ginger, dried chilies (if using), and white parts of green onions. Stir-fry for 30 seconds until fragrant.
3. Whisk together vegetable stock, soy sauce, rice vinegar, hoisin sauce, and sugar. Pour into the wok and bring to a simmer.
4. Return eggplant to the wok, gently tossing to coat. Cover and simmer for 3 minutes until eggplant is tender.
5. Stir cornstarch mixture and add to the sauce, stirring gently until thickened. Drizzle with sesame oil.
6. Garnish with green parts of onions and serve immediately over steamed rice (optional, not included in nutritional).



SHRIMP WITH LOBSTER SAUCE

A Cantonese-American classic featuring plump shrimp in a rich, velvety egg-white sauce with fermented black beans.



Time to prepare: 15 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 32 g
- Fat: 12 g
- Saturated Fat: 2 g
- Carbohydrates: 8 g
- Fiber: 1 g
- Sodium: 1100 mg
- Potassium: 380 mg

INGREDIENTS:

- 10 oz (280 g) large shrimp (31–40 count), peeled and deveined
- 1 tsp (5 ml) rice wine
- ½ tsp (2.5 g) cornstarch
- 1 tbsp (15 ml) peanut oil or vegetable oil
- 1 tsp (5 g) garlic, minced
- 1 tbsp (15 g) fermented black beans, rinsed and roughly chopped
- ½ cup (75 g) ground pork (optional)
- 1 cup (240 ml) chicken or seafood stock

- 2 large egg whites, lightly beaten
- 1 green onion, thinly sliced
- 1 tbsp (15 ml) soy sauce, for the sauce
- 1 tsp (5 g) sugar, for the sauce

- ½ tsp (2.5 ml) sesame oil, for the sauce
- 1 tbsp (8 g) cornstarch mixed with 2 tbsp (30 ml) water, for the sauce

INSTRUCTIONS:

1. Toss shrimp with rice wine and ½ tsp (2.5 g) cornstarch. Let sit for 5 minutes.
2. Warm the oil in a wok on high heat. Add garlic and black beans, stir-frying for 15 seconds until fragrant. If using pork, add now and cook for 2 minutes until no longer pink.
3. Incorporate the shrimp and cook for 1 minute per side until just turning pink but not fully cooked. Remove shrimp with a slotted spoon.
4. Pour stock into the wok and bring to a simmer. Stir in soy sauce and sugar.
5. Slowly drizzle in beaten egg whites while gently stirring in one direction to create ribbons.
6. Return shrimp to the wok. Stir cornstarch mixture and add to the sauce, stirring until thickened to a velvety consistency, about 1 minute.
7. Finish with a drizzle of sesame oil and garnish with green onions. Serve immediately over steamed rice (optional, not included in nutritional).



CRISPY DUCK WITH PLUM SAUCE

A restaurant-style dish featuring crisp-skinned duck with a glossy, sweet-tart plum sauce.



Time to prepare: 15 minutes



Time to cook: 25 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 28 g
- Fat: 22 g
- Saturated Fat: 6 g
- Carbohydrates: 18 g
- Fiber: 1 g
- Sodium: 900 mg
- Potassium: 420 mg

INGREDIENTS:

- 2 duck legs (about 10 oz/280 g each)
- ½ tsp (2.5 g) salt
- ¼ tsp (1 g) five-spice powder
- 1 tbsp (15 ml) peanut oil
- ½ cup (120 ml) chicken stock, for the plum sauce
- ¼ cup (80 g) plum jam, for the plum sauce
- 1 tbsp (15 ml) rice vinegar, for the plum sauce
- 1 tbsp (15 ml) soy sauce, for the plum sauce
- 1 tsp (5 g) fresh ginger, grated, for the plum sauce
- ½ tsp (2.5 g) cornstarch mixed with 1 tbsp (15 ml) water, for the plum sauce
- 1 tbsp (4 g) sliced green onions
- ½ tsp (1 g) toasted sesame seeds

INSTRUCTIONS:

1. Pat the duck legs dry and score the skin in a crosshatch pattern. Rub with salt and five-spice powder. Let sit at room temperature for 10 minutes.
2. Heat oil in a cold skillet over medium heat. Add duck legs skin-side down. Cook for 8 minutes until skin is golden and crisp. Flip and cook for 5 minutes. Transfer to a plate.
3. Remove all the duck fat except for 1 tablespoon (15 ml) from the pan. Add ginger and cook for 15 seconds until fragrant.
4. Whisk in stock, plum jam, vinegar, and soy sauce. Simmer for 3 minutes until slightly reduced.
5. Stir cornstarch mixture and add it to the sauce. Cook for 30 seconds until glossy and thickened.
6. Return duck to the skillet, turning to coat in sauce. Cook for 1 minute to glaze.
7. Garnish with green onions and sesame seeds. Serve immediately with steamed buns or rice (optional, not included in nutritional).

NOODLE-FOCUSED DISHES



HONG KONG-STYLE SOY SAUCE NOODLES

A simple yet flavorful Cantonese dish featuring springy egg noodles coated in a savory soy-based sauce.



Time to prepare: 5 minutes



Time to cook: 8 minutes



NUTRITIONAL VALUE (per serving):

- Calories: 380 kcal
- Protein: 12 g
- Fat: 16 g
- Saturated Fat: 2.5 g
- Carbohydrates: 48 g
- Fiber: 3 g
- Sodium: 1200 mg
- Potassium: 220 mg

INGREDIENTS:

- 8 oz (225 g) fresh Hong Kong-style egg noodles (or 6 oz/170 g dried)
- 2 tbsp (30 ml) peanut oil or vegetable oil
- ½ cup (50 g) scallions, julienned (white and green parts separated)
- 1 tsp (5 g) garlic, minced
- 2 tbsp (30 ml) light soy sauce, for the sauce
- 1 tbsp (15 ml) dark soy sauce, for the sauce
- 1 tbsp (15 ml) oyster sauce, for the sauce
- 1 tsp (5 g) sugar, for the sauce
- ½ tsp (2.5 ml) sesame oil, for the sauce
- 2 tbsp (30 ml) water, for the sauce
- ¼ cup (15 g) fresh cilantro leaves

INSTRUCTIONS:

1. Cook noodles as per package directions until al dente. Drain and rinse with cold water briefly to stop the cooking process.
2. Heat oil in a wok over high heat until shimmering. Add white parts of scallions and garlic. Stir-fry for 30 seconds until fragrant.
3. Add noodles and stir-fry for 1 minute, using chopsticks to separate strands.
4. Whisk all sauce ingredients until blended, then pour over noodles. Toss continuously for 2 minutes until noodles are evenly coated and sauce is slightly reduced.
5. Add green parts of scallions and toss for 15 seconds.
6. Divide between plates and garnish with cilantro. Serve immediately.



BEEF CHOW FUN

A classic Cantonese stir-fry featuring wide rice noodles with tender beef and crisp bean sprouts in a savory sauce.



Time to prepare: 20 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 480 kcal
- Protein: 32 g
- Fat: 18 g
- Saturated Fat: 4 g
- Carbohydrates: 50 g
- Fiber: 3 g
- Sodium: 1200 mg
- Potassium: 520 mg

INGREDIENTS:

- 8 oz (225 g) fresh flat rice noodles (ho fun)
- 8 oz (225 g) flank steak, sliced against the grain into ¼-inch (6 mm) strips
- 1 tbsp (15 ml) soy sauce (divided, ½ tbsp for beef and ½ tbsp for sauce)
- 1 tsp (5 ml) rice wine
- 1 tsp (5 g) cornstarch
- 2 tbsp (30 ml) peanut oil or vegetable oil (divided)
- 1 tsp (5 g) garlic, minced
- 1 cup (100 g) bean sprouts
- 2 green onions, cut into 2-inch (5 cm) lengths
- 1 tbsp (15 ml) dark soy sauce, for the sauce
- 1 tbsp (15 ml) soy sauce (remaining from above), for the sauce
- 1 tsp (5 g) sugar, for the sauce
- ½ tsp (2.5 ml) sesame oil, for the sauce

INSTRUCTIONS:

1. Separate rice noodles and soak in warm water for 5 minutes if stiff. Drain well.
2. Toss beef with ½ tbsp (7.5 ml) soy sauce, rice wine, and cornstarch. Let marinate for 10 minutes.
3. Heat 1 tbsp (15 ml) oil in a wok over high heat until smoking. Arrange the beef in a single layer and sear for 1 minute undisturbed. Stir-fry for 1 more minute until 80% cooked. Remove.
4. Add remaining 1 tbsp (15 ml) oil to the wok. Add garlic and stir-fry for 10 seconds until fragrant.
5. Add noodles and stir-fry for 1 minute, using chopsticks to separate strands.
6. Return beef to the wok. Add bean sprouts and green onions.
7. Pour sauce ingredients over everything and toss continuously for 1–2 minutes until noodles are evenly coated and beef is cooked through.



CHICKEN PAD THAI

A balanced Thai noodle dish featuring tender chicken, rice noodles, and a tangy-sweet tamarind sauce.



Time to prepare: 20 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 520 kcal
- Protein: 36 g
- Fat: 16 g
- Saturated Fat: 3 g
- Carbohydrates: 62 g
- Fiber: 4 g
- Sodium: 1800 mg
- Potassium: 540 mg

INGREDIENTS:

- 6 oz (170 g) flat rice noodles (¼-inch/6 mm wide)
- 8 oz (225 g) boneless chicken breast, sliced into thin strips
- 2 tbsp (30 ml) fish sauce (divided)
- 1 tbsp (15 ml) peanut oil or vegetable oil
- 1 tsp (5 g) garlic, minced
- 1 egg, lightly beaten
- ½ cup (50 g) bean sprouts
- 2 green onions, cut into 1-inch (2.5 cm) pieces
- ¼ cup (38 g) roasted peanuts, roughly chopped

- 1 lime, cut into wedges
- 3 tbsp (45 ml) tamarind paste, for the sauce
- 2 tbsp (30 ml) fish sauce (remaining from above), for the sauce
- 1 tbsp (15 ml) rice vinegar, for the sauce
- 2 tbsp (30 g) palm sugar or brown sugar, for the sauce
- ½ tsp (2.5 g) red pepper flakes, for the sauce (optional)

INSTRUCTIONS:

1. Soak the rice noodles in warm water for 15 minutes until pliable but retaining firmness. Drain and set aside.
2. Toss chicken with 1 tbsp (15 ml) fish sauce and let marinate for 10 minutes.
3. Whisk together all sauce ingredients until sugar dissolves. Set aside.
4. Warm the oil in a wok on high heat. Add garlic and stir-fry for 15 seconds until fragrant.
5. Incorporate the chicken and stir-fry for 2–3 minutes until cooked through. Push to one side.
6. Pour egg into the center and scramble until just set, about 30 seconds.
7. Add drained noodles and sauce. Toss continuously for 2 minutes until noodles absorb the sauce.
8. Stir in bean sprouts and green onions. Cook for 30 seconds until sprouts are slightly wilted.
9. Serve immediately, garnished with peanuts and lime wedges.



DAN DAN NOODLES

A classic Szechuan noodle dish featuring a fiery, nutty sauce with savory ground pork.



Time to prepare: 15 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 520 kcal
- Protein: 28 g
- Fat: 26 g
- Saturated Fat: 6 g
- Carbohydrates: 45 g
- Fiber: 4 g
- Sodium: 1200 mg
- Potassium: 480 mg

INGREDIENTS:

- 8 oz (225 g) fresh wheat noodles (or 6 oz/170 g dried)
- 6 oz (170 g) ground pork
- 1 tbsp (15 ml) peanut oil
- 1 tsp (5 g) Szechuan peppercorns, crushed
- 1 tbsp (15 g) garlic, minced
- 1 tbsp (15 g) ginger, minced
- 2 tbsp (30 g) preserved mustard greens (optional)
- 2 tbsp (30 ml) sesame paste or tahini, for the sauce
- 2 tbsp (30 ml) soy sauce, for the sauce
- 1 tbsp (15 ml) Chinese black vinegar, for the sauce
- 1 tbsp (15 ml) chili oil (adjust to taste), for the sauce
- 1 tsp (5 g) sugar, for the sauce
- ½ cup (120 ml) noodle cooking water, for the sauce
- ¼ cup (15 g) sliced green onions
- 2 tbsp (18 g) crushed peanuts

INSTRUCTIONS:

1. Cook noodles according to package instructions. Reserve ½ cup (120 ml) cooking water before draining.
2. Warm the oil in a wok on high heat. Add Szechuan peppercorns and toast for 15 seconds until fragrant. Remove and discard.
3. Add pork to the flavored oil. Break into small pieces and cook for 3 minutes until browned.
4. Stir in garlic, ginger, and preserved mustard greens (if using). Cook for 1 minute until aromatic.
5. Combine all sauce ingredients by whisking, then pour over the noodles.
6. Divide cooked noodles between bowls. Top with pork mixture, then pour sauce over.
7. Garnish with green onions and peanuts. Serve immediately, stirring well before eating.



YAKI UDON

A hearty stir-fried noodle dish featuring chewy udon in a sweet-savory glaze with crisp vegetables.



Time to prepare: 10 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 420 kcal
- Protein: 10 g
- Fat: 16 g
- Saturated Fat: 2 g
- Carbohydrates: 60 g
- Fiber: 5 g
- Sodium: 1200 mg
- Potassium: 380 mg

INGREDIENTS:

- 10 oz (280 g) fresh udon noodles
- 2 tbsp (30 ml) vegetable oil (divided)
- ½ cup (75 g) cabbage, thinly sliced
- ½ cup (60 g) carrot, julienned
- ½ cup (50 g) scallions, cut into 2-inch (5 cm) lengths
- ¼ cup (35 g) red bell pepper, julienned
- 1 tbsp (15 g) garlic, minced
- 1 tbsp (15 g) fresh ginger, grated
- 2 tbsp (30 ml) soy sauce, for the sauce
- 1 tbsp (15 ml) mirin, for the sauce
- 1 tbsp (15 ml) oyster sauce, for the sauce
- 1 tsp (5 g) sugar, for the sauce
- ½ tsp (2.5 ml) sesame oil, for the sauce
- 1 tbsp (3 g) bonito flakes, for topping (optional)
- 1 tsp (3 g) toasted sesame seeds, for topping (optional)

INSTRUCTIONS:

1. Separate udon noodles and rinse them under warm water to remove starch. Drain thoroughly.
2. Heat 1 tbsp (15 ml) oil in a wok or large skillet over high heat. Add cabbage, carrot, and bell pepper. Stir-fry for 2 minutes until slightly softened. Transfer to a plate.
3. Add remaining 1 tbsp (15 ml) oil to the wok. Sauté garlic and ginger for 30 seconds until fragrant.
4. Add udon noodles and stir-fry for 1 minute, using tongs to separate strands.
5. Whisk together all sauce ingredients and pour over noodles. Toss continuously for 2 minutes until noodles are evenly coated.
6. Return vegetables to the wok along with scallions. Stir-fry for 1 minute to combine.
7. Divide between bowls and garnish with bonito flakes and sesame seeds if using.



SEAFOOD MEE GORENG

A Malaysian-inspired stir-fried noodle dish with a spicy, umami-rich sauce and fresh seafood.



Time to prepare: 20 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 480 kcal
- Protein: 32 g
- Fat: 18 g
- Saturated Fat: 3 g
- Carbohydrates: 52 g
- Fiber: 4 g
- Sodium: 1100 mg
- Potassium: 550 mg

INGREDIENTS:

- 8 oz (225 g) fresh yellow noodles (or 6 oz/170 g dried)
- 4 oz (115 g) medium prawns, peeled and deveined
- 4 oz (115 g) squid, cleaned and sliced into rings
- 2 tbsp (30 ml) vegetable oil (divided)
- 1 egg, lightly beaten
- ½ cup (75 g) bean sprouts
- ¼ cup (25 g) scallions, sliced
- 1 tbsp (15 g) garlic, minced
- 1 tbsp (15 g) shallots, minced

- 2 tbsp (30 ml) tomato ketchup, for the sauce
- 1 tbsp (15 ml) sambal oelek (adjust to taste), for the sauce
- 1 tbsp (15 ml) soy sauce, for the sauce
- 1 tsp (5 g) sugar, for the sauce
- ½ tsp (2.5 g) ground white pepper, for the sauce
- 2 tbsp (30 ml) water, for the sauce
- 1 lime, cut into wedges
- ¼ cup (15 g) fresh cilantro
- 2 tbsp (18 g) crushed peanuts

INSTRUCTIONS:

1. Soak dried noodles in warm water for 5 minutes if using. Drain and set aside.
2. Heat 1 tbsp (15 ml) oil in a wok over high heat. Add prawns and squid, stir-frying for 2 minutes until just cooked. Remove and set aside.
3. Add remaining 1 tbsp (15 ml) oil to the wok. Sauté garlic and shallots for 30 seconds until fragrant.
4. Push aromatics to the side. Pour egg into the center and scramble until just set, about 30 seconds.
5. Add noodles and stir-fry for 1 minute, separating strands with chopsticks.
6. Combine all sauce ingredients by whisking, then pour over the noodles. Toss continuously for 2 minutes until evenly coated.
7. Return seafood to the wok along with bean sprouts and scallions. Stir-fry for 1 minute to combine.
8. Serve immediately, garnished with lime wedges, cilantro, and peanuts.



SESAME SOBA STIR FRY

A nutty, wholesome Japanese-inspired noodle dish featuring earthy buckwheat noodles in a rich sesame sauce.



Time to prepare: 10 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 14 g
- Fat: 14 g
- Saturated Fat: 2 g
- Carbohydrates: 52 g
- Fiber: 6 g
- Sodium: 800 mg
- Potassium: 480 mg

INGREDIENTS:

- 6 oz (170 g) dried soba noodles
- 1 tbsp (15 ml) sesame oil (divided)
- ½ cup (60 g) carrot, julienned
- ½ cup (50 g) scallions, sliced diagonally (white and green parts separated)
- ½ cup (70 g) shiitake mushrooms, sliced
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- 2 tbsp (30 ml) tahini or sesame paste, for the sauce
- 1 tbsp (15 ml) soy sauce, for the sauce
- 1 tbsp (15 ml) mirin, for the sauce
- 1 tsp (5 g) sugar, for the sauce
- ½ tsp (2.5 ml) rice vinegar, for the sauce
- ¼ cup (60 ml) hot noodle cooking water, for the sauce
- 1 tbsp (9 g) toasted sesame seeds
- ½ tsp (1 g) shichimi togarashi (optional)

INSTRUCTIONS:

1. Cook soba noodles according to package instructions. Reserve ¼ cup (60 ml) cooking water before draining. Rinse noodles under cold water and toss with ½ tsp (7.5 ml) sesame oil to prevent sticking.
2. Heat remaining ½ tsp (7.5 ml) sesame oil in a wok or large skillet over medium-high heat. Add white parts of scallions, garlic, and ginger. Stir-fry for 30 seconds until fragrant.
3. Add carrot and mushrooms. Stir-fry for 2 minutes until slightly softened.
4. Whisk together all sauce ingredients with reserved noodle water until smooth.
5. Add cooked noodles to the wok. Pour sauce over and toss gently for 1–2 minutes until noodles are evenly coated and sauce thickens slightly.
6. Stir in green parts of scallions.
7. Divide between bowls and garnish with sesame seeds and shichimi togarashi if using.



CHAR KWAY TEOW

A Malaysian street food classic featuring smoky flat rice noodles with briny cockles and sweet lap cheong.



Time to prepare: 20 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 520 kcal
- Protein: 22 g
- Fat: 24 g
- Saturated Fat: 5 g
- Carbohydrates: 55 g
- Fiber: 3 g
- Sodium: 1400 mg
- Potassium: 380 mg

INGREDIENTS:

- 8 oz (225 g) fresh flat rice noodles (kway teow)
- 2 tbsp (30 ml) peanut oil
- 2 oz (60 g) Chinese lap cheong sausage, thinly sliced
- 4 oz (115 g) fresh cockles, cleaned (or substitute small shrimp)
- 1 egg
- ½ cup (50 g) bean sprouts
- ¼ cup (25 g) Chinese chives, cut into 2-inch (5 cm) lengths
- 1 tbsp (15 g) garlic, minced
- 1 tbsp (15 ml) dark soy sauce, for the sauce
- 1 tbsp (15 ml) light soy sauce, for the sauce
- 1 tbsp (15 ml) oyster sauce, for the sauce
- ½ tsp (2.5 g) sugar, for the sauce
- ½ tsp (2.5 g) white pepper, for the sauce
- 1 lime, cut into wedges
- 1 red chili, thinly sliced (optional)

INSTRUCTIONS:

1. Separate rice noodles and soak in warm water for 5 minutes if stiff. Drain well.
2. Heat 1 tbsp (15 ml) oil in a wok over high heat until smoking. Add sausage and stir-fry for 1 minute until fragrant. Remove and set aside.
3. Add remaining 1 tbsp (15 ml) oil to the wok. Add garlic and stir-fry for 15 seconds until golden.
4. Push garlic to one side. Crack egg into the wok and scramble until just set, about 30 seconds.
5. Add noodles and toss for 1 minute. Pour sauce ingredients over noodles and stir-fry for 2 minutes until evenly coated.
6. Return sausage to the wok along with cockles, bean sprouts, and chives. Stir-fry for 1 minute until cockles are just cooked.
7. Accompany with lime wedges and chili slices and serve immediately, if desired.



UDON WITH TEMPURA BITS & GREEN ONIONS

A comforting Japanese noodle dish featuring thick, chewy udon noodles topped with crispy tempura bits and fresh green onions.



Time to prepare: 10 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 420 kcal
- Protein: 12 g
- Fat: 16 g
- Saturated Fat: 2 g
- Carbohydrates: 58 g
- Fiber: 4 g
- Sodium: 1100 mg
- Potassium: 320 mg

INGREDIENTS:

- 7 oz (200 g) dried udon noodles
- 2 tbsp (30 ml) vegetable oil (divided)
- ½ cup (50 g) scallions, thinly sliced (white and green parts separated)
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- ½ cup (60 g) tempura bits (tenkasu)
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) mirin
- 1 tsp (5 g) sugar
- 1 cup (240 ml) dashi stock (or vegetable broth)
- ½ tsp (2.5 ml) rice vinegar
- 1 sheet (5 g) nori, shredded (optional, for garnish)

INSTRUCTIONS:

1. Cook udon noodles according to package instructions. Drain, then rinse under cold running water to clear off excess starch. Set aside.
2. Heat 1 tbsp (15 ml) vegetable oil in a spacious skillet or wok over medium-high heat. Incorporate the white parts of scallions, garlic, and ginger. Stir-fry for 30 seconds until fragrant.
3. Pour in dashi stock, soy sauce, mirin, and sugar. Bring to a simmer and cook for 2 minutes to blend flavors.
4. Add cooked udon noodles to the skillet, tossing gently to coat in the broth. Cook for 1–2 minutes until heated through. Stir in rice vinegar.
5. Using a separate small pan, heat remaining 1 tbsp (15 ml) vegetable oil over medium heat. Add tempura bits and fry for 1–2 minutes until crispy and golden. Drain on paper towels.
6. Divide noodles between bowls. Top with crispy tempura bits, green parts of scallions, and shredded nori (if using).



LEMONGRASS BEEF RICE NOODLE STIR FRY

A vibrant, aromatic stir-fry featuring tender beef, rice noodles, and fresh herbs infused with lemongrass and fish sauce.



Time to prepare: 20 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 480 kcal
- Protein: 28 g
- Fat: 14 g
- Saturated Fat: 4 g
- Carbohydrates: 60 g
- Fiber: 3 g
- Sodium: 1600 mg
- Potassium: 620 mg

INGREDIENTS:

- 6 oz (170 g) dried rice noodles (banh pho, about ¼-inch/6 mm wide)
- 8 oz (225 g) flank steak, thinly sliced against the grain
- 2 tbsp (30 ml) fish sauce (divided)
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 g) brown sugar
- 1 tbsp (15 ml) vegetable oil (divided)
- 1 stalk lemongrass, tender inner part only, finely minced (about 2 tbsp/10 g)
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- ½ cup (50 g) scallions, sliced (white and green parts separated)
- ½ cup (70 g) bean sprouts
- ¼ cup (10 g) fresh cilantro, chopped
- ¼ cup (10 g) fresh mint, chopped
- 1 tbsp (15 ml) lime juice
- 1 tbsp (9 g) crushed roasted peanuts (optional)

INSTRUCTIONS:

1. Place rice noodles in warm water for 15 minutes until soft but still firm to the bite. Drain and set aside.
2. Combine sliced beef with 1 tbsp (15 ml) fish sauce, soy sauce, brown sugar, half the minced lemongrass, garlic, and ginger. Marinate for 10 minutes.
3. Heat ½ tbsp (7.5 ml) vegetable oil in a wok or large skillet over high heat. Add marinated beef and sear for 1–2 minutes until browned but not fully cooked. Transfer to a plate.
4. Heat remaining ½ tbsp (7.5 ml) oil in the same wok. Add white parts of scallions and remaining lemongrass. Stir-fry for 30 seconds until fragrant.
5. Add drained noodles and toss for 1 minute. Pour in remaining 1 tbsp (15 ml) fish sauce and lime juice, tossing to coat.
6. Return beef to the wok along with bean sprouts and green parts of scallions. Stir-fry for 1–2 minutes until beef is cooked through and noodles are tender.
7. Take off the heat and fold in cilantro and mint. Divide between bowls and garnish with crushed peanuts if using.

VEGETABLE- CENTRIC SAUTÉS





GINGER GARLIC BOK CHOY

A quick and flavorful vegetable side dish featuring crisp-tender bok choy tossed with aromatic ginger and garlic.



Time to prepare: 5 minutes



Time to cook: 5 minutes

Nutritional Value (per serving):

- Calories: 160 kcal
- Protein: 4 g
- Fat: 12 g
- Saturated Fat: 1.5 g
- Carbohydrates: 10 g
- Fiber: 3 g
- Sodium: 600 mg
- Potassium: 480 mg

INGREDIENTS:

- 1 lb (450 g) baby bok choy, halved lengthwise (about 4 cups chopped)
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 ml) toasted sesame oil
- 1 tbsp (15 g) fresh ginger, julienned
- 2 tsp (10 g) garlic, minced
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice vinegar
- ½ tsp (2 g) sugar
- 1 tbsp (9 g) toasted sesame seeds

INSTRUCTIONS:

1. Rinse bok choy under cold water and pat dry. Cut larger halves into quarters if needed for even cooking.
2. Heat vegetable oil and sesame oil in a spacious skillet or wok over medium-high heat. Add ginger and garlic, stir-frying for 30 seconds until fragrant but not browned.
3. Add bok choy cut-side down in a single layer. Cook undisturbed for 1 minute to lightly char.
4. Toss bok choy and continue cooking for 2–3 minutes until stems are crisp-tender and leaves are wilted.
5. Drizzle with soy sauce, rice vinegar, and sugar, tossing to coat evenly. Take off the heat.
6. Move to a serving plate and top with toasted sesame seeds.



SPICY SZECHUAN GREEN BEANS

A fiery and aromatic stir-fry featuring blistered green beans with the distinctive tingle of Szechuan peppercorns.



Time to prepare: 10 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 3 g
- Fat: 14 g
- Saturated Fat: 1 g
- Carbohydrates: 12 g
- Fiber: 4 g
- Sodium: 800 mg
- Potassium: 320 mg

INGREDIENTS:

- 8 oz (225 g) green beans, trimmed (about 2 cups)
- 2 tbsp (30 ml) vegetable oil
- 2 tsp (4 g) Szechuan peppercorns, lightly crushed
- 1 tbsp (15 g) garlic, minced
- 1 tbsp (15 g) fresh ginger, julienned
- 1 tsp (5 g) red pepper flakes
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice vinegar
- 1 tsp (5 g) sugar
- ½ tsp (2.5 ml) sesame oil
- ¼ tsp (1 g) salt

INSTRUCTIONS:

1. Dry green beans thoroughly with a kitchen towel to ensure proper charring.
2. Heat vegetable oil in a wok or spacious skillet over high heat until shimmering. Arrange the green beans in a single layer and cook undisturbed for 2 minutes to blister one side.
3. Toss beans and continue cooking for 3–4 minutes, stirring intermittently, until tender-crisp with blackened spots. Transfer to a plate.
4. Reduce heat to medium. Add Szechuan peppercorns to remaining oil and toast for 30 seconds until fragrant. Incorporate garlic, ginger, and red pepper flakes, stir-frying for 30 seconds.
5. Return green beans to the wok. Add soy sauce, rice vinegar, sugar, and salt, tossing vigorously to coat. Cook for 1 minute until sauce glazes the beans.
6. Take off the heat and drizzle with sesame oil. Serve immediately.



BROCCOLI & ALMOND STIR FRY

A vibrant, nutty stir-fry pairing crisp-tender broccoli with toasted almonds in a light garlic sauce.



Time to prepare: 10 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 240 kcal
- Protein: 8 g
- Fat: 18 g
- Saturated Fat: 2 g
- Carbohydrates: 15 g
- Fiber: 6 g
- Sodium: 500 mg
- Potassium: 520 mg

INGREDIENTS:

- 3 cups (270 g) broccoli florets (1-inch/2.5 cm pieces)
- 2 tbsp (30 ml) vegetable oil (divided)
- ¼ cup (30 g) raw almonds, roughly chopped
- 1 tbsp (15 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- 2 tbsp (30 ml) vegetable broth
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice vinegar
- ½ tsp (2 g) sugar
- 1 tsp (5 ml) sesame oil
- ¼ tsp (1 g) red pepper flakes (optional)

INSTRUCTIONS:

1. Blanch broccoli in boiling water for 1 minute, then drain and immediately rinse under cold water. Pat dry thoroughly.
2. In a wok or large skillet, warm 1 tbsp (15 ml) vegetable oil over medium heat. Stir in the almonds and cook for 2–3 minutes, stirring frequently, until golden brown. Move to a plate.
3. Increase the heat to high and add remaining 1 tbsp (15 ml) oil. Add garlic and ginger, stir-frying for 30 seconds until fragrant but not browned.
4. Add broccoli florets and stir-fry for 2 minutes, allowing edges to lightly char. Pour in vegetable broth and cover for 1 minute to steam.
5. Remove lid and add soy sauce, rice vinegar, and sugar. Toss to coat evenly and cook for 1 more minute until liquid reduces slightly.
6. Take off the heat. Stir in toasted almonds, sesame oil, and red pepper flakes if using. Serve immediately.



SNOW PEAS WITH MUSHROOMS

A delicate yet flavorful stir-fry pairing crisp snow peas with earthy mushrooms in a light savory sauce.



Time to prepare: 10 minutes



Time to cook: 7 minutes

Nutritional Value (per serving):

- Calories: 150 kcal
- Protein: 5 g
- Fat: 8 g
- Saturated Fat: 1 g
- Carbohydrates: 16 g
- Fiber: 4 g
- Sodium: 450 mg
- Potassium: 420 mg

INGREDIENTS:

- 2 cups (200 g) snow peas, trimmed
- 1 cup (70 g) shiitake mushrooms, sliced ¼-inch (6 mm) thick
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 ml) sesame oil
- 1 tbsp (15 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- 2 tbsp (30 ml) vegetable broth
- 1 tbsp (15 ml) oyster sauce (or vegetarian oyster sauce)
- 1 tsp (5 ml) soy sauce
- ½ tsp (2 g) sugar
- 1 tsp (3 g) cornstarch dissolved in 1 tbsp (15 ml) water

INSTRUCTIONS:

1. Drop snow peas into boiling water and blanch for 30 seconds, then immediately transfer to ice water. Drain and pat dry.
2. Heat vegetable oil and sesame oil in a wok or spacious skillet over high heat. Add garlic and ginger, stir-frying for 15 seconds until fragrant.
3. Add mushrooms and stir-fry for 2 minutes until they begin to soften and release moisture.
4. Add snow peas and vegetable broth. Stir-fry for 1 minute until peas turn bright green.
5. Reduce heat to medium. Add oyster sauce, soy sauce, and sugar, tossing to coat evenly.
6. Stir cornstarch mixture and add it to the wok. Cook for 30 seconds until sauce thickens and coats the vegetables. Serve immediately.



CABBAGE WITH SWEET CHILI SAUCE

A vibrant stir-fry featuring crisp cabbage coated in a balanced sweet-spicy sauce with a touch of acidity.



Time to prepare: 10 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 4 g
- Fat: 9 g
- Saturated Fat: 1 g
- Carbohydrates: 22 g
- Fiber: 4 g
- Sodium: 450 mg
- Potassium: 320 mg

INGREDIENTS:

- 4 cups (280 g) green cabbage, thinly sliced (¼-inch/6 mm ribbons)
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- 2 tbsp (30 ml) sweet chili sauce
- 1 tbsp (15 ml) rice vinegar
- 1 tsp (5 ml) soy sauce
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) red pepper flakes
- 2 tbsp (18 g) roasted peanuts, crushed (optional)
- 1 tbsp (8 g) sesame seeds

INSTRUCTIONS:

1. Heat vegetable oil in a wok or spacious skillet over high heat. Add garlic and ginger, stir-frying for 20 seconds until fragrant but not browned.
2. Add cabbage and stir-fry for 3 minutes, tossing frequently, until edges begin to soften but retain crunch.
3. Reduce heat to medium. Add sweet chili sauce, rice vinegar, soy sauce, sugar, and red pepper flakes. Toss well to coat and cook for 2 minutes until the sauce slightly thickens.
4. Take off the heat and transfer to serving plates. Garnish with crushed peanuts (if using) and sesame seeds.



LOTUS ROOT & PEPPERS

A crisp and colorful stir-fry featuring the unique texture of lotus root paired with sweet red peppers in a light garlic sauce.



Time to prepare: 15 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 3 g
- Fat: 9 g
- Saturated Fat: 1 g
- Carbohydrates: 22 g
- Fiber: 4 g
- Sodium: 500 mg
- Potassium: 450 mg

INGREDIENTS:

- 1 cup (120 g) lotus root, peeled and sliced into ¼-inch (6 mm) rounds
- 1 cup (120 g) red bell pepper, cut into 1-inch (2.5 cm) pieces
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 ml) sesame oil
- 1 tbsp (15 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- ¼ cup (60 ml) vegetable broth
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice vinegar
- ½ tsp (2 g) sugar
- 1 tsp (3 g) cornstarch dissolved in 1 tbsp (15 ml) water
- 1 tbsp (8 g) sesame seeds
- ¼ tsp (1 g) white pepper

INSTRUCTIONS:

1. Soak lotus root slices in cold water with 1 tsp (5 ml) vinegar for 5 minutes to prevent discoloration. Drain and pat dry.
2. Heat a mix of vegetable oil and sesame oil in a wok or big skillet over high heat. Add garlic and ginger, stir-frying for 30 seconds until fragrant.
3. Add lotus root and stir-fry for 2 minutes until edges begin to turn translucent.
4. Incorporate bell peppers and stir-fry for 1 minute. Pour in vegetable broth, cover, and steam for 2 minutes.
5. Remove lid and add soy sauce, rice vinegar, and sugar. Toss to combine.
6. Stir in cornstarch mixture and cook for 1 minute until sauce thickens.
7. Sprinkle with sesame seeds and white pepper before serving.



ZUCCHINI & BELL PEPPER IN BLACK BEAN SAUCE

A savory stir-fry showcasing summer vegetables in a rich, umami-packed black bean sauce.



Time to prepare: 12 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 7 g
- Fat: 12 g
- Saturated Fat: 1.5 g
- Carbohydrates: 24 g
- Fiber: 6 g
- Sodium: 900 mg
- Potassium: 580 mg

INGREDIENTS:

- 2 cups (240 g) zucchini, cut into ½-inch (1 cm) half-moons
- 1 cup (120 g) red bell pepper, cut into 1-inch (2.5 cm) pieces
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- 2 tbsp (30 g) fermented black beans, rinsed and roughly chopped
- ¼ cup (60 ml) vegetable broth
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice vinegar
- 1 tsp (5 g) sugar
- 1 tsp (5 ml) sesame oil
- 1 tbsp (8 g) cornstarch dissolved in 2 tbsp (30 ml) water
- 2 tbsp (18 g) toasted sesame seeds

INSTRUCTIONS:

1. Heat vegetable oil in a wok or spacious skillet over high heat. Add garlic, ginger, and black beans, stir-frying for 30 seconds until fragrant.
2. Add zucchini and bell pepper. Stir-fry for 2 minutes until vegetables develop slight char but remain crisp.
3. Pour in vegetable broth, soy sauce, rice vinegar, and sugar. Lower the heat to medium, cover, and steam for 3 minutes until vegetables are tender-crisp.
4. Remove lid and stir in cornstarch mixture. Cook for 1 minute until sauce thickens and coats the vegetables.
5. Pour sesame oil over and stir to blend. Transfer to serving plates and garnish with toasted sesame seeds.



BABY CORN & WATER CHESTNUT STIR FRY

A delightful stir-fry pairing crisp baby corn and water chestnuts in a light, savory sauce with aromatic garlic and ginger.



Time to prepare: 10 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 160 kcal
- Protein: 3 g
- Fat: 7 g
- Saturated Fat: 1 g
- Carbohydrates: 22 g
- Fiber: 4 g
- Sodium: 500 mg
- Potassium: 380 mg

INGREDIENTS:

- 1 cup (120 g) baby corn, cut into 1-inch (2.5 cm) pieces
- 1 cup (120 g) water chestnuts, sliced ¼-inch (6 mm) thick
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 ml) sesame oil
- 1 tbsp (15 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- ½ cup (50 g) scallions, sliced (white and green parts separated)
- ¼ cup (60 ml) vegetable broth
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice vinegar
- ½ tsp (2 g) sugar
- 1 tsp (3 g) cornstarch dissolved in 1 tbsp (15 ml) water

INSTRUCTIONS:

1. Heat vegetable oil and sesame oil in a wok or spacious skillet over high heat. Incorporate the garlic, ginger, and white parts of scallions, stir-frying for 30 seconds until fragrant.
2. Add baby corn and water chestnuts. Stir-fry for 2 minutes until edges begin to brown slightly.
3. Pour in vegetable broth, soy sauce, rice vinegar, and sugar. Toss to combine and cook for 1 minute.
4. Stir cornstarch mixture and add it to the wok. Simmer for 1 minute until the sauce thickens enough to coat the vegetables.
5. Add green parts of scallions and toss to combine. Serve immediately.



MIX-MUSHROOM STIR FRY

An umami-rich medley of mushrooms sautéed with garlic and ginger in a savory sauce, highlighting their distinct textures and flavors.



Time to prepare: 12 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 150 kcal
- Protein: 5 g
- Fat: 8 g
- Saturated Fat: 1 g
- Carbohydrates: 14 g
- Fiber: 3 g
- Sodium: 500 mg
- Potassium: 420 mg

INGREDIENTS:

- 1 cup (70 g) shiitake mushrooms, sliced ¼-inch (6 mm) thick
- 1 cup (70 g) oyster mushrooms, hand-torn into bite-sized pieces
- 1 cup (50 g) enoki mushrooms, root ends trimmed
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 ml) sesame oil
- 1 tbsp (15 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- ¼ cup (60 ml) vegetable broth
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice vinegar
- ½ tsp (2 g) sugar
- 1 tsp (3 g) cornstarch dissolved in 1 tbsp (15 ml) water
- 1 tbsp (8 g) sesame seeds
- ½ tsp (1 g) red pepper flakes (optional)

INSTRUCTIONS:

1. Heat a mix of vegetable oil and sesame oil in a wok or big skillet over high heat. Add garlic and ginger, stir-frying for 30 seconds until fragrant.
2. Add shiitake and oyster mushrooms. Stir-fry for 3 minutes until edges begin to brown and mushrooms release their moisture.
3. Add enoki mushrooms and vegetable broth. Cook for 1 minute, gently tossing to combine.
4. Stir in soy sauce, rice vinegar, and sugar. Cook for 1 minute until liquid reduces slightly.
5. Add cornstarch mixture and cook for 30 seconds until sauce thickens and coats the mushrooms.
6. Take the pan off the heat, garnish with sesame seeds and optional red pepper flakes, then serve promptly.



BRAISED NAPA CABBAGE

A comforting, delicate dish featuring tender braised Napa cabbage with a light savory-sweet glaze.



Time to prepare: 5 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 120 kcal
- Protein: 3 g
- Fat: 7 g
- Saturated Fat: 1 g
- Carbohydrates: 12 g
- Fiber: 3 g
- Sodium: 600 mg
- Potassium: 350 mg

INGREDIENTS:

- 4 cups (300 g) Napa cabbage, cut into 2-inch (5 cm) pieces
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 ml) sesame oil
- 1 tbsp (15 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- ½ cup (120 ml) vegetable broth
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice vinegar
- 1 tsp (5 g) sugar
- 1 tsp (3 g) cornstarch dissolved in 1 tbsp (15 ml) water
- 1 tbsp (8 g) sesame seeds

INSTRUCTIONS:

1. Heat a mix of vegetable oil and sesame oil in a wok or big skillet over high heat. Add garlic and ginger, sautéing for 30 seconds until fragrant.
2. Add Napa cabbage and stir to coat with oil. Cook for 2 minutes until slightly wilted.
3. Pour in vegetable broth, soy sauce, rice vinegar, and sugar. Stir to combine.
4. Cover and reduce heat to low. Simmer for 8 minutes until cabbage is tender but still retains some texture.
5. Remove lid and increase heat to medium. Add cornstarch mixture, stirring gently for 1 minute until liquid thickens to a light glaze.
6. Transfer to serving dishes and sprinkle with sesame seeds.

MEAT-FORWARD QUICK WOK FAVORITES





KOREAN BULGOGI

A classic Korean dish featuring thinly sliced beef marinated in a sweet-savory sauce with aromatic garlic and ginger.



Time to prepare: 20 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 420 kcal
- Protein: 28 g
- Fat: 28 g
- Saturated Fat: 8 g
- Carbohydrates: 18 g
- Fiber: 2 g
- Sodium: 1200 mg
- Potassium: 520 mg

INGREDIENTS:

- 10 oz (280 g) ribeye steak, thinly sliced against the grain
- 2 tbsp (30 ml) vegetable oil
- 1 cup (100 g) scallions, cut into 2-inch (5 cm) pieces
- 1 tbsp (9 g) toasted sesame seeds
- 3 tbsp (45 ml) soy sauce, for the marinade
- 2 tbsp (30 ml) brown sugar, for the marinade
- 1 tbsp (15 ml) sesame oil, for the marinade
- 1 tbsp (15 g) garlic, minced, for the marinade
- 1 tsp (5 g) fresh ginger, grated, for the marinade
- 1 tbsp (15 ml) mirin, for the marinade
- ½ tsp (2 g) black pepper, for the marinade
- 1 tbsp (15 ml) grated Asian pear (or apple), for the marinade

INSTRUCTIONS:

1. Combine all marinade ingredients in a bowl. Incorporate beef slices and marinate for 15 minutes.
2. Heat 1 tbsp (15 ml) vegetable oil in a wok or spacious skillet over high heat. Drain beef from marinade (reserving marinade) and stir-fry in batches for 1 minute per side until caramelized. Remove to a plate.
3. Add remaining 1 tbsp (15 ml) oil to wok. Stir-fry scallions for 1 minute until slightly wilted.
4. Return beef to wok with reserved marinade. Let cook for 1 minute until the sauce becomes slightly thicker.
5. Sprinkle with sesame seeds and serve immediately.



GARLIC CHILI PORK BELLY

A bold stir-fry featuring crispy pork belly with a fiery garlic-chili sauce and aromatic spices.



Time to prepare: 10 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 520 kcal
- Protein: 18 g
- Fat: 45 g
- Saturated Fat: 15 g
- Carbohydrates: 8 g
- Fiber: 1 g

INGREDIENTS:

- 10 oz (280 g) pork belly, skin removed, cut into ½-inch (1 cm) cubes
- 1 tbsp (15 ml) vegetable oil
- 2 tbsp (30 g) garlic, minced
- 1 tbsp (15 g) fresh ginger, julienned
- 2–3 dried red chilies, crushed
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce
- 1 tsp (5 ml) rice vinegar
- 1 tsp (5 g) sugar
- ½ tsp (2 g) five-spice powder
- ¼ cup (15 g) scallions, sliced

INSTRUCTIONS:

1. Warm the oil in a wok on medium heat. Add pork belly and cook for 8–10 minutes, stirring intermittently, until crispy and golden brown. Remove pork, leaving 1 tbsp fat in wok.
2. Increase heat to medium-high. Add garlic, ginger, and crushed chilies. Stir-fry for 30 seconds until fragrant.
3. Return pork to wok. Add soy sauce, oyster sauce, rice vinegar, sugar, and five-spice powder. Toss to evenly coat and simmer for 2 minutes until the sauce thickens slightly.
4. Stir in scallions and serve immediately.



CUMIN LAMB STIR FRY

A robust and aromatic stir-fry featuring tender lamb with toasted cumin and chili heat, inspired by Northern Chinese flavors.



Time to prepare: 15 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 28 g
- Fat: 20 g
- Saturated Fat: 6 g
- Carbohydrates: 8 g
- Fiber: 1 g
- Sodium: 1200 mg
- Potassium: 480 mg

INGREDIENTS:

- 10 oz (280 g) lamb leg or shoulder, thinly sliced against the grain
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 ml) sesame oil
- 1 tbsp (15 g) garlic, minced
- 1 tbsp (15 g) fresh ginger, julienned
- ½ cup (50 g) scallions, cut into 1-inch (2.5 cm) pieces (white and green parts separated)
- 1 tbsp (8 g) cumin seeds
- 1 tsp (3 g) red pepper flakes
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) rice vinegar
- ½ tsp (2 g) sugar
- 1 tsp (3 g) cornstarch
- ¼ tsp (1 g) salt
- 1 tbsp (15 ml) soy sauce, for the marinade
- 1 tbsp (15 ml) Shaoxing wine (or dry sherry), for the marinade
- 1 tsp (5 g) cornstarch, for the marinade

INSTRUCTIONS:

1. Combine lamb with marinade ingredients in a bowl. Let stand for 10 minutes.
2. Heat a mix of vegetable oil and sesame oil in a wok or big skillet over high heat until smoking. Add lamb and spread in a single layer. Sear undisturbed for 1 minute, then stir-fry for 1 more minute until browned. Remove to a plate.
3. Reduce heat to medium. Toss in cumin seeds and toast for 30 seconds until fragrant. Add garlic, ginger, and white scallion parts, stirring for 30 seconds.
4. Return lamb to wok. Add red pepper flakes, soy sauce, rice vinegar, sugar, and salt. Toss to combine.
5. Mix cornstarch with 1 tbsp (15 ml) water and add to wok. Stir-fry for 1 minute until sauce clings to meat.
6. Add green parts of scallions and toss. Serve immediately.



PEKING-STYLE PORK TENDERLOIN

A glossy, restaurant-quality dish featuring tender pork in a rich sweet-savory sauce with aromatic spices.



Time to prepare: 15 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 32 g
- Fat: 18 g
- Saturated Fat: 3 g
- Carbohydrates: 22 g
- Fiber: 1 g
- Sodium: 1400 mg
- Potassium: 600 mg

INGREDIENTS:

- 10 oz (280 g) pork tenderloin, sliced into ¼-inch (6 mm) medallions
- 2 tbsp (30 ml) vegetable oil (divided)
- 1 tbsp (15 ml) sesame oil
- 1 tbsp (15 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- ½ cup (50 g) scallions, sliced (white and green parts separated)
- 1 tbsp (15 ml) soy sauce, for the marinade
- 1 tbsp (15 ml) Shaoxing wine, for the marinade

- 1 tsp (5 g) cornstarch, for the marinade
- 2 tbsp (30 ml) hoisin sauce, for the sauce
- 1 tbsp (15 ml) honey, for the sauce
- 1 tbsp (15 ml) soy sauce, for the sauce
- 1 tbsp (15 ml) rice vinegar, for the sauce

- ½ tsp (2 g) five-spice powder, for the sauce
- ¼ cup (60 ml) water, for the sauce
- 1 tsp (3 g) cornstarch dissolved in 1 tbsp (15 ml) water, for the sauce

INSTRUCTIONS:

1. Combine pork with marinade ingredients. Let stand for 10 minutes.
2. Whisk together all sauce ingredients except cornstarch mixture in a bowl.
3. Heat 1 tbsp (15 ml) vegetable oil in a wok over high heat. Sear pork in batches for 1 minute per side until browned. Remove to a plate.
4. Reduce heat to medium. Add remaining 1 tbsp (15 ml) vegetable oil and sesame oil. Sauté white parts of scallions, garlic, and ginger for 30 seconds.
5. Pour in the sauce mixture and heat until it begins to simmer. Return pork to wok, tossing to coat.
6. Stir in cornstarch mixture and cook for 1 minute until sauce thickens and glazes the pork.
7. Garnish with green parts of scallions.



HUNGARIAN-STYLE GOULASH STIR FRY

A quick-cooking version of the classic stew, featuring tender beef and bell peppers in a rich paprika sauce.



Time to prepare: 15 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 420 kcal
- Protein: 30 g
- Fat: 28 g
- Saturated Fat: 11 g
- Carbohydrates: 12 g
- Fiber: 3 g
- Sodium: 650 mg
- Potassium: 680 mg

INGREDIENTS:

- 10 oz (280 g) beef chuck, cut into ½-inch (1.3 cm) cubes
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 g) butter
- ½ cup (60 g) onion, diced
- ½ cup (60 g) red bell pepper, diced
- 1 tbsp (8 g) sweet paprika
- 1 tsp (3 g) smoked paprika
- 1 tbsp (15 g) tomato paste
- ½ cup (120 ml) beef broth
- 1 tsp (5 ml) Worcestershire sauce
- ½ tsp (2 g) caraway seeds
- ¼ tsp (1 g) salt
- ¼ tsp (1 g) black pepper
- 1 tbsp (8 g) all-purpose flour
- 2 tbsp (30 ml) sour cream

INSTRUCTIONS:

1. Warm oil and butter in a spacious skillet over medium-high heat. Incorporate beef cubes and brown evenly on all sides, about 4 minutes total. Transfer to a plate.
2. In the same skillet, add onion and bell pepper. Cook for 3 minutes until softened.
3. Stir in both paprikas, tomato paste, caraway seeds, salt, and pepper. Cook for 1 minute until fragrant.
4. Dust the vegetables with flour and stir to mix well. Gradually add beef broth and Worcestershire sauce, scraping up any browned bits.
5. Return beef to the skillet. Lower the heat, cover, and simmer for 8 minutes until beef is tender.
6. Take off the heat and stir in sour cream. Serve immediately.



ORANGE BEEF

A vibrant Chinese-American dish featuring crispy beef in a sweet-tangy orange sauce with aromatic ginger and chili.



Time to prepare: 20 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 480 kcal
- Protein: 32 g
- Fat: 28 g
- Saturated Fat: 6 g
- Carbohydrates: 28 g
- Fiber: 1 g
- Sodium: 1400 mg
- Potassium: 620 mg

INGREDIENTS:

- 10 oz (280 g) flank steak, sliced against grain into ¼-inch (6 mm) strips
- ¼ cup (30 g) cornstarch
- ½ cup (120 ml) vegetable oil (for frying)
- 1 tbsp (15 ml) sesame oil
- 1 tbsp (15 g) garlic, minced
- 1 tbsp (15 g) fresh ginger, grated
- ½ tsp (2 g) red pepper flakes
- ½ cup (50 g) scallions, sliced (white and green parts separated)
- 1 tbsp (15 ml) soy sauce, for the marinade
- 1 tbsp (15 ml) Shaoxing wine, for the marinade
- 1 tsp (5 g) cornstarch, for the marinade
- ½ cup (120 ml) fresh orange juice, for the orange sauce
- 2 tbsp (30 ml) soy sauce, for the orange sauce
- 2 tbsp (30 g) brown sugar, for the orange sauce
- 1 tbsp (15 ml) rice vinegar, for the orange sauce
- 1 tsp (5 ml) orange zest, for the orange sauce
- 1 tsp (3 g) cornstarch dissolved in 1 tbsp (15 ml) water, for the orange sauce

INSTRUCTIONS:

1. Combine beef with marinade ingredients. Let stand for 15 minutes.
2. Dredge marinated beef in cornstarch, shaking off excess. Heat vegetable oil in wok to 350°F (175°C). Fry beef in batches for 2–3 minutes until crispy. Drain on paper towels.
3. Discard all but 1 tbsp oil from wok. Heat sesame oil over medium. Sauté white scallion parts, garlic, ginger, and pepper flakes for 30 seconds.
4. Whisk together all sauce ingredients except cornstarch mixture. Incorporate the cornstarch mixture with stirring and cook for 1 minute until thickened.
5. Return beef to wok with green scallions. Toss to coat and serve immediately.



BUTTER CHICKEN STIR FRY

A quick-cooking version of the classic dish featuring tender chicken in a rich, aromatic tomato-cream sauce with warm spices.



Time to prepare: 15 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 480 kcal
- Protein: 32 g
- Fat: 32 g
- Saturated Fat: 12 g
- Carbohydrates: 18 g
- Fiber: 3 g
- Sodium: 900 mg
- Potassium: 680 mg

INGREDIENTS:

- 10 oz (280 g) boneless chicken thighs, cut into 1-inch (2.5 cm) pieces
- 2 tbsp (30 ml) vegetable oil
- 1 tbsp (15 g) butter
- ½ cup (80 g) onion, finely diced
- 1 tbsp (15 g) garlic, minced
- 1 tbsp (15 g) fresh ginger, grated
- 1 tsp (3 g) garam masala
- ½ tsp (2 g) ground cumin
- ½ tsp (2 g) ground coriander

- ¼ tsp (1 g) turmeric
- ¼ tsp (1 g) cayenne pepper
- ½ cup (120 g) tomato purée
- ¼ cup (60 ml) heavy cream
- 1 tbsp (15 ml) lemon juice
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) salt

- 2 tbsp (30 ml) plain yogurt
- 1 tbsp (8 g) chopped cilantro
- ¼ cup (60 ml) plain yogurt, for the marinade
- 1 tbsp (15 ml) lemon juice, for the marinade
- 1 tsp (5 g) garam masala, for the marinade
- ½ tsp (2 g) salt, for the marinade

INSTRUCTIONS:

1. Combine chicken with marinade ingredients. Let stand for 10 minutes.
2. Warm oil and butter in a wok over medium-high heat. Add onion and sauté for 3 minutes until softened.
3. Add garlic, ginger, and all spices. Stir-fry for 30 seconds until fragrant.
4. Add marinated chicken (discarding excess marinade). Cook for 4 minutes, stirring intermittently, until chicken is lightly browned.
5. Stir in tomato purée and cook for 2 minutes. Add cream, lemon juice, sugar, and salt. Simmer for 2 minutes until the sauce thickens a bit.
6. Take off the heat and swirl in yogurt. Garnish with cilantro before serving.



MOROCCAN SPICED LAMB & APRICOT

A fragrant North African-inspired stir-fry featuring tender lamb with warm spices and sweet apricots.



Time to prepare: 15 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 520 kcal
- Protein: 32 g
- Fat: 32 g
- Saturated Fat: 8 g
- Carbohydrates: 32 g
- Fiber: 5 g
- Sodium: 700 mg
- Potassium: 850 mg

INGREDIENTS:

- 10 oz (280 g) lamb leg, thinly sliced against the grain
- 2 tbsp (30 ml) olive oil (divided)
- ½ cup (75 g) onion, thinly sliced
- 2 tbsp (30 g) garlic, minced
- 1 tbsp (15 g) fresh ginger, grated
- ½ cup (75 g) dried apricots, quartered
- ¼ cup (35 g) almonds, roughly chopped
- 2 tbsp (8 g) fresh cilantro, chopped
- 1 tbsp (15 ml) olive oil, for the marinade
- 1 tsp (3 g) ground cumin, for the marinade
- 1 tsp (3 g) ground coriander, for the marinade
- ½ tsp (2 g) ground cinnamon, for the marinade
- ½ tsp (2 g) smoked paprika, for the marinade
- ¼ tsp (1 g) cayenne pepper, for the marinade
- ½ tsp (2 g) salt, for the marinade
- ¼ cup (60 ml) chicken stock, for the sauce
- 1 tbsp (15 ml) honey, for the sauce
- 1 tbsp (15 ml) lemon juice, for the sauce
- ½ tsp (2 g) cornstarch, for the sauce

INSTRUCTIONS:

1. Combine lamb with all marinade ingredients. Let stand for 10 minutes.
2. Mix all sauce ingredients by whisking in a small bowl.
3. Heat 1 tbsp (15 ml) olive oil in a wok over high heat. Add lamb and sear for 2–3 minutes until browned. Remove to a plate.
4. Add remaining 1 tbsp (15 ml) oil to wok. Sauté onion for 2 minutes until softened. Add garlic and ginger, cooking 30 seconds until fragrant.
5. Return lamb to wok with apricots and almonds. Pour in sauce mixture and cook for 2–3 minutes until sauce thickens slightly.
6. Take off the heat and stir in cilantro.



CAJUN SPICE CHICKEN STIR-DOWN

A bold Louisiana-inspired stir-fry featuring spiced chicken with the smoky heat of Andouille seasoning.



Time to prepare: 15 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 32 g
- Fat: 22 g
- Saturated Fat: 4 g
- Carbohydrates: 12 g
- Fiber: 3 g
- Sodium: 900 mg
- Potassium: 580 mg

INGREDIENTS:

- 10 oz (280 g) boneless chicken thighs, cut into 1-inch (2.5 cm) pieces
- 2 tbsp (30 ml) vegetable oil (divided)
- ½ cup (75 g) green bell pepper, diced
- ½ cup (75 g) red bell pepper, diced
- ½ cup (75 g) onion, diced
- 2 tbsp (30 g) garlic, minced
- 1 tbsp (15 ml) Worcestershire sauce
- ½ cup (120 ml) chicken stock
- 1 tbsp (15 ml) olive oil, for the marinade
- 1 tbsp (8 g) Cajun seasoning, for the marinade
- 1 tsp (5 g) smoked paprika, for the marinade
- ½ tsp (2 g) garlic powder, for the marinade
- ½ tsp (2 g) onion powder, for the marinade
- ¼ tsp (1 g) cayenne pepper, for the marinade
- ½ tsp (2 g) salt, for the marinade

INSTRUCTIONS:

1. Combine chicken with all marinade ingredients. Let stand for 10 minutes.
2. Heat 1 tbsp (15 ml) oil in a wok over high heat. Incorporate chicken and sear for 3–4 minutes until browned. Remove to a plate.
3. Add remaining 1 tbsp (15 ml) oil to wok. Sauté bell peppers and onion for 2 minutes until slightly softened.
4. Add garlic and cook 30 seconds until fragrant.
5. Return chicken to wok. Add Worcestershire sauce and chicken stock. Cook for 3–4 minutes until sauce reduces slightly.
6. Serve promptly over rice or paired with crusty bread.



TERIYAKI SALMON BITES – CARAMELIZED LACQUER

Succulent salmon cubes glazed with a glossy, sweet-savory teriyaki sauce and finished with toasted sesame.



Time to prepare: 10 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 32 g
- Fat: 20 g
- Saturated Fat: 3 g
- Carbohydrates: 14 g
- Fiber: 1 g
- Sodium: 1200 mg
- Potassium: 650 mg

INGREDIENTS:

- 10 oz (280 g) skinless salmon fillet, cut into 1-inch (2.5 cm) cubes
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 ml) sesame oil
- 1 tbsp (9 g) toasted sesame seeds
- 1 tbsp (8 g) sliced scallions
- 3 tbsp (45 ml) soy sauce, for the teriyaki sauce
- 2 tbsp (30 ml) mirin, for the teriyaki sauce
- 1 tbsp (15 g) brown sugar, for the teriyaki sauce
- 1 tbsp (15 ml) sake (or dry white wine), for the teriyaki sauce
- 1 tsp (5 g) fresh ginger, grated, for the teriyaki sauce
- 1 tsp (5 ml) rice vinegar, for the teriyaki sauce
- ½ tsp (2 g) cornstarch dissolved in 1 tbsp (15 ml) water, for the teriyaki sauce

INSTRUCTIONS:

1. Whisk all teriyaki sauce ingredients (except cornstarch mixture) in a small saucepan. Simmer over medium heat for 2 minutes. Incorporate cornstarch mixture and cook for 1 minute until thickened. Take off the heat.
2. Heat vegetable and sesame oils in a nonstick skillet over medium-high. Pat salmon dry and cook for 1 minute undisturbed. Flip and cook 1 more minute.
3. Reduce heat to medium. Pour sauce over salmon, gently turning pieces to coat. Cook 2–3 minutes until glaze thickens and salmon is just cooked through.
4. Sprinkle with sesame seeds and scallions. Serve immediately.

EGG INCORPORATED SPECIALTIES





CENTURY EGG & PORK CONGEE SKILLET

A comforting Chinese-inspired congee featuring tender pork and rich century eggs simmered in a silky rice porridge.



Time to prepare: 10 minutes



Time to cook: 35 minutes

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 18 g
- Fat: 12 g
- Saturated Fat: 3 g
- Carbohydrates: 35 g
- Fiber: 2 g
- Sodium: 600 mg
- Potassium: 350 mg

INGREDIENTS:

- ½ cup (100 g) jasmine rice, rinsed
- 3 cups (720 ml) water or low-sodium chicken stock
- 4 oz (115 g) ground pork
- 1 tsp (5 ml) soy sauce, for pork marinade
- ½ tsp (2.5 ml) Shaoxing wine (or dry sherry), for pork marinade
- ½ tsp (2.5 g) cornstarch, for pork marinade
- 1 tsp (5 ml) sesame oil, for pork marinade
- 1 century egg (about 2 oz/60 g), peeled and diced
- ½ tbsp (7.5 ml) vegetable oil
- 1 tsp (5 g) fresh ginger, minced
- 1 tsp (5 g) garlic, minced
- ½ cup (50 g) scallions, thinly sliced (white and green parts separated)
- ½ tsp (2.5 ml) fish sauce (optional)
- ¼ tsp (1 g) white pepper
- Salt to taste
- 1 tbsp (3 g) fresh cilantro, chopped (optional)
- ½ tsp (1 g) toasted sesame seeds (optional)
- 1 tsp (5 ml) chili oil (optional)

INSTRUCTIONS:

1. In a bowl, combine ground pork, soy sauce, Shaoxing wine, cornstarch, and sesame oil. Mix well and let marinate for 10 minutes.
2. Heat vegetable oil in a medium saucepan or deep skillet (8–10 inches/20–25 cm diameter) over medium heat. Add white parts of scallions, ginger, and garlic. Sauté for 30 seconds until fragrant.
3. Add marinated pork, breaking it up with a spatula. Cook for 2–3 minutes until no longer pink.
4. Incorporate rinsed rice and stir to coat with the pork mixture. Pour in water or chicken stock and bring to a boil.
5. Reduce the heat to low, cover, and simmer for 25 minutes, stirring intermittently to prevent sticking, until the rice breaks down into a thick porridge.
6. Stir in diced century egg, fish sauce (if using), and white pepper. Simmer uncovered for 3–5 minutes until the congee reaches the desired consistency. Adjust salt to taste.
7. Ladle into bowls and garnish with green scallions, cilantro, sesame seeds, and chili oil if desired.



EGG DROP HOT & SOUR STIR FRY

A vibrant Chinese-inspired stir fry featuring silky egg ribbons in a tangy, spicy sauce with crisp vegetables.



Time to prepare: 12 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 290 kcal
- Protein: 14 g
- Fat: 18 g
- Saturated Fat: 3 g
- Carbohydrates: 20 g
- Fiber: 3 g
- Sodium: 900 mg
- Potassium: 480 mg

INGREDIENTS:

- 3 large eggs
- 1 tbsp (8 g) cornstarch
- ¼ cup (60 ml) water
- 2 tbsp (30 ml) vegetable oil (divided)
- ½ cup (75 g) red bell pepper, julienned
- ½ cup (50 g) bamboo shoots, julienned
- ½ cup (35 g) shiitake mushrooms, sliced
- 1 tsp (5 g) garlic, minced
- 1 cup (240 ml) chicken or vegetable broth, for the sauce

- 2 tbsp (30 ml) rice vinegar, for the sauce
- 1 tsp (5 g) fresh ginger, grated
- 1 tbsp (15 ml) soy sauce, for the sauce
- 1 tbsp (15 ml) chili garlic sauce, for the sauce
- ½ tsp (2 g) sugar, for the sauce
- ½ tsp (1 g) white pepper, for the sauce
- 1 tbsp (8 g) cornstarch mixed with 2 tbsp (30 ml) cold water
- 1 tbsp (6 g) scallions, thinly sliced
- ½ tsp (1 g) toasted sesame seeds

INSTRUCTIONS:

1. Whisk eggs with 1 tbsp (8 g) cornstarch and ¼ cup (60 ml) water until smooth. Set aside.
2. Combine all sauce ingredients in a bowl. Mix cornstarch slurry separately.
3. Heat 1 tbsp (15 ml) oil in a wok or 12-inch (30 cm) skillet over high heat. Add bell pepper, bamboo shoots, and mushrooms. Stir-fry for 2 minutes until crisp-tender. Transfer to a plate.
4. Reduce heat to medium. Add remaining 1 tbsp (15 ml) oil, garlic, and ginger. Stir 15 seconds until fragrant.
5. Incorporate the sauce mixture and bring to a simmer. Stir cornstarch slurry and add gradually until sauce thickens (about 1 minute).
6. While stirring sauce in a circular motion, slowly drizzle egg mixture in a thin stream. Let sit 10 seconds, then gently stir to form ribbons.
7. Return vegetables to wok. Toss gently to coat. Serve right away, topped with scallions and sesame seeds.



SILKEN TOFU & EGG STIR

A delicate Chinese-inspired dish featuring velvety tofu and softly scrambled eggs in a light umami sauce.



Time to prepare: 8 minutes



Time to cook: 7 minutes

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 18 g
- Fat: 13 g
- Saturated Fat: 3 g
- Carbohydrates: 7 g
- Fiber: 1 g
- Sodium: 600 mg
- Potassium: 380 mg

INGREDIENTS:

- 3 large eggs
- 1 cup (300 g) silken tofu, drained and cubed
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 g) garlic, minced
- ½ tsp (2 g) fresh ginger, grated
- ¼ cup (25 g) scallions, sliced (white and green parts separated)
- ½ cup (120 ml) chicken or vegetable broth, for the sauce
- 1 tbsp (15 ml) light soy sauce, for the sauce
- 1 tsp (5 ml) Shaoxing wine (or dry sherry), for the sauce
- ½ tsp (2 g) sugar, for the sauce
- ¼ tsp (1 g) white pepper, for the sauce
- 1 tsp (3 g) cornstarch mixed with 1 tbsp (15 ml) water
- ½ tsp (1 g) toasted sesame seeds

INSTRUCTIONS:

1. Gently whisk eggs in a bowl until just blended (do not overbeat). Set aside.
2. Combine all sauce ingredients in a different bowl. Prepare cornstarch slurry.
3. Heat oil in a 10-inch (25 cm) nonstick skillet over medium heat. Add white scallion parts, garlic, and ginger. Stir 30 seconds until fragrant.
4. Pour in sauce mixture and bring to a simmer. Stir cornstarch slurry and add gradually until slightly thickened (about 45 seconds).
5. Reduce heat to low. Add tofu cubes and warm gently for 1 minute without stirring to prevent breaking.
6. Slowly pour eggs over tofu in a circular motion. Let sit 15 seconds, then gently fold with a spatula to create soft curds (about 1 minute).
7. Take off the heat when eggs are just set but still glossy. Garnish with green scallions and sesame seeds.



TOMATO EGG STIR FRY – CHINESE COMFORT WITH TOMATOES

A classic homestyle Chinese dish featuring silky scrambled eggs and juicy tomatoes in a light, savory sauce.



Time to prepare: 5 minutes



Time to cook: 7 minutes

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 12 g
- Fat: 16 g
- Saturated Fat: 4 g
- Carbohydrates: 8 g
- Fiber: 2 g
- Sodium: 650 mg
- Potassium: 480 mg

INGREDIENTS:

- 4 large eggs
- 2 cups (300 g) ripe tomatoes, cut into wedges
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 ml) sesame oil
- 1 tbsp (15 g) garlic, minced
- 1 tsp (5 g) sugar
- ½ tsp (2 g) salt
- ¼ tsp (1 g) white pepper
- 2 tbsp (30 ml) water
- 1 tbsp (8 g) sliced scallions

INSTRUCTIONS:

1. Beat eggs with ¼ tsp (1 g) salt until frothy. Warm the oil in a wok on high or medium-high heat. Pour in eggs and scramble gently for 30 seconds until just set. Remove to a plate.
2. Using the same wok, add sesame oil and garlic. Stir-fry for 10 seconds until fragrant.
3. Add tomatoes, sugar, remaining ¼ tsp (1 g) salt, and water. Cook for 2 minutes until tomatoes soften slightly but retain their shape.
4. Return eggs to wok. Gently fold with tomatoes for 30 seconds to combine.
5. Sprinkle with white pepper and scallions. Serve immediately over rice.



EGG FOO YOUNG – CHINESE-STYLE OMELETTE

A fluffy egg pancake packed with vegetables and protein, served with a savory brown sauce.



Time to prepare: 10 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 18 g
- Fat: 18 g
- Saturated Fat: 4 g
- Carbohydrates: 10 g
- Fiber: 1 g
- Sodium: 900 mg
- Potassium: 320 mg

INGREDIENTS:

- 4 large eggs
- ½ cup (60 g) bean sprouts
- ¼ cup (30 g) carrot, julienned
- ¼ cup (25 g) scallions, sliced
- ¼ cup (35 g) cooked shrimp or chicken, chopped (optional)
- 1 tbsp (15 ml) vegetable oil
- 1 tsp (5 ml) sesame oil
- ½ cup (120 ml) chicken broth, for the sauce
- 1 tbsp (15 ml) soy sauce, for the sauce
- 1 tsp (5 ml) oyster sauce, for the sauce
- ½ tsp (2 g) sugar, for the sauce
- 1 tsp (3 g) cornstarch dissolved in 1 tbsp (15 ml) water, for the sauce

INSTRUCTIONS:

1. Whisk eggs in a bowl. Stir in bean sprouts, carrot, scallions, and protein (if using).
2. Heat vegetable and sesame oils in a nonstick skillet over medium. Pour half the egg mixture to form a 5-inch (12 cm) pancake. Cook for 2–3 minutes per side until golden. Repeat for second pancake.
3. For sauce: Simmer broth, soy sauce, oyster sauce, and sugar for 2 minutes. Incorporate cornstarch mixture and cook for 1 minute until thickened.
4. Serve pancakes drizzled with sauce.



KOREAN GYERAN BOKKEUMBAP

A comforting Korean-style fried rice dish topped with a golden egg patty and seasoned with sesame and gochujang.



Time to prepare: 10 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 420 kcal
- Protein: 14 g
- Fat: 18 g
- Saturated Fat: 3 g
- Carbohydrates: 52 g
- Fiber: 3 g
- Sodium: 900 mg
- Potassium: 280 mg

INGREDIENTS:

- 2 cups (300 g) cooked short-grain rice (preferably day-old)
- 3 large eggs (divided)
- ¼ cup (35 g) carrots, finely diced
- ¼ cup (35 g) zucchini, finely diced
- ½ cup (50 g) scallions, sliced (white and green parts separated)
- 2 tbsp (30 ml) vegetable oil (divided)
- 1 tbsp (15 ml) sesame oil
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 g) sugar
- 1 tbsp (15 g) gochujang (Korean chili paste)
- 1 tbsp (9 g) toasted sesame seeds
- ½ tsp (2 g) salt

INSTRUCTIONS:

1. Beat 1 egg with a pinch of salt. Heat ½ tbsp (7.5 ml) vegetable oil in a small nonstick pan over medium. Pour in egg, swirl to form a thin pancake, and cook 1 minute per side. Remove and slice into strips.
2. Heat remaining 1½ tbsp (22.5 ml) vegetable oil in a wok over high heat. Add white parts of scallions, carrots, and zucchini. Stir-fry for 2 minutes.
3. Crumble rice into wok. Stir-fry for 3 minutes until grains separate. Push rice to one side.
4. Crack remaining 2 eggs into empty space. Scramble briefly, then mix into rice.
5. Add soy sauce, sugar, and gochujang. Toss to coat evenly. Drizzle with sesame oil.
6. Top with egg strips, green scallions, and sesame seeds.



SPANISH-STYLE TORTILLA STIR-DOWN

A rustic Spanish-inspired egg and potato dish with caramelized onions, cooked like a thick frittata.



Time to prepare: 10 minutes



Time to cook: 20 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 14 g
- Fat: 28 g
- Saturated Fat: 5 g
- Carbohydrates: 20 g
- Fiber: 2 g
- Sodium: 650 mg
- Potassium: 520 mg

INGREDIENTS:

- 1 cup (150 g) Yukon Gold potatoes, peeled and diced ½-inch (1.3 cm)
- ¼ cup (40 g) onion, thinly sliced
- 4 large eggs
- 3 tbsp (45 ml) olive oil (divided)
- ½ tsp (2 g) salt
- ¼ tsp (1 g) black pepper
- 1 tbsp (8 g) chopped parsley

INSTRUCTIONS:

1. Heat 2 tbsp (30 ml) olive oil in an 8-inch (20 cm) nonstick skillet over medium. Add potatoes and onion. Cook for 12 minutes, stirring intermittently, until potatoes are tender and golden.
2. Combine eggs, salt, and pepper in a bowl and beat well. Pour over potato mixture, tilting pan to distribute evenly. Reduce heat to low.
3. Cook undisturbed for 5 minutes until edges set. Run a spatula around edges, then slide tortilla onto a plate.
4. Add remaining 1 tbsp (15 ml) oil to pan. Invert tortilla back into pan and cook 3 more minutes.
5. Slide onto cutting board, sprinkle with parsley, and cut into wedges.



THAI KAI JEOW

A fluffy yet crispy Thai-style omelette with golden edges, often served with jasmine rice and sweet chili sauce.



Time to prepare: 5 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 12 g
- Fat: 18 g
- Saturated Fat: 4 g
- Carbohydrates: 3 g
- Fiber: 0 g
- Sodium: 900 mg
- Potassium: 150 mg

INGREDIENTS:

- 4 large eggs
- 1 tbsp (15 ml) fish sauce
- ½ tsp (2.5 g) sugar
- ¼ tsp (1 g) white pepper
- 2 tbsp (30 ml) neutral oil (like vegetable or canola)
- ¼ cup (25 g) scallions, thinly sliced
- 1 small Thai chili (or ½ tsp/2 g red pepper flakes), finely chopped (optional)
- ½ cup (100 g) jasmine rice, steamed (optional)
- 2 tbsp (30 ml) sweet chili sauce (optional)
- ¼ cup (10 g) fresh cilantro leaves (optional)

INSTRUCTIONS:

1. In a bowl, whisk eggs with fish sauce, sugar, and white pepper until frothy (about 1 minute). Stir in scallions and chili (if using).
2. Heat oil in an 8-inch (20 cm) nonstick or well-seasoned carbon steel skillet over medium-high heat until shimmering (about 1½ minutes).
3. Pour egg mixture into the skillet—it should sizzle immediately. Tilt the pan to spread evenly. Turn the heat down to medium and let cook undisturbed for 2 minutes until the edges are golden and lacy.
4. Fold the omelette in half with a spatula. Press lightly to crisp the center, then flip and cook for another 1 minute until deeply golden.
5. Move onto a plate lined with paper towels to absorb extra oil. Slice into wedges.
6. Serve hot with steamed rice, sweet chili sauce, and cilantro if desired.



GREEN CHILI & EGG STIR FRY

A vibrant, spicy Latino-inspired scramble featuring roasted green chilies and eggs cooked to tender perfection.



Time to prepare: 10 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 12 g
- Fat: 16 g
- Saturated Fat: 5 g
- Carbohydrates: 8 g
- Fiber: 2 g
- Sodium: 350 mg
- Potassium: 280 mg

INGREDIENTS:

- 4 large eggs
- ½ cup (75 g) roasted poblano or Hatch green chilies, diced (about 2 chilies)
- ¼ cup (35 g) white onion, finely diced
- 1 tsp (5 g) garlic, minced
- 1 tbsp (15 ml) vegetable oil
- 2 tbsp (30 ml) Mexican crema or sour cream
- ¼ tsp (1 g) ground cumin
- ¼ tsp (1 g) kosher salt
- 2 tbsp (8 g) fresh cilantro, chopped
- 1 lime, cut into wedges (for serving)
- 4 small corn tortillas, warmed (optional, for serving)

INSTRUCTIONS:

1. Using a bowl, whisk eggs with crema, cumin, and salt until just combined (do not overbeat).
2. Heat oil in a 10-inch (25 cm) nonstick skillet over medium-high heat. Add onion and garlic, sautéing for 1 minute until translucent.
3. Add diced green chilies, stirring for 1 minute to warm through.
4. Reduce heat to medium. Pour egg mixture into the skillet. Let sit undisturbed for 10 seconds, then gently fold with a spatula, allowing uncooked egg to flow to the bottom. Repeat for 2–3 minutes until eggs are softly set but still moist.
5. Take off the heat and fold in cilantro. Serve immediately with lime wedges and warm tortillas if desired.



SCALLION EGG PANCAKE

A crispy-edged, golden Chinese-style egg pancake layered with fresh scallions for aromatic flavor.



Time to prepare: 5 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 12 g
- Fat: 24 g
- Saturated Fat: 4 g
- Carbohydrates: 2 g
- Fiber: 0 g
- Sodium: 500 mg
- Potassium: 160 mg

INGREDIENTS:

- 4 large eggs
- ½ cup (25 g) scallions, thinly sliced (green parts only)
- 2 tbsp (30 ml) water
- ½ tsp (2.5 g) kosher salt
- ¼ tsp (1 g) white pepper
- 3 tbsp (45 ml) vegetable oil (divided)
- 1 tsp (5 ml) toasted sesame oil
- 1 tbsp (15 ml) soy sauce, for the optional dipping sauce
- 1 tsp (5 ml) rice vinegar, for the optional dipping sauce
- ½ tsp (2.5 ml) chili oil, for the optional dipping sauce

INSTRUCTIONS:

1. Using a bowl, whisk eggs with water, salt, and white pepper until fully blended but not frothy. Stir in scallions.
2. Heat 1½ tbsp (22.5 ml) vegetable oil in an 8-inch (20 cm) nonstick skillet over medium heat until shimmering. Pour half the egg mixture, swirling to coat the pan evenly.
3. Cook undisturbed for 1½ minutes until edges set and bottom is golden. Drizzle ½ tsp (2.5 ml) sesame oil over the surface. Turn over with a spatula and cook for an additional 1 minute until just set. Transfer to a plate.
4. Repeat with remaining oil and egg mixture for the second pancake.
5. Slice into wedges. Serve hot with dipping sauce if desired.



CURRY & COCONUT INFUSED WOK MEALS



THAI GREEN CURRY STIR FRY – BRIGHT COCONUT-LIME

A vibrant Thai-inspired stir fry featuring crisp vegetables in a fragrant coconut curry sauce with a zesty lime finish.



Time to prepare: 12 minutes



Time to cook: 10 minutes



Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 14 g
- Fat: 22 g
- Saturated Fat: 12 g
- Carbohydrates: 18 g
- Fiber: 4 g
- Sodium: 900 mg
- Potassium: 450 mg

INGREDIENTS:

- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 g) Thai green curry paste
- ½ cup (120 ml) coconut milk
- ½ cup (120 ml) vegetable or chicken broth
- 1 tsp (5 g) palm sugar (or brown sugar)
- 1 tbsp (15 ml) fish sauce
- 1 cup (150 g) mixed bell peppers, julienned
- ½ cup (70 g) green beans, trimmed and halved
- ½ cup (50 g) bamboo shoots, sliced
- ¼ cup (10 g) Thai basil leaves
- 1 tbsp (15 ml) lime juice
- 1 tsp (5 g) lime zest
- 6 oz (170 g) firm tofu, cubed or 6 oz (170 g) chicken breast, thinly sliced (optional)
- 1 tbsp (5 g) cilantro leaves
- 1 tsp (3 g) toasted coconut flakes

INSTRUCTIONS:

1. Heat oil in a wok or 12-inch (30 cm) skillet over medium-high heat. Add curry paste and stir for 30 seconds until fragrant.
2. Incorporate coconut milk and broth, stirring to dissolve paste. Add sugar and fish sauce. Simmer for 2 minutes.
3. Add bell peppers and green beans. Stir-fry for 3 minutes until crisp-tender. If using protein, add now and cook until done (3–4 minutes for chicken, 2 minutes for tofu).
4. Stir in bamboo shoots and Thai basil. Cook for 1 minute.
5. Take off the heat. Stir in lime juice and zest.
6. Divide between bowls. Garnish with cilantro and coconut flakes.



MALAYSIAN RENDANG STIR DOWN

A deeply spiced, coconut-infused Malaysian dry curry with tender beef, slow-cooked until the sauce thickens into a rich, caramelized coating.



Time to prepare: 15 minutes



Time to cook: 90 minutes

Nutritional Value (per serving):

- Calories: 420 kcal
- Protein: 28 g
- Fat: 30 g
- Saturated Fat: 18 g
- Carbohydrates: 12 g
- Fiber: 2 g
- Sodium: 650 mg
- Potassium: 520 mg

INGREDIENTS:

- 10 oz (280 g) beef chuck, cut into 1-inch (2.5 cm) cubes
- 1 tbsp (15 ml) vegetable oil
- ½ cup (120 ml) coconut milk
- ½ cup (120 ml) water
- 1 tbsp (15 g) tamarind paste
- 1 tsp (5 g) sugar
- ½ tsp (2.5 g) salt
- 3 dried red chilies, soaked in hot water (or 1 tbsp/15 g chili paste), for the spice paste
- 2 tbsp (20 g) shallots, chopped, for the spice paste
- 1 tbsp (10 g) garlic, minced, for the spice paste
- 1 tsp (5 g) fresh ginger, grated, for the spice paste
- 1 tsp (5 g) galangal, grated (or substitute with extra ginger), for the spice paste
- 1 tsp (5 g) lemongrass, tender inner part only, finely minced, for the spice paste
- ½ tsp (2.5 g) ground turmeric, for the spice paste
- ½ tsp (2.5 g) ground coriander, for the spice paste
- ½ tsp (2.5 g) ground cumin, for the spice paste
- 1 tbsp (5 g) toasted coconut flakes
- 1 tbsp (3 g) fresh cilantro, chopped

INSTRUCTIONS:

1. Prepare the spice paste by blending soaked chilies, shallots, garlic, ginger, galangal, lemongrass, turmeric, coriander, and cumin into a smooth paste using a food processor or mortar and pestle. Add a splash of water if needed.
2. Warm vegetable oil in a heavy-bottomed pot or wok over medium heat. Incorporate the spice paste and fry for 3–4 minutes, stirring constantly, until fragrant and the oil begins to separate.
3. Add beef cubes and sear for 2–3 minutes, coating them evenly with the paste.
4. Pour coconut milk and water into the pot, stirring well. Bring to a gentle simmer, then lower the heat, cover, and cook for 1 hour, stirring now and then, until the beef is tender.
5. Uncover, stir in tamarind paste, sugar, and salt. Continue cooking for an additional 20–30 minutes, stirring frequently, until the sauce thickens into a dark, sticky coating and the oil starts to separate.
6. Take off the heat and let rest for 5 minutes. Garnish with toasted coconut flakes and cilantro if desired. Serve with steamed rice or flatbread.



INDIAN JALFREZI

A vibrant, medium-spiced Indian curry with a rich tomato-pepper base, featuring tender vegetables and aromatic spices.



Time to prepare: 15 minutes



Time to cook: 25 minutes

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 3 g
- Fat: 10 g
- Saturated Fat: 4 g
- Carbohydrates: 20 g
- Fiber: 4 g
- Sodium: 600 mg
- Potassium: 380 mg

INGREDIENTS:

- 1 tbsp (15 ml) vegetable oil
- ½ cup (75 g) onion, thinly sliced
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- ½ cup (75 g) tomato, diced
- ½ cup (75 g) green bell pepper, diced into ½-inch (1.3 cm) pieces
- ½ cup (75 g) red bell pepper, diced into ½-inch (1.3 cm) pieces
- ½ cup (120 ml) water

- ¼ cup (60 ml) coconut milk
- 1 tsp (5 g) sugar
- ½ tsp (2.5 g) salt
- ½ tsp (2.5 g) ground cumin, for the spice blend
- ½ tsp (2.5 g) ground coriander, for the spice blend
- ½ tsp (2.5 g) turmeric, for the spice blend
- ½ tsp (2.5 g) garam masala, for the spice blend
- ¼ tsp (1.25 g) red chili powder (adjust to taste), for the spice blend
- 1 tbsp (5 g) fresh cilantro, chopped
- 1 tsp (5 ml) lemon juice

INSTRUCTIONS:

1. Heat vegetable oil in a wok or deep skillet over medium heat. Add onion and sauté for 3–4 minutes until translucent. Incorporate garlic and ginger, cooking for another 30 seconds until aromatic.
2. Add green and red bell peppers, stirring for 2–3 minutes until slightly softened.
3. Mix in diced tomatoes and cook for 3–4 minutes, allowing them to break down into a saucy consistency.
4. Sprinkle in all spice blend ingredients (cumin, coriander, turmeric, garam masala, and chili powder). Stir well to coat the vegetables evenly, cooking for 1 minute to toast the spices.
5. Pour in water and coconut milk, stirring to combine. Bring to a simmer, then reduce heat to low. Cover and cook for 10 minutes, allowing flavors to meld.
6. Uncover, stir in sugar and salt, and cook for an additional 3–5 minutes until the sauce thickens slightly.
7. Take off the heat, pour lemon juice over, and add cilantro for garnish if using. Serve hot with basmati rice or naan.



SRI LANKAN COCONUT CHILI CHICKEN

A fragrant Sri Lankan curry featuring tender chicken in a creamy coconut sauce with aromatic spices and a touch of chili heat.



Time to prepare: 15 minutes



Time to cook: 25 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 28 g
- Fat: 25 g
- Saturated Fat: 18 g
- Carbohydrates: 12 g
- Fiber: 2 g
- Sodium: 650 mg
- Potassium: 420 mg

INGREDIENTS:

- 10 oz (280 g) boneless chicken thighs, cut into 1-inch (2.5 cm) pieces
- 1 tbsp (15 ml) coconut oil
- ½ cup (75 g) onion, thinly sliced
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- ½ cup (120 ml) coconut milk
- ¼ cup (60 ml) water
- 1 tsp (5 g) sugar
- ½ tsp (2.5 g) salt
- 1 tsp (5 ml) lime juice
- ½ tsp (2.5 g) ground cumin, for the spice blend
- ½ tsp (2.5 g) ground coriander, for the spice blend
- ½ tsp (2.5 g) turmeric, for the spice blend
- ½ tsp (2.5 g) chili flakes (adjust to taste), for the spice blend
- 1 tsp (5 g) Sri Lankan curry powder (or garam masala), for the spice blend
- 1 pandan leaf (optional, for aroma), for the spice blend
- 1 sprig curry leaves (optional), for the spice blend
- 1 tbsp (5 g) fresh cilantro, chopped
- 1 tbsp (5 g) toasted coconut flakes

INSTRUCTIONS:

1. Warm coconut oil in a wok or deep skillet over medium heat. Add onion and sauté for 3–4 minutes until softened. Incorporate garlic and ginger, cooking for 30 seconds until fragrant.
2. Add chicken pieces and cook for 4–5 minutes, stirring intermittently, until lightly browned on all sides.
3. Sprinkle all spice blend ingredients (cumin, coriander, turmeric, chili flakes, and curry powder) over the chicken. Combine thoroughly to coat evenly and toast the spices for 60 seconds.
4. Pour coconut milk and water into the pot, stirring well. Add pandan leaf and curry leaves if desired. Bring to a gentle simmer, lower heat to low, cover, and cook for 12–15 minutes until chicken is tender.
5. Remove the lid, stir in sugar and salt, and simmer for 2–3 minutes until the sauce thickens slightly. Remove pandan leaf and curry leaves.
6. Take off the heat and drizzle with lime juice. Decorate with cilantro and toasted coconut flakes as desired. Serve hot, accompanied by steamed rice or roti.



CARIBBEAN COCONUT SHRIMP

A vibrant Caribbean-inspired dish featuring plump shrimp in a creamy coconut sauce with aromatic spices and a kick of scotch bonnet pepper.



Time to prepare: 15 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 24 g
- Fat: 18 g
- Saturated Fat: 14 g
- Carbohydrates: 12 g
- Fiber: 2 g
- Sodium: 800 mg
- Potassium: 380 mg

INGREDIENTS:

- 10 oz (280 g) large shrimp, peeled and deveined
- 1 tbsp (15 ml) coconut oil
- ½ cup (75 g) onion, finely diced
- 1 tsp (5 g) garlic, minced
- ½ scotch bonnet pepper, seeded and minced (or ¼ tsp/1.25 g cayenne for less heat)
- ½ cup (120 ml) coconut milk
- ¼ cup (60 ml) chicken or vegetable stock
- 1 tbsp (15 ml) lime juice
- 1 tsp (5 g) brown sugar
- ½ tsp (2.5 g) salt
- ½ tsp (2.5 g) ground allspice
- ½ tsp (2.5 g) dried thyme
- ¼ tsp (1.25 g) ground ginger
- 1 tbsp (15 ml) rum (optional)
- 1 tbsp (5 g) fresh cilantro, chopped
- 1 tbsp (5 g) toasted coconut flakes
- Lime wedges

INSTRUCTIONS:

1. Gently pat shrimp dry using paper towels, then set aside. Heat coconut oil in a wok or spacious skillet over medium-high heat.
2. Add onion and sauté for 2–3 minutes until translucent. Stir in garlic and scotch bonnet pepper, cooking for 30 seconds until fragrant.
3. Incorporate shrimp and cook for 1–2 minutes per side until they turn pink but are not fully cooked through. Take the shrimp out and lay them on a plate, then set them aside.
4. Pour coconut milk and stock into the pan, scraping up any browned bits. Stir in lime juice, brown sugar, salt, allspice, thyme, and ginger. Bring to a simmer and cook for 3–4 minutes until slightly reduced.
5. Return shrimp to the pan along with rum if using. Simmer for 1–2 minutes until shrimp are fully cooked and coated in the sauce.
6. Take off the heat and garnish with cilantro, toasted coconut, and lime wedges if desired. Serve immediately with rice or crusty bread.



VIETNAMESE LEMONGRASS CURRY BEEF

A fragrant Vietnamese curry featuring tender beef in a coconut broth infused with lemongrass, lime, and warm spices.



Time to prepare: 20 minutes



Time to cook: 70 minutes

Nutritional Value (per serving):

- Calories: 520 kcal
- Protein: 32 g
- Fat: 36 g
- Saturated Fat: 24 g
- Carbohydrates: 28 g
- Fiber: 5 g
- Sodium: 1200 mg
- Potassium: 980 mg

INGREDIENTS:

- 10 oz (280 g) beef chuck, cut into 1-inch (2.5 cm) cubes
- 1 tbsp (15 ml) vegetable oil
- 1 stalk lemongrass, bruised and cut into 3-inch (7.5 cm) pieces
- ½ cup (75 g) shallots, thinly sliced
- 1 tbsp (15 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- 1 tbsp (15 g) Vietnamese curry powder (or Madras curry powder)
- 1½ cups (360 ml) coconut milk
- 1 cup (240 ml) beef broth
- 1 tbsp (15 ml) fish sauce
- 1 tsp (5 g) sugar

- ½ tsp (2.5 g) salt
- 1 lime, zest and juice (divided)
- 1 medium carrot, cut into ½-inch (1.3 cm) rounds (about ½ cup/75 g)
- 2 tbsp (8 g) fresh Thai basil leaves
- 1 small potato, cut into 1-inch (2.5 cm) cubes (about ¾ cup/110 g)
- 1 tbsp (5 g) fried shallots
- 1 red chili, thinly sliced

INSTRUCTIONS:

1. Heat oil in a sturdy pot on medium-high heat. Add beef cubes and sear for 3–4 minutes until browned on all sides. Remove and set aside.
2. In the same pot, add lemongrass, shallots, garlic, and ginger. Cook for 2–3 minutes until fragrant and shallots soften.
3. Incorporate curry powder, stirring and cooking for 30 seconds until fragrant. Add the beef and any collected juices back into the pot.
4. Pour in coconut milk and beef broth, scraping up any browned bits. Add fish sauce, sugar, salt, and lime zest (reserve juice for later). Bring to a gentle simmer.
5. Reduce the heat to low, cover, and cook for 45 minutes. Add carrot and potato, then continue cooking uncovered for 20–25 minutes until beef and vegetables are tender.
6. Remove lemongrass stalks. Stir in lime juice just before serving.
7. Portion into bowls and top with Thai basil, fried shallots, and chili slices if desired. Serve with crusty baguette or steamed rice.



BURMESE TOFU & CHICKPEA CURRY

A comforting Burmese-style curry featuring crispy tofu and chickpeas in a fragrant coconut-tomato sauce with warming spices.



Time to prepare: 15 minutes



Time to cook: 25 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 18 g
- Fat: 24 g
- Saturated Fat: 12 g
- Carbohydrates: 28 g
- Fiber: 8 g
- Sodium: 750 mg
- Potassium: 580 mg

INGREDIENTS:

- 8 oz (225 g) firm tofu, pressed and cut into 1-inch (2.5 cm) cubes
- 1 tbsp (15 ml) peanut oil (divided)
- ½ cup (75 g) onion, diced
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- ½ tsp (2.5 g) turmeric
- ½ tsp (2.5 g) paprika
- ¼ tsp (1.25 g) chili powder
- ½ cup (120 ml) coconut milk
- ½ cup (120 ml) vegetable broth
- ¾ cup (120 g) cooked chickpeas, drained
- ½ cup (120 g) diced tomatoes (canned or fresh)
- 1 tsp (5 g) brown sugar
- ½ tsp (2.5 g) salt
- 1 tbsp (15 ml) lime juice
- ½ cup (15 g) fresh cilantro, chopped (divided)

INSTRUCTIONS:

1. Heat ½ tbsp (7.5 ml) peanut oil in a wok or large skillet over medium-high heat. Add tofu cubes and fry for 4–5 minutes, turning occasionally, until golden on all sides. Remove and set aside.
2. Heat remaining ½ tbsp (7.5 ml) oil in the same pan. Add onion and sauté for 3 minutes until translucent. Incorporate garlic and ginger, cooking for 30 seconds until fragrant.
3. Sprinkle in turmeric, paprika, and chili powder. Cook for 30 seconds while stirring to toast the spices.
4. Pour in coconut milk and vegetable broth, scraping up any browned bits. Add chickpeas and diced tomatoes. Bring to a gentle simmer.
5. Stir in brown sugar and salt. Return tofu to the pan. Simmer uncovered for 10–12 minutes, stirring intermittently, until sauce thickens slightly.
6. Take off the heat. Stir in lime juice and half the cilantro.
7. Divide between bowls and garnish with remaining cilantro. Serve with jasmine rice or flatbread.



INDONESIAN BEEF SEMUR

A rich Indonesian stew featuring tender beef braised in sweet soy sauce and coconut milk with warm spices.



Time to prepare: 15 minutes



Time to cook: 90 minutes

Nutritional Value (per serving):

- Calories: 480 kcal
- Protein: 32 g
- Fat: 28 g
- Saturated Fat: 16 g
- Carbohydrates: 30 g
- Fiber: 4 g
- Sodium: 1200 mg
- Potassium: 850 mg

INGREDIENTS:

- 10 oz (280 g) beef chuck, cut into 1-inch (2.5 cm) cubes
- 1 tbsp (15 ml) vegetable oil
- ½ cup (75 g) shallots, thinly sliced
- 1 tsp (5 g) garlic, minced
- ½ tsp (2.5 g) ground nutmeg
- ½ tsp (2.5 g) ground cinnamon
- 2 whole cloves
- 1 star anise
- ½ cup (120 ml) coconut milk
- ½ cup (120 ml) water
- 3 tbsp (45 ml) sweet soy sauce (kecap manis)
- 1 tbsp (15 ml) regular soy sauce
- 1 tsp (5 g) brown sugar
- ½ cup (75 g) carrots, cut into ½-inch (1.3 cm) rounds
- ½ cup (75 g) potatoes, cut into 1-inch (2.5 cm) cubes
- 1 tbsp (15 ml) lime juice
- 1 tbsp (5 g) fried shallots
- 1 tbsp (3 g) fresh cilantro, chopped

INSTRUCTIONS:

1. Heat oil in a Dutch oven or heavy pot over medium-high heat. Add beef cubes and sear for 3–4 minutes until browned on all sides. Remove and set aside.
2. Using the same pot, add shallots and garlic. Cook for 2–3 minutes until softened and aromatic.
3. Stir in nutmeg, cinnamon, cloves, and star anise. Cook for 30 seconds until aromatic.
4. Return beef to the pot with any accumulated juices. Add coconut milk, water, sweet soy sauce, regular soy sauce, and brown sugar. Stir to combine.
5. Bring to a gentle simmer, then reduce heat to low. Cover and cook for 45 minutes, stirring intermittently.
6. Add carrots and potatoes. Continue cooking uncovered for 30–35 minutes until beef is tender and sauce has thickened.
7. Remove star anise and cloves. Stir in lime juice.
8. Divide between bowls and garnish with fried shallots and cilantro if desired. Serve with steamed rice.



COCONUT CAULIFLOWER CURRY

A luscious vegetarian curry featuring roasted cauliflower in a velvety coconut sauce with aromatic spices.



Time to prepare: 15 minutes



Time to cook: 30 minutes

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 6 g
- Fat: 22 g
- Saturated Fat: 18 g
- Carbohydrates: 20 g
- Fiber: 6 g
- Sodium: 700 mg
- Potassium: 650 mg

INGREDIENTS:

- 3 cups (300 g) cauliflower florets (1-inch/2.5 cm pieces)
- 1 tbsp (15 ml) coconut oil (divided)
- ½ cup (75 g) onion, diced
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- ½ tsp (2.5 g) ground cumin
- ½ tsp (2.5 g) ground coriander
- ½ tsp (2.5 g) turmeric
- ¼ tsp (1.25 g) cayenne pepper

- ¾ cup (180 ml) coconut milk
- ½ cup (120 ml) vegetable broth
- ½ cup (120 g) diced tomatoes
- ½ tsp (2.5 g) salt

- 1 tsp (5 g) brown sugar
- 1 tbsp (15 ml) lime juice
- 2 tbsp (8 g) fresh cilantro, chopped
- 1 tbsp (5 g) toasted coconut flakes

INSTRUCTIONS:

1. Set the oven's temperature to 425°F (220°C). Toss cauliflower with ½ tbsp (7.5 ml) coconut oil and spread on a baking sheet. Roast for 20 minutes until the edges develop a golden-brown color.
2. Heat remaining ½ tbsp (7.5 ml) coconut oil in a deep skillet over medium heat. Add onion and sauté for 3 minutes until translucent. Incorporate garlic and ginger, cooking for 30 seconds until fragrant.
3. Add cumin, coriander, turmeric, and cayenne. Toast spices for 30 seconds while stirring constantly.
4. Pour in coconut milk, vegetable broth, and diced tomatoes. Bring to a gentle simmer and cook for 5 minutes.
5. Stir in roasted cauliflower, salt, and brown sugar. Let simmer without a lid for 5 minutes to meld the flavors.
6. Take off the heat and incorporate lime juice with a stir.
7. Divide between bowls and garnish with cilantro and toasted coconut if desired. Serve with basmati rice or naan.



MADRAS POTATO STIR FRY

A vibrant South Indian-inspired potato dish with bold Madras spices and crisp-tender vegetables.



Time to prepare: 15 minutes



Time to cook: 20 minutes

Nutritional Value (per serving):

- Calories: 210 kcal
- Protein: 4 g
- Fat: 7 g
- Saturated Fat: 1 g
- Carbohydrates: 35 g
- Fiber: 5 g
- Sodium: 600 mg
- Potassium: 750 mg

INGREDIENTS:

- 1½ cups (225 g) potatoes, diced into ½-inch (1.3 cm) cubes
- 1 tbsp (15 ml) vegetable oil
- ½ tsp (2.5 g) mustard seeds
- ½ tsp (2.5 g) cumin seeds
- ½ cup (75 g) onion, thinly sliced
- 1 tsp (5 g) garlic, minced
- ½ tsp (2.5 g) turmeric
- ½ tsp (2.5 g) Madras curry powder
- ¼ tsp (1.25 g) chili powder
- ½ cup (75 g) green bell pepper, diced
- ½ cup (75 g) tomato, diced
- ½ tsp (2.5 g) salt
- 1 tbsp (15 ml) lemon juice
- 2 tbsp (8 g) fresh cilantro, chopped

INSTRUCTIONS:

1. Parboil potato cubes in salted water for 5 minutes until slightly tender. Drain thoroughly.
2. Heat oil in a wok or spacious skillet over medium-high heat. Add mustard and cumin seeds, cooking for 30 seconds until they begin to pop.
3. Add onion and sauté for 2 minutes until softened. Stir in garlic and cook for 30 seconds until fragrant.
4. Sprinkle in turmeric, curry powder, and chili powder. Toast spices for 30 seconds while stirring constantly.
5. Add parboiled potatoes and bell pepper. Stir-fry for 5–6 minutes until potatoes develop golden edges.
6. Mix in diced tomatoes and salt. Cook for 2–3 minutes until tomatoes soften but retain shape.
7. Take off the heat. Pour lemon juice over and sprinkle with cilantro. Serve warm with yogurt or flatbread.

BATTERED & DEEP FRIED WOK CREATIONS





SALT & PEPPER SOFT SHELL CRAB

A delicate yet crispy preparation of whole soft shell crabs with a simple salt and pepper seasoning.



Time to prepare: 15 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 18 g
- Fat: 22 g
- Saturated Fat: 3 g
- Carbohydrates: 15 g
- Fiber: 1 g
- Sodium: 650 mg
- Potassium: 380 mg

INGREDIENTS:

- 2 whole soft shell crabs (about 6 oz/170 g each), cleaned
- ½ cup (60 g) cornstarch
- ½ tsp (2.5 g) sea salt
- ½ tsp (2.5 g) freshly ground black pepper
- ¼ tsp (1.25 g) five-spice powder
- 1½ cups (360 ml) vegetable oil, for frying
- 1 tbsp (15 ml) sesame oil
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- 1 fresh red chili, thinly sliced (optional)
- 2 tbsp (8 g) fresh cilantro, chopped

INSTRUCTIONS:

1. Pat crabs dry with paper towels. In a shallow dish, mix cornstarch, salt, black pepper, and five-spice powder. Dredge each crab thoroughly in the mixture, shaking off excess.
2. Warm vegetable oil in a wok to 350°F (175°C). Carefully fry crabs for 2–3 minutes per side until golden and crisp. Drain on a wire rack.
3. Heat sesame oil in a clean pan over medium heat. Add garlic, ginger, and chili (if using), stir-frying for 30 seconds until fragrant.
4. Return fried crabs to the pan, tossing gently to coat with the aromatics.
5. Move to serving plates and top with cilantro. Serve immediately with lime wedges.



ASIAN STYLE FRIED CHICKEN WINGS

Crispy fried wings coated in a sticky, savory-sweet garlic soy glaze with a hint of spice.



Time to prepare: 20 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 520 kcal
- Protein: 32 g
- Fat: 28 g
- Saturated Fat: 5 g
- Carbohydrates: 35 g
- Fiber: 1 g
- Sodium: 1800 mg
- Potassium: 380 mg

INGREDIENTS:

- 1 lb (450 g) chicken wings, split into drumettes and flats
- ½ cup (120 ml) soy sauce, divided
- 2 tbsp (30 ml) honey
- 1 tbsp (15 ml) rice vinegar
- 1 tbsp (15 g) brown sugar
- 2 tsp (10 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- ½ tsp (2.5 g) red pepper flakes
- ½ cup (60 g) cornstarch
- ½ tsp (2.5 g) black pepper
- 2 cups (480 ml) vegetable oil, for frying
- 1 tbsp (9 g) toasted sesame seeds
- 2 tbsp (8 g) sliced green onions

INSTRUCTIONS:

1. In a bowl, whisk together ¼ cup (60 ml) soy sauce, honey, rice vinegar, brown sugar, garlic, ginger, and red pepper flakes. Reserve half for glaze. Add wings to remaining marinade and refrigerate for 30 minutes.
2. Drain wings and pat completely dry. Toss with cornstarch and black pepper until evenly coated.
3. Warm oil in a wok to 350°F (175°C). Fry wings in batches for 8–10 minutes until golden and crispy. Drain on a wire rack.
4. In a small saucepan, heat reserved glaze mixture over medium until slightly thickened (3–4 minutes).
5. Toss fried wings with glaze until evenly coated.
6. Transfer to a serving plate and top with sesame seeds and green onions.



HONEY WALNUT SHRIMP

A luxurious Chinese-American dish featuring crispy fried shrimp glazed in creamy honey sauce with candied walnuts.



Time to prepare: 20 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 580 kcal
- Protein: 24 g
- Fat: 38 g
- Saturated Fat: 5 g
- Carbohydrates: 42 g
- Fiber: 1 g
- Sodium: 900 mg
- Potassium: 220 mg

INGREDIENTS:

- 10 oz (280 g) large shrimp, peeled and deveined
- ¼ cup (30 g) cornstarch
- 1 large egg white, lightly beaten
- 1½ cups (360 ml) vegetable oil, for frying
- ¼ cup (30 g) walnuts
- 2 tbsp (30 ml) water, for the candied walnuts
- 2 tbsp (25 g) sugar, for the candied walnuts
- Pinch of salt, for the candied walnuts
- 3 tbsp (45 ml) mayonnaise, for the sauce
- 1 tbsp (15 ml) honey, for the sauce
- 1 tbsp (15 ml) condensed milk, for the sauce
- ½ tsp (2.5 ml) lemon juice, for the sauce
- ¼ tsp (1.25 g) salt, for the sauce
- 1 tsp (3 g) toasted sesame seeds
- 1 tbsp (5 g) sliced green onions

INSTRUCTIONS:

1. Pat shrimp dry with paper towels. Toss with cornstarch until evenly coated, then dip in beaten egg white.
2. Heat oil in a wok or deep skillet to 350°F (175°C). Cook shrimp in batches, frying for 2–3 minutes until golden and crisp. Drain on paper towels.
3. For candied walnuts: Combine water, sugar, and salt in a small saucepan. Bring to simmer, add walnuts, and cook until syrup crystallizes (3–4 minutes). Transfer to parchment paper to cool.
4. Whisk together all sauce ingredients in a spacious bowl until smooth.
5. Add fried shrimp and candied walnuts to the sauce. Gently toss to coat evenly.
6. Divide between plates and garnish with sesame seeds and green onions if desired. Serve immediately.



TEMPURA VEGETABLES

A light and crispy Japanese-style tempura featuring an assortment of seasonal vegetables in a delicate batter.



Time to prepare: 20 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 6 g
- Fat: 14 g
- Saturated Fat: 2 g
- Carbohydrates: 45 g
- Fiber: 5 g
- Sodium: 900 mg
- Potassium: 480 mg

INGREDIENTS:

- ½ cup (60 g) all-purpose flour
- ½ cup (60 g) cornstarch
- 1 tsp (5 g) baking powder
- ½ tsp (2.5 g) salt
- ¾ cup (180 ml) ice-cold sparkling water
- 1 large egg yolk
- 2 cups (480 ml) vegetable oil, for frying
- ½ cup (60 g) sweet potato, sliced ¼-inch (6 mm) thick
- ½ cup (50 g) green beans, trimmed
- ½ cup (60 g) zucchini, sliced into ¼-inch (6 mm) rounds
- ½ cup (60 g) red bell pepper, cut into 1-inch (2.5 cm) pieces

- ½ cup (35 g) shiitake mushrooms, stems removed
- ¼ cup (60 ml) dashi stock, for the dipping sauce
- 2 tbsp (30 ml) soy sauce, for the dipping sauce
- 2 tbsp (30 ml) mirin, for the dipping sauce
- 1 tsp (5 g) grated daikon radish, for the dipping sauce

INSTRUCTIONS:

1. Whisk together flour, cornstarch, baking powder, and salt in a large bowl. Make a well in the center and add egg yolk. Gradually pour in sparkling water while mixing gently with chopsticks until just combined (some lumps are fine). Keep batter chilled until use.
2. Warm oil in a wok or deep pot to 340–350°F (170–175°C). Prepare all vegetables and pat them completely dry.
3. Working in batches, dip vegetables in batter, allowing excess to drip off. Carefully lower into hot oil and fry for 2–3 minutes until pale golden and crisp. Do not overcrowd the pan.
4. Transfer fried vegetables to a wire rack set over a baking sheet to drain. Maintain oil temperature between batches.
5. For dipping sauce: Combine dashi, soy sauce, and mirin in a small saucepan. Heat until just simmering, then take off the heat. Serve warm with grated daikon.
6. Arrange tempura on a paper-lined platter and serve immediately with dipping sauce.



CRISPY GENERAL TSO'S CHICKEN

A classic Chinese-American dish featuring crispy fried chicken in a glossy, sweet-spicy sauce with aromatic ginger and garlic.



Time to prepare: 20 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 520 kcal
- Protein: 28 g
- Fat: 22 g
- Saturated Fat: 4 g
- Carbohydrates: 55 g
- Fiber: 2 g
- Sodium: 1500 mg
- Potassium: 420 mg

INGREDIENTS:

- 10 oz (280 g) boneless chicken thighs, cut into 1-inch (2.5 cm) pieces
- ½ cup (60 g) cornstarch
- ¼ cup (30 g) all-purpose flour
- 1 large egg
- 1½ cups (360 ml) vegetable oil, for frying
- 3 tbsp (45 ml) soy sauce, for the sauce
- 2 tbsp (30 ml) rice vinegar, for the sauce
- 2 tbsp (30 ml) honey, for the sauce
- 1 tbsp (15 ml) hoisin sauce, for the sauce
- 1 tbsp (15 g) brown sugar, for the sauce
- 1 tsp (5 g) garlic, minced, for the sauce
- 1 tsp (5 g) fresh ginger, grated, for the sauce
- ½ tsp (2.5 g) red pepper flakes, for the sauce
- ½ cup (120 ml) chicken stock, for the sauce
- 1 tbsp (8 g) cornstarch mixed with 2 tbsp (30 ml) water, for the sauce
- 1 tbsp (5 g) sliced green onions
- 1 tsp (3 g) toasted sesame seeds

INSTRUCTIONS:

1. Whisk together cornstarch, flour, and egg in a bowl to form a thick batter. Add chicken pieces and coat evenly.
2. Warm oil in a wok to 350°F (175°C). Fry chicken in batches for 3–4 minutes until golden and crispy. Drain on a wire rack.
3. Using a small saucepan, combine all sauce ingredients except cornstarch slurry. Bring to a simmer over medium heat.
4. Stir in cornstarch slurry and cook for 1–2 minutes until sauce thickens to a glossy consistency.
5. Return all fried chicken to the wok. Pour sauce over and toss carefully to coat evenly.
6. Divide between plates and garnish with green onions and sesame seeds if desired. Serve with steamed rice.



POPCORN TOFU

Crispy, golden-brown tofu bites with a light, airy texture perfect for dipping or snacking.



Time to prepare: 20 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 18 g
- Fat: 22 g
- Saturated Fat: 3 g
- Carbohydrates: 32 g
- Fiber: 3 g
- Sodium: 900 mg
- Potassium: 350 mg

INGREDIENTS:

- 14 oz (400 g) firm tofu, pressed and cut into 1-inch (2.5 cm) cubes
- ½ cup (60 g) all-purpose flour
- ¼ cup (30 g) cornstarch
- 1 tsp (5 g) garlic powder
- ½ tsp (2.5 g) onion powder
- ½ tsp (2.5 g) smoked paprika
- ½ tsp (2.5 g) salt
- ½ cup (120 ml) unsweetened plant milk
- 1 tsp (5 ml) apple cider vinegar
- 1½ cups (180 g) panko breadcrumbs
- 2 cups (480 ml) vegetable oil, for frying
- ¼ cup (60 ml) sweet chili sauce
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) rice vinegar
- 1 tsp (5 g) sesame seeds

INSTRUCTIONS:

1. Wrap tofu block in clean kitchen towels and place a heavy weight on top. Press for 30 minutes to remove excess moisture. Cut into cubes and pat completely dry.
2. Using a shallow bowl, whisk together flour, cornstarch, garlic powder, onion powder, paprika, and salt. In another bowl, mix plant milk and vinegar to make buttermilk. Place panko in a third bowl.
3. Dredge each tofu cube in flour mixture, dip in buttermilk, then coat thoroughly with panko. Place on a wire rack while heating oil.
4. Warm oil in a wok to 350°F (175°C). Fry tofu in batches for 2–3 minutes until golden brown, turning occasionally. Drain on paper towels.
5. For dipping sauce: Whisk together sweet chili sauce, soy sauce, and rice vinegar. Sprinkle with sesame seeds.
6. Serve tofu hot with dipping sauce on the side.



KOREAN FRIED CHICKEN

Ultra-crispy fried chicken with a shiny, sweet-spicy glaze and signature crunch from double frying.



Time to prepare: 25 minutes



Time to cook: 20 minutes

Nutritional Value (per serving):

- Calories: 580 kcal
- Protein: 32 g
- Fat: 28 g
- Saturated Fat: 5 g
- Carbohydrates: 48 g
- Fiber: 2 g
- Sodium: 1200 mg
- Potassium: 420 mg

INGREDIENTS:

- 1 lb (450 g) chicken wings, split into drumettes and flats
- ½ cup (60 g) potato starch
- ¼ cup (30 g) all-purpose flour
- ½ tsp (2.5 g) baking powder
- ½ tsp (2.5 g) salt
- ½ tsp (2.5 g) black pepper
- ½ cup (120 ml) cold water
- 3 cups (720 ml) vegetable oil, for frying
- 3 tbsp (45 ml) gochujang, for the sauce
- 2 tbsp (30 ml) honey, for the sauce
- 1 tbsp (15 ml) soy sauce, for the sauce
- 1 tbsp (15 ml) rice vinegar, for the sauce
- 1 tbsp (15 g) brown sugar, for the sauce

- 1 tsp (5 g) garlic, minced, for the sauce
- 1 tsp (5 g) fresh ginger, grated, for the sauce
- 1 tbsp (15 ml) water, for the sauce
- 1 tsp (3 g) toasted sesame seeds
- ½ cup (25 g) sliced scallions

INSTRUCTIONS:

1. Using a large bowl, whisk together potato starch, flour, baking powder, salt, and pepper. Gradually mix in cold water to create a thin batter.
2. Warm oil in a wok to 320°F (160°C). Dip chicken pieces in batter, letting excess drip off. Fry in batches for 6 minutes. Take off and let drain on a wire rack for 5 minutes.
3. Raise the oil temperature to 375°F (190°C). Fry chicken again in batches for 3–4 minutes until deeply golden and extra crispy. Drain.
4. Combine all sauce ingredients in a small saucepan. Simmer over medium-low heat for 3 minutes until slightly thickened.
5. Toss fried chicken with sauce until evenly coated. Transfer to a serving plate.
6. Top with sesame seeds and scallions if desired. Serve immediately.



SPRING ROLL FRITTERS

Crispy golden parcels filled with savory vegetables and protein, perfect for dipping or snacking.



Time to prepare: 25 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 8 g
- Fat: 18 g
- Saturated Fat: 3 g
- Carbohydrates: 32 g
- Fiber: 3 g
- Sodium: 900 mg
- Potassium: 280 mg

INGREDIENTS:

- ½ cup (60 g) cabbage, finely shredded
- ½ cup (60 g) carrot, julienned
- ¼ cup (35 g) bamboo shoots, julienned
- 2 tbsp (20 g) scallions, thinly sliced
- 2 oz (60 g) ground pork or chicken (optional)
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- 1 tbsp (15 ml) soy sauce
- ½ tsp (2.5 g) sugar
- ¼ tsp (1.25 g) white pepper
- 8 spring roll wrappers (6-inch/15 cm squares)
- 1 tbsp (8 g) cornstarch mixed with 2 tbsp (30 ml) water (for sealing)
- 2 cups (480 ml) vegetable oil, for frying
- 2 tbsp (30 ml) soy sauce, for the dipping sauce
- 1 tbsp (15 ml) rice vinegar, for the dipping sauce
- 1 tsp (5 ml) sesame oil, for the dipping sauce
- ½ tsp (2.5 g) sugar, for the dipping sauce
- ½ tsp (2.5 g) chili flakes, for the dipping sauce

INSTRUCTIONS:

1. Warm 1 tbsp (15 ml) oil in a wok over medium-high. Sauté garlic and ginger for 30 seconds until aromatic. Incorporate ground meat (if using) and cook until no longer pink.
2. Add cabbage, carrot, and bamboo shoots. Stir-fry for 2 minutes until slightly softened. Mix in soy sauce, sugar, and white pepper. Take off the heat and stir in scallions. Let filling cool completely.
3. Place 2 tbsp (30 g) filling diagonally on each wrapper. Fold bottom corner over filling, then fold in sides. Roll tightly, sealing the edge with cornstarch slurry.
4. Heat oil to 350°F (175°C). Fry rolls in batches for 3–4 minutes, turning occasionally, until golden brown. Drain on a wire rack.
5. Whisk together all dipping sauce ingredients.
6. Serve fritters hot with dipping sauce on the side.



BANANA FRITTERS WITH COCONUT

Crispy golden fritters with sweet banana centers and a tropical coconut coating, perfect as a dessert or snack.



Time to prepare: 10 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 420 kcal
- Protein: 4 g
- Fat: 22 g
- Saturated Fat: 8 g
- Carbohydrates: 55 g
- Fiber: 4 g
- Sodium: 320 mg
- Potassium: 400 mg

INGREDIENTS:

- 2 ripe bananas (about 1 cup/240 g mashed)
- ½ cup (60 g) all-purpose flour
- 2 tbsp (15 g) rice flour
- 1 tbsp (12 g) sugar
- ½ tsp (2.5 g) baking powder
- ¼ tsp (1.25 g) salt
- ¼ tsp (1.25 g) ground cinnamon
- ¼ cup (60 ml) coconut milk
- ½ cup (40 g) shredded coconut
- 1½ cups (360 ml) vegetable oil, for frying
- 2 tbsp (30 ml) honey
- 2 tbsp (15 g) powdered sugar
- ¼ cup (60 ml) vanilla ice cream

INSTRUCTIONS:

1. Mash bananas in a bowl until smooth with some small chunks remaining.
2. Using a separate bowl, whisk together all-purpose flour, rice flour, sugar, baking powder, salt, and cinnamon.
3. Incorporate coconut milk into dry ingredients, then fold in mashed bananas until just combined (do not overmix).
4. Spread shredded coconut on a plate. Scoop 2 tbsp (30 ml) portions of batter, roll into balls, then press gently into coconut to coat.
5. Warm oil in a wok to 350°F (175°C). Fry fritters in batches for 2–3 minutes until golden brown, turning occasionally. Drain on paper towels.
6. Serve warm, drizzled with honey, dusted with powdered sugar, and with ice cream if desired.



SHRIMP TOAST

Crispy golden toast topped with savory shrimp paste and sesame seeds, a classic dim sum favorite.



Time to prepare: 20 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 22 g
- Fat: 24 g
- Saturated Fat: 3 g
- Carbohydrates: 22 g
- Fiber: 2 g
- Sodium: 900 mg
- Potassium: 280 mg

INGREDIENTS:

- ½ lb (225 g) raw shrimp, peeled and deveined
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- 1 tbsp (15 ml) soy sauce
- ½ tsp (2.5 g) sugar
- ¼ tsp (1.25 g) white pepper
- 1 tsp (5 ml) sesame oil
- 1 tbsp (8 g) cornstarch
- 4 slices white bread (½-inch/1.25 cm thick)
- 1 large egg white, lightly beaten
- 2 tbsp (18 g) white sesame seeds
- 2 cups (480 ml) vegetable oil, for frying
- 1 tbsp (5 g) sliced green onions
- 1 tbsp (15 ml) sweet chili sauce

INSTRUCTIONS:

1. Pat shrimp dry and pulse in a food processor with garlic, ginger, soy sauce, sugar, white pepper, and sesame oil until a coarse paste forms. Transfer to bowl and mix in cornstarch.
2. Remove crusts from the bread and slice each piece diagonally into triangles. Brush one side of each triangle with egg white.
3. Spread about 1 tbsp (15 g) shrimp paste evenly on egg-washed side of each bread triangle. Sprinkle generously with sesame seeds, pressing gently to adhere.
4. Warm oil in a wok to 350°F (175°C). Holding shrimp-side down, carefully lower toasts into oil and fry for 1 minute. Flip and fry bread-side down for 30 seconds until golden.
5. Drain on a wire rack, shrimp-side up. Top with green onions and serve with sweet chili sauce if desired.

BRAISE-STYLE WOK DISHES





KOREAN DAKBOKKEUMTANG

A fiery Korean chicken stew with tender meat, potatoes, and vegetables in a rich, spicy gochujang-based broth.



Time to prepare: 20 minutes



Time to cook: 40 minutes

Nutritional Value (per serving):

- Calories: 420 kcal
- Protein: 32 g
- Fat: 18 g
- Saturated Fat: 4 g
- Carbohydrates: 35 g
- Fiber: 5 g
- Sodium: 1100 mg
- Potassium: 850 mg

INGREDIENTS:

- 1 lb (450 g) chicken thighs, bone-in, cut into 2-inch (5 cm) pieces
- 1 tbsp (15 ml) vegetable oil
- ½ cup (75 g) onion, sliced
- 1 tbsp (15 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- 2 tbsp (30 g) gochujang
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) mirin
- 1 tbsp (15 g) brown sugar
- 2 cups (480 ml) chicken stock
- 1 cup (150 g) potatoes, cut into 1-inch (2.5 cm) chunks
- ½ cup (75 g) carrots, cut into ½-inch (1.3 cm) rounds
- ½ cup (75 g) zucchini, cut into ½-inch (1.3 cm) half-moons
- 2 green onions, cut into 2-inch (5 cm) lengths
- ½ tsp (2.5 g) sesame seeds
- 1 tsp (5 ml) sesame oil

INSTRUCTIONS:

1. Warm oil in a wok or heavy pot over medium-high heat. Add chicken and brown for 3–4 minutes per side. Remove and set aside.
2. In the same pot, sauté onion, garlic, and ginger for 1 minute until fragrant. Stir in gochujang and cook for 30 seconds.
3. Add soy sauce, mirin, and brown sugar, stirring to combine. Pour in chicken stock and bring to a boil.
4. Return chicken to the pot along with potatoes and carrots. Reduce heat to medium-low, cover, and simmer for 20 minutes.
5. Add zucchini and green onions. Continue cooking uncovered for 10 minutes until vegetables are tender and sauce thickens slightly.
6. Take off the heat. Drizzle with sesame oil and top with sesame seeds. Serve hot with steamed rice.



SICHUAN FISH POACHED IN CHILI OIL (SHUI ZHU YU)

A numbing-and-hot Sichuan classic featuring tender fish fillets swimming in an aromatic chili oil broth with crisp vegetables.



Time to prepare: 20 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 28 g
- Fat: 18 g
- Saturated Fat: 3 g
- Carbohydrates: 8 g
- Fiber: 2 g
- Sodium: 1200 mg
- Potassium: 680 mg

INGREDIENTS:

- 10 oz (280 g) white fish fillets (basa or cod), sliced into ½-inch (1.3 cm) thick pieces
- 2 tbsp (30 ml) Shaoxing wine
- ½ tsp (2.5 g) salt
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 g) Sichuan chili bean paste (doubanjiang)
- 1 tsp (5 g) whole Sichuan peppercorns
- 2 cloves garlic, minced
- 1-inch (2.5 cm) ginger, julienned
- 2 cups (480 ml) chicken stock

- ½ cup (120 ml) water
- 1 cup (150 g) bean sprouts
- ½ cup (75 g) celery, sliced diagonally
- 3 tbsp (45 ml) chili oil, for the chili oil topping
- 1 tbsp (15 g) Sichuan peppercorn powder, for the chili oil topping
- 2 cloves garlic, thinly sliced, for the chili oil topping
- 1 tbsp (15 g) chopped cilantro, for the chili oil topping

INSTRUCTIONS:

1. Marinate fish with Shaoxing wine and salt for 10 minutes.
2. Warm vegetable oil in a wok over medium heat. Add chili bean paste and whole Sichuan peppercorns, stir-frying for 30 seconds until fragrant.
3. Incorporate garlic and ginger, cooking for another 30 seconds. Pour in chicken stock and water, bringing to a boil.
4. Add bean sprouts and celery, cooking for 1 minute. Gently slide in fish pieces and poach for 3–4 minutes until just cooked through.
5. Carefully transfer contents to a serving bowl. Heat chili oil in a small pan until shimmering.
6. Sprinkle fish with Sichuan peppercorn powder, garlic slices, and cilantro. Pour hot chili oil over the top to sizzle the aromatics.



BEEF TENDON & RADISH

A rich, collagen-packed stew featuring melt-in-your-mouth beef tendons and daikon radish in a savory aromatic broth.



Time to prepare: 20 minutes



Time to cook: 3 hours

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 24 g
- Fat: 12 g
- Saturated Fat: 3 g
- Carbohydrates: 15 g
- Fiber: 3 g
- Sodium: 900 mg
- Potassium: 550 mg

INGREDIENTS:

- ½ lb (225 g) beef tendons, cut into 1-inch (2.5 cm) pieces
- 1½ cups (225 g) daikon radish, cut into 1-inch (2.5 cm) chunks
- 1 tbsp (15 ml) vegetable oil
- 2 cloves garlic, smashed
- 1-inch (2.5 cm) ginger, sliced
- 2 star anise
- 1 cinnamon stick
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) Shaoxing wine
- 1 tsp (5 g) sugar
- 4 cups (960 ml) water
- ½ tsp (2.5 g) white pepper
- 1 tbsp (15 ml) oyster sauce
- 2 green onions, sliced

INSTRUCTIONS:

1. Blanch beef tendons in boiling water for 5 minutes. Drain and rinse under cold water.
2. Warm oil in a wok or heavy pot over medium heat. Incorporate garlic, ginger, star anise, and cinnamon stick. Stir-fry for 30 seconds until fragrant.
3. Add blanched tendons, soy sauce, Shaoxing wine, and sugar. Stir to coat the tendons.
4. Pour in water and bring to a boil. Reduce the heat to low, cover with a lid, and simmer for 2 hours.
5. Add daikon radish and continue simmering for 45 minutes to 1 hour until both tendons and radish are tender.
6. Stir in oyster sauce and white pepper. Simmer without a lid for 10 minutes to lightly reduce the broth.
7. Top with sliced green onions and serve hot with steamed rice.



SOY-BRAISED EGGPLANT & TOFU

A velvety vegetarian stew featuring silky eggplant and tofu braised in a rich, savory soy-based sauce.



Time to prepare: 15 minutes



Time to cook: 25 minutes

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 12 g
- Fat: 18 g
- Saturated Fat: 2 g
- Carbohydrates: 20 g
- Fiber: 6 g
- Sodium: 900 mg
- Potassium: 550 mg

INGREDIENTS:

- 2 cups (300 g) eggplant, cut into 1-inch (2.5 cm) cubes
- ½ block (7 oz/200 g) firm tofu, cut into ¾-inch (2 cm) cubes
- 2 tbsp (30 ml) vegetable oil (divided)
- 1 tbsp (15 ml) sesame oil
- 2 cloves garlic, minced
- 1 tsp (5 g) ginger, grated
- ½ cup (75 g) onion, diced
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) oyster sauce (or vegetarian oyster sauce)
- 1 tsp (5 g) sugar
- ½ cup (120 ml) vegetable stock
- 1 tsp (5 ml) rice vinegar
- 1 tbsp (8 g) cornstarch mixed with 2 tbsp (30 ml) water
- 1 tbsp (5 g) sliced green onions
- 1 tsp (3 g) toasted sesame seeds

INSTRUCTIONS:

1. Heat 1 tbsp (15 ml) vegetable oil in a wok over medium-high heat. Fry eggplant cubes for 3–4 minutes until lightly browned. Remove and set aside.
2. Using the same wok, add remaining 1 tbsp (15 ml) vegetable oil and sesame oil. Sauté garlic, ginger, and onion for 1 minute until fragrant.
3. Return eggplant to the wok along with tofu cubes. Gently stir to combine.
4. Add soy sauce, oyster sauce, sugar, and vegetable stock. Bring to a simmer, then reduce heat to low. Cover and cook for 12–15 minutes until eggplant is tender.
5. Stir in rice vinegar. Gradually add cornstarch slurry while stirring until sauce thickens slightly (about 1 minute).
6. Top with green onions and sesame seeds. Serve hot with steamed rice.



COCONUT-LEMONGRASS BRAISED SHORT RIBS

Tender beef short ribs slow-cooked in an aromatic coconut broth with lemongrass and warm spices.



Time to prepare: 20 minutes



Time to cook: 3 hours

Nutritional Value (per serving):

- Calories: 680 kcal
- Protein: 42 g
- Fat: 52 g
- Saturated Fat: 28 g
- Carbohydrates: 18 g
- Fiber: 2 g
- Sodium: 1200 mg
- Potassium: 850 mg

INGREDIENTS:

- 1½ lbs (680 g) bone-in beef short ribs
- 1 tbsp (15 ml) vegetable oil
- 2 stalks lemongrass, bruised and cut into 3-inch (7.5 cm) pieces
- 3 shallots, thinly sliced (about ½ cup/75 g)
- 3 cloves garlic, minced
- 1-inch (2.5 cm) ginger, sliced
- 1 tbsp (15 g) palm sugar (or brown sugar)
- 2 tbsp (30 ml) fish sauce
- 1 can (13.5 oz/400 ml) coconut milk

- 1 cup (240 ml) beef stock
- 1 cinnamon stick
- 2 star anise
- 1 tsp (5 g) coriander seeds
- 1 red chili, sliced (optional)
- 1 tbsp (15 ml) lime juice
- ¼ cup (10 g) Thai basil leaves
- 1 tbsp (5 g) fried shallots

INSTRUCTIONS:

1. Set the oven's temperature to 325°F (160°C). Pat short ribs dry and season with salt.
2. Warm oil in a Dutch oven over medium-high heat. Sear ribs for 3–4 minutes per side until browned. Remove and set aside.
3. In the same pot, add lemongrass, shallots, garlic, and ginger. Cook for 2 minutes until fragrant.
4. Stir in sugar, fish sauce, coconut milk, beef stock, cinnamon, star anise, and coriander seeds. Bring to a simmer.
5. Return ribs to pot, cover, and transfer to oven. Braise for 2½–3 hours until meat is fork-tender.
6. Remove ribs and strain sauce, discarding solids. Skim excess fat and simmer sauce for 10 minutes to reduce slightly.
7. Stir in lime juice and adjust seasoning. Serve ribs over rice with sauce, garnished with Thai basil and fried shallots.



MISO BRAISED SALMON

A tender, flavorful salmon dish slow-cooked in a rich miso-based glaze, infusing the fish with deep umami sweetness.



Time to prepare: 10 minutes



Time to cook: 25 minutes

Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 28 g
- Fat: 16 g
- Saturated Fat: 3 g
- Carbohydrates: 14 g
- Fiber: 2 g
- Sodium: 1100 mg
- Potassium: 550 mg

INGREDIENTS:

- 2 (6 oz / 170 g) salmon fillets, skin-on
- 1 tbsp (15 ml) neutral oil (like vegetable or canola)
- 2 tbsp (30 ml) white miso paste
- 1 tbsp (15 ml) mirin
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 g) sugar
- ½ cup (120 ml) water or dashi stock
- 1 tsp (5 g) fresh ginger, grated
- 1 tsp (5 g) garlic, minced
- ½ cup (50 g) scallions, thinly sliced (divided)
- 1 tsp (3 g) toasted sesame seeds

INSTRUCTIONS:

1. Using a small bowl, whisk together miso paste, mirin, soy sauce, sugar, water (or dashi), ginger, and garlic until smooth. Set aside.
2. Warm oil in a 10-inch (25 cm) skillet or wok over medium heat. Pat salmon fillets dry and place skin-side down in the pan. Sear for 3 minutes until skin is crisp and golden. Flip carefully and sear the other side for 1 minute. Remove salmon and set aside.
3. Reduce heat to low. Pour the miso mixture into the same skillet, stirring to incorporate any browned bits. Return salmon to the pan, skin-side up, and spoon some sauce over the fillets.
4. Cover and simmer gently for 12–15 minutes, basting occasionally, until salmon is cooked through and flakes easily.
5. Uncover, increase heat to medium, and simmer for 2–3 minutes to thicken the sauce slightly.
6. Transfer salmon to plates, spoon glaze over, and garnish with scallions and sesame seeds.



RED COOKED PORK BELLY

A classic Chinese braised pork dish with melt-in-your-mouth texture and rich, aromatic sauce.



Time to prepare: 20 minutes



Time to cook: 2 hours

Nutritional Value (per serving):

- Calories: 580 kcal
- Protein: 24 g
- Fat: 48 g
- Saturated Fat: 16 g
- Carbohydrates: 12 g
- Fiber: 0 g
- Sodium: 1200 mg
- Potassium: 420 mg

INGREDIENTS:

- 1 lb (450 g) pork belly, cut into 1½-inch (4 cm) cubes
- 1 tbsp (15 ml) vegetable oil
- 2 tbsp (30 g) rock sugar (or granulated sugar)
- 3 tbsp (45 ml) soy sauce
- 1 tbsp (15 ml) dark soy sauce
- 2 cups (480 ml) water
- 1 star anise
- 1 cinnamon stick
- 2 slices ginger
- 2 cloves garlic, smashed
- 1 tbsp (15 ml) Shaoxing wine
- ½ tsp (2.5 g) five-spice powder

INSTRUCTIONS:

1. Blanch pork belly in boiling water for 2 minutes. Drain and rinse under cold water.
2. Warm the oil in a wok on medium-low heat. Add sugar and melt slowly until amber-colored (about 5 minutes).
3. Incorporate pork belly and sear on all sides until lightly browned (3–4 minutes).
4. Pour in soy sauces, water, wine, and spices. Bring to a boil, then reduce heat to low.
5. Cover and simmer for 1½–2 hours, stirring intermittently, until pork is fork-tender and sauce reduces to a glossy consistency.
6. Skim excess fat from surface if desired. Serve hot over steamed rice with braising liquid spooned over.



BRAISED DUCK WITH STAR ANISE

Tender duck legs slow-cooked in a fragrant broth with warm spices and soy, yielding rich, fall-off-the-bone meat.



Time to prepare: 15 minutes



Time to cook: 2 hours

Nutritional Value (per serving):

- Calories: 480 kcal
- Protein: 32 g
- Fat: 34 g
- Saturated Fat: 10 g
- Carbohydrates: 8 g
- Fiber: 1 g
- Sodium: 1100 mg
- Potassium: 450 mg

INGREDIENTS:

- 2 duck legs (about 1 lb/450 g total)
- 1 tbsp (15 ml) vegetable oil
- 2 tbsp (30 ml) soy sauce
- 1 tbsp (15 ml) dark soy sauce
- 2 tbsp (30 ml) Shaoxing wine
- 1 tbsp (15 g) rock sugar (or granulated sugar)
- 3 cups (720 ml) water
- 2 star anise
- 1 cinnamon stick
- 2 slices ginger (¼-inch/6 mm thick)
- 2 cloves garlic, smashed
- ½ tsp (2.5 g) Sichuan peppercorns (optional)

INSTRUCTIONS:

1. Warm oil in a wok on medium-high and sear duck skin-side down for 5 minutes until golden. Flip and sear for 2 minutes. Remove and set aside.
2. Pour off excess fat, leaving 1 tbsp (15 ml) in wok. Add sugar and melt until amber (about 3 minutes).
3. Return duck to wok. Add both soy sauces, wine, water, and all spices. Liquid should halfway submerge duck.
4. Bring to a boil, then reduce the heat to low. Cover and simmer for 1½ hours, turning duck occasionally.
5. Uncover and increase heat to medium. Cook 15 minutes to reduce sauce slightly, basting duck frequently.
6. Serve duck legs with reduced braising liquid, steamed bok choy, and rice.



TAIWANESE THREE-CUP CHICKEN (SAN BEI JI)

A classic Taiwanese dish featuring tender chicken braised in equal parts soy sauce, sesame oil, and rice wine with aromatic basil.



Time to prepare: 15 minutes



Time to cook: 25 minutes

Nutritional Value (per serving):

- Calories: 480 kcal
- Protein: 36 g
- Fat: 28 g
- Saturated Fat: 6 g
- Carbohydrates: 12 g
- Fiber: 1 g
- Sodium: 1800 mg
- Potassium: 520 mg

INGREDIENTS:

- 1 lb (450 g) bone-in chicken thighs, cut into 2-inch (5 cm) pieces
- 2 tbsp (30 ml) sesame oil
- 10 thin slices ginger (about 1½-inch/4 cm total)
- 6 cloves garlic, lightly smashed
- 2 dried red chilies
- ¼ cup (60 ml) soy sauce
- ¼ cup (60 ml) Shaoxing wine
- 1 tbsp (15 g) rock sugar (or 2 tsp/10 g brown sugar)
- 1 cup (20 g) fresh Thai basil leaves
- 1 tbsp (15 ml) vegetable oil

INSTRUCTIONS:

1. Warm vegetable oil and 1 tbsp (15 ml) sesame oil in a wok over medium-high heat. Add ginger, garlic, and chilies. Stir-fry for 1 minute until fragrant.
2. Add chicken pieces skin-side down. Sear for 3–4 minutes until golden brown. Flip and cook 2 minutes more.
3. Pour in soy sauce, Shaoxing wine, remaining 1 tbsp (15 ml) sesame oil, and sugar. Stir to combine.
4. Bring to a boil, then turn the heat to low. Cover and cook at a gentle simmer for 15 minutes, stirring from time to time.
5. Uncover and increase heat to medium-high. Cook for 5 minutes to reduce sauce slightly.
6. Take off the heat and stir in basil leaves until just wilted. Serve immediately with steamed rice.



JAPANESE NIKUJAGA STIR BRAISE

A comforting Japanese home-style dish featuring tender beef, potatoes, and vegetables simmered in a sweet-savory broth.



Time to prepare: 15 minutes



Time to cook: 30 minutes

Nutritional Value (per serving):

- Calories: 380 kcal
- Protein: 24 g
- Fat: 12 g
- Saturated Fat: 4 g
- Carbohydrates: 42 g
- Fiber: 5 g
- Sodium: 1400 mg
- Potassium: 900 mg

INGREDIENTS:

- ½ lb (225 g) thinly sliced beef (chuck or ribeye)
- 1 tbsp (15 ml) vegetable oil
- 1 cup (150 g) potatoes, cut into 1-inch (2.5 cm) chunks
- ½ cup (75 g) onion, sliced
- ½ cup (60 g) carrot, cut into ½-inch (1.3 cm) rounds
- ½ cup (50 g) shirataki noodles, drained (optional)
- 1½ cups (360 ml) dashi stock
- 3 tbsp (45 ml) soy sauce
- 2 tbsp (30 ml) mirin
- 1 tbsp (15 g) sugar
- ½ cup (50 g) snow peas, trimmed

INSTRUCTIONS:

1. Warm oil in a wok or deep skillet over medium heat. Incorporate beef and cook until no longer pink, about 2 minutes. Remove and set aside.
2. Using the same wok, add potatoes, onion, and carrot. Stir-fry for 3 minutes until slightly softened.
3. Return beef to the wok along with shirataki noodles (if using). Pour in dashi stock, soy sauce, mirin, and sugar. Stir to combine.
4. Bring to a boil, then lower the heat. Cover and simmer for 15 minutes.
5. Add snow peas and cook uncovered for 5 minutes until potatoes are tender and sauce reduces slightly.
6. Serve hot in shallow bowls with steamed rice.

LIGHT TOUCH & STEAMED TECHNIQUES IN WOK



LOTUS LEAF STICKY RICE PARCELS

A delicate Cantonese-inspired dish featuring fragrant sticky rice steamed in lotus leaves with savory fillings, using minimal oil for a healthier preparation.



Time to prepare: 20 minutes



Time to cook: 40 minutes



Nutritional Value (per serving):

- Calories: 320 kcal
- Protein: 8 g
- Fat: 8 g
- Saturated Fat: 1 g
- Carbohydrates: 55 g
- Fiber: 3 g
- Sodium: 600 mg
- Potassium: 250 mg

INGREDIENTS:

- $\frac{3}{4}$ cup (150 g) glutinous rice (sticky rice), soaked for 2 hours, drained
- 2 dried lotus leaves (8–10 in/20–25 cm diameter), soaked in warm water for 30 minutes, rinsed
- 1 tbsp (15 ml) vegetable oil (divided)
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, minced
- $\frac{1}{4}$ cup (35 g) shiitake mushrooms, diced
- $\frac{1}{4}$ cup (30 g) carrot, finely diced
- 2 tbsp (20 g) dried shrimp, soaked for 10 minutes, drained (optional)
- 1 tbsp (15 ml) soy sauce
- $\frac{1}{2}$ tbsp (7.5 ml) oyster sauce
- $\frac{1}{2}$ tsp (2.5 g) sugar
- $\frac{1}{4}$ tsp (1 g) white pepper
- 2 tbsp (30 ml) water
- 1 tbsp (15 ml) Shaoxing wine (optional)
- 1 tbsp (10 g) roasted peanuts, chopped (for garnish)
- 1 tbsp (5 g) scallions, thinly sliced (for garnish)

INSTRUCTIONS:

1. Steam soaked glutinous rice in a bamboo steamer or steaming basket over boiling water for 20 minutes until partially cooked. Fluff with a fork and set aside.
2. Heat $\frac{1}{2}$ tbsp (7.5 ml) oil in a wok over medium heat. Add garlic and ginger, stir-fry for 30 seconds until fragrant.
3. Add mushrooms, carrot, and dried shrimp. Stir-fry for 2 minutes until vegetables soften slightly.
4. Add soy sauce, oyster sauce, sugar, white pepper, water, and Shaoxing wine. Stir to combine and cook for 1 minute until liquid reduces slightly. Take off the heat.
5. Fold the partially cooked rice into the vegetable mixture until evenly combined.
6. Cut each softened lotus leaf in half (to make 4 pieces). Place $\frac{1}{2}$ cup (75 g) of the rice mixture in the center of each leaf half. Fold the leaf over the rice, tucking in the sides to form a tight parcel. Secure with kitchen twine if needed.
7. Steam the parcels seam-side down in a steamer over boiling water for 15 minutes to infuse the lotus leaf aroma.
8. Carefully unwrap the parcels, garnish with peanuts and scallions, and serve hot.



MUSHROOM & TOFU STEAMED PARCELS

Delicate tofu and mushrooms steamed in aromatic broth, wrapped in foil for a light, flavorful dish with minimal oil.



Time to prepare: 15 minutes



Time to cook: 20 minutes

Nutritional Value (per serving):

- Calories: 150 kcal
- Protein: 12 g
- Fat: 6 g
- Saturated Fat: 1 g
- Carbohydrates: 10 g
- Fiber: 3 g
- Sodium: 600 mg
- Potassium: 400 mg

INGREDIENTS:

- 7 oz (200 g) firm tofu, cut into 1-inch (2.5 cm) cubes
- 1 cup (100 g) shiitake mushrooms, thinly sliced
- ½ cup (50 g) scallions, cut into 2-inch (5 cm) lengths (white and green parts separated)
- 1 tsp (5 g) fresh ginger, julienned
- 1 tsp (5 ml) sesame oil
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) Shaoxing wine or dry sherry
- ½ tsp (2 g) sugar
- ¼ cup (60 ml) vegetable or mushroom broth
- 2 (12x12-inch / 30x30 cm) aluminum foil sheets
- 1 tbsp (3 g) cilantro, chopped (optional)

INSTRUCTIONS:

1. In a bowl, combine tofu, mushrooms, white parts of scallions, ginger, sesame oil, soy sauce, Shaoxing wine, sugar, and broth. Toss gently to coat.
2. Lay out foil sheets. Divide the tofu-mushroom mixture evenly between them, including any liquid. Scatter green parts of scallions on top.
3. Fold foil into sealed parcels: bring opposite edges together; fold twice to seal, then crimp the sides tightly to prevent leaks.
4. Place a steamer rack in a wok or large pot with 1 inch (2.5 cm) of water. Bring to a boil over high heat. Arrange parcels on the rack, cover, and steam for 15 minutes.
5. Carefully open parcels (watch for steam) and transfer contents to bowls. Garnish with cilantro if using. Serve with steamed rice.



FISH FILLETS IN SOY-LIME STEAMER

Tender white fish fillets gently steamed with bright citrus and umami soy, creating a light yet flavorful dish.



Time to prepare: 10 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 180 kcal
- Protein: 28 g
- Fat: 3 g
- Saturated Fat: 0.5 g
- Carbohydrates: 8 g
- Fiber: 1 g
- Sodium: 600 mg
- Potassium: 450 mg

INGREDIENTS:

- 2 (5 oz / 140 g) white fish fillets (such as cod, tilapia, or sea bass), about 1-inch (2.5 cm) thick
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) fresh lime juice
- 1 tsp (5 ml) honey
- 1 tsp (5 g) fresh ginger, grated
- ½ tsp (2 g) garlic, minced
- ½ cup (50 g) scallions, cut into 2-inch (5 cm) lengths (white and green parts separated)
- ¼ cup (25 g) carrot, julienned
- 1 tbsp (3 g) cilantro, chopped (optional)
- 1 lime, thinly sliced (for garnish)

INSTRUCTIONS:

1. Using a small bowl, whisk together soy sauce, lime juice, honey, ginger, and garlic.
2. Place fish fillets on a heatproof plate that fits inside your wok or steamer. Scatter white parts of scallions and carrot around the fish. Pour the soy-lime mixture evenly over the fillets.
3. Set up a wok or large pot with a steamer rack and 1-inch (2.5 cm) of water. Bring to a boil over high heat.
4. Carefully place the plate with fish on the steamer rack. Cover and steam for 8–10 minutes, or until fish flakes easily with a fork.
5. Remove plate from steamer. Garnish with green parts of scallions, cilantro (if using), and lime slices. Serve immediately with steamed rice.



CHICKEN & VEGETABLE DIM SUM STIR STEAMED – MINI PARCELS

Delicate steamed dumplings filled with seasoned chicken and crisp vegetables, cooked using a light stir-steam method for tender results.



Time to prepare: 25 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 18 g
- Fat: 5 g
- Saturated Fat: 1 g
- Carbohydrates: 40 g
- Fiber: 2 g
- Sodium: 800 mg
- Potassium: 300 mg

INGREDIENTS:

- 12 (3.5-inch/9 cm) round dumpling wrappers
- ½ cup (120 g) ground chicken
- ¼ cup (30 g) cabbage, finely shredded
- ¼ cup (25 g) shiitake mushrooms, finely diced
- 2 tbsp (20 g) scallions, minced
- 1 tsp (5 g) fresh ginger, grated
- ½ tsp (2 g) garlic, minced
- 1 tbsp (15 ml) soy sauce
- ½ tsp (2 ml) sesame oil
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper
- 1 tbsp (15 ml) water (for sealing wrappers)
- ½ cup (120 ml) dipping sauce (optional: mix 2 tbsp (30 ml) soy sauce, 1 tbsp (15 ml) rice vinegar, ½ tsp (7.5 ml) chili oil)

INSTRUCTIONS:

1. Combine chicken, cabbage, mushrooms, scallions, ginger, garlic, soy sauce, sesame oil, sugar, and white pepper in a bowl. Mix until sticky and well-incorporated.
2. Place 1 tsp (5 g) filling in the center of each wrapper. Brush edges with water, fold into half-moons, and pleat edges to seal (or simply press for rustic parcels).
3. Heat a 10-inch (25 cm) nonstick wok or skillet over medium. Add ½ cup (120 ml) water and bring to a simmer. Arrange dumplings in a single layer (working in batches if needed). Cover and steam for 8 minutes.
4. Uncover, increase heat to medium-high, and cook until water evaporates and bottoms crisp slightly (1–2 minutes).
5. Serve immediately with dipping sauce if using.



BROCCOLI & BABY CORN IN STEAMER BASKET

A vibrant, light dish featuring crisp-tender vegetables steamed to perfection with a garlic-ginger finish.



Time to prepare: 5 minutes



Time to cook: 8 minutes

Nutritional Value (per serving):

- Calories: 90 kcal
- Protein: 5 g
- Fat: 3 g
- Saturated Fat: 0.5 g
- Carbohydrates: 12 g
- Fiber: 4 g
- Sodium: 500 mg
- Potassium: 400 mg

INGREDIENTS:

- 2 cups (180 g) broccoli florets, cut into 1.5-inch (4 cm) pieces
- 1 cup (120 g) baby corn, halved lengthwise
- 1 tsp (5 ml) sesame oil
- ½ tsp (2 g) garlic, minced
- ½ tsp (2 g) fresh ginger, grated
- 1 tbsp (15 ml) soy sauce
- ½ tsp (2 ml) rice vinegar
- 1 tsp (5 g) sesame seeds, toasted
- ½ tsp (1 g) red pepper flakes

(optional)

INSTRUCTIONS:

1. Fill a wok or pot with 1 inch (2.5 cm) of water. Bring to a boil over high heat.
2. Place broccoli and baby corn in a steamer basket, ensuring pieces are evenly spaced. Set basket over boiling water, cover, and steam for 5 minutes until vegetables are crisp-tender.
3. While vegetables steam, heat sesame oil in a small skillet over medium. Add garlic and ginger, stirring for 30 seconds until fragrant. Take off the heat and stir in soy sauce and rice vinegar.
4. Transfer steamed vegetables to a bowl. Drizzle with sauce and toss carefully to coat.
5. Divide between plates and top with sesame seeds and red pepper flakes if using.



GARLIC CLAMS IN WHITE WINE STEAM

Plump clams steamed in an aromatic white wine broth with garlic and herbs, creating a light yet flavorful seafood dish.



Time to prepare: 10 minutes



Time to cook: 10 minutes

Nutritional Value (per serving):

- Calories: 240 kcal
- Protein: 18 g
- Fat: 10 g
- Saturated Fat: 4 g
- Carbohydrates: 8 g
- Fiber: 1 g
- Sodium: 450 mg
- Potassium: 500 mg

INGREDIENTS:

- 1 lb (450 g) fresh littleneck clams, scrubbed
- 1 tbsp (15 ml) olive oil
- 1 tsp (5 g) garlic, minced
- ¼ cup (35 g) shallots, finely diced
- ½ cup (120 ml) dry white wine
- ½ cup (120 ml) vegetable or fish stock
- 2 tbsp (6 g) fresh parsley, chopped (divided)
- 1 tbsp (15 g) unsalted butter
- ½ tsp (2 g) black pepper
- 1 lemon, cut into wedges

INSTRUCTIONS:

1. Rinse clams under cold water, discarding any with cracked shells or that remain open when tapped.
2. Heat olive oil in a 12-inch (30 cm) wok or deep skillet over medium heat. Add shallots and garlic, sautéing for 1 minute until fragrant but not browned.
3. Pour in white wine and stock, bringing to a simmer. Cook for 2 minutes to reduce slightly.
4. Add clams to the wok in a single layer. Cover and steam for 5–7 minutes, shaking the wok occasionally, until clams open (discard any unopened clams).
5. Take off the heat. Stir in butter, half the parsley, and black pepper until butter melts.
6. Divide clams and broth between bowls. Finish with the remaining parsley and serve with lemon wedges on the side.



STEAMED EGG CUSTARD WITH SCALLIONS

A delicate Chinese-style egg custard with a smooth, pudding-like texture, infused with scallions and light seasoning.



Time to prepare: 5 minutes



Time to cook: 15 minutes

Nutritional Value (per serving):

- Calories: 120 kcal
- Protein: 9 g
- Fat: 8 g
- Saturated Fat: 2 g
- Carbohydrates: 1 g
- Fiber: 0 g
- Sodium: 400 mg
- Potassium: 120 mg

INGREDIENTS:

- 3 large eggs
- ¾ cup (180 ml) warm water or unsalted chicken stock
- ½ tsp (2.5 ml) sesame oil
- ¼ tsp (1 g) salt
- ⅛ tsp (0.5 g) white pepper
- 2 tbsp (12 g) scallions, finely sliced (divided)
- ½ tsp (2.5 ml) soy sauce (for serving)

INSTRUCTIONS:

1. In a bowl, gently beat eggs until uniform but not frothy. Stir in warm water or stock, sesame oil, salt, and white pepper. Strain through a fine-mesh sieve into a heatproof bowl (about 6-inch/15 cm diameter).
2. Sprinkle half the scallions over the surface. Cover tightly with foil or a lid to prevent condensation drips.
3. Set up a wok or pot with a steamer rack and 1 inch (2.5 cm) of water. Bring to a boil over high heat, then reduce to medium-low for a gentle simmer.
4. Place the bowl on the steamer rack. Cover and steam for 12 minutes, or until the custard jiggles slightly when shaken (a toothpick inserted should come out clean).
5. Take off the heat. Let rest covered for 2 minutes. Drizzle with soy sauce and remaining scallions.



STEAMED PORK RIBS WITH BLACK BEANS

Tender pork ribs steamed with fermented black beans and aromatics, creating a savory, umami-rich dish with minimal oil.



Time to prepare: 20 minutes



Time to cook: 25 minutes

Nutritional Value (per serving):

- Calories: 280 kcal
- Protein: 24 g
- Fat: 18 g
- Saturated Fat: 6 g
- Carbohydrates: 5 g
- Fiber: 1 g
- Sodium: 800 mg
- Potassium: 380 mg

INGREDIENTS:

- 12 oz (340 g) pork spare ribs, cut into 1.5-inch (4 cm) pieces
- 1 tbsp (15 g) fermented black beans, rinsed and lightly mashed
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, julienned
- 1 tbsp (15 ml) soy sauce
- 1 tsp (5 ml) Shaoxing wine
- ½ tsp (2 g) sugar
- ¼ tsp (1 g) white pepper
- 1 tsp (5 ml) sesame oil
- 1 tbsp (8 g) cornstarch
- 1 red chili, thinly sliced (optional)
- 2 tbsp (12 g) scallions, thinly sliced

INSTRUCTIONS:

1. Soak ribs in cold water for 10 minutes to remove excess blood. Drain and pat dry with paper towels.
2. In a bowl, combine ribs with black beans, garlic, ginger, soy sauce, Shaoxing wine, sugar, white pepper, and sesame oil. Mix thoroughly. Marinate for 15 minutes.
3. Add cornstarch to the ribs and toss until evenly coated. Arrange in a single layer on a heatproof plate that fits your steamer.
4. Set up a wok with a steamer rack and 1-inch (2.5 cm) of water. Bring to a boil over high heat.
5. Place the plate of ribs in the steamer. Cover and steam over medium-high heat for 20-25 minutes, until ribs are tender and cooked through.
6. Garnish with chili (if using) and scallions. Serve immediately with steamed rice.



STEAMED SALMON WITH GINGER-SOY

A light and flavorful dish featuring tender salmon steamed with aromatic ginger and a savory soy-based sauce, using minimal oil for a health-conscious preparation.



Time to prepare: 10 minutes



Time to cook: 12 minutes

Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 23 g
- Fat: 12 g
- Saturated Fat: 2 g
- Carbohydrates: 2 g
- Fiber: 0 g
- Sodium: 500 mg
- Potassium: 450 mg

INGREDIENTS:

- 2 (5 oz / 140 g) salmon fillets, skin-on or skinless
- 1 tsp (5 ml) sesame oil
- 1 tbsp (15 ml) soy sauce
- 1 tbsp (15 ml) Shaoxing wine or dry sherry (optional)
- 1 tsp (5 g) fresh ginger, julienned
- 1 tsp (5 g) garlic, minced
- ½ tsp (2.5 g) sugar
- ¼ tsp (1 g) white pepper
- 2 tbsp (30 ml) water
- 1 tbsp (10 g) scallions, thinly sliced (for garnish)
- ½ tsp (1 g) red chili flakes (optional)
- 1 tsp (5 ml) neutral oil (for greasing)

INSTRUCTIONS:

1. Lightly grease a heatproof plate or shallow dish that fits inside your steamer with neutral oil to prevent sticking.
2. Pat salmon fillets dry and place them on the greased plate.
3. Using a small bowl, whisk together sesame oil, soy sauce, Shaoxing wine, ginger, garlic, sugar, white pepper, and water. Pour the mixture evenly over the salmon.
4. Bring water in a wok or steamer to a boil. Place the plate with salmon in the steamer, cover, and steam over medium-high heat for 8-10 minutes, or until the salmon flakes easily with a fork.
5. Carefully remove the plate from the steamer. Top with scallions and red chili flakes if using.
6. Serve immediately with steamed rice or vegetables, spooning the remaining sauce over the salmon.

STEAMED VEGGIE DUMPLINGS – ASSORTED FILLINGS

Delicate, translucent dumplings filled with a colorful mix of finely chopped vegetables, steamed to perfection with minimal oil for a light yet satisfying bite.



Time to prepare: 25 minutes



Time to cook: 10 minutes



Nutritional Value (per serving):

- Calories: 220 kcal
- Protein: 6 g
- Fat: 7 g
- Saturated Fat: 1 g
- Carbohydrates: 35 g
- Fiber: 3 g
- Sodium: 500 mg
- Potassium: 200 mg

INGREDIENTS:

- 12 round dumpling wrappers (3.5-inch/9 cm diameter)
- 1 tbsp (15 ml) neutral oil (divided)
- ½ cup (50 g) napa cabbage, finely chopped
- ¼ cup (30 g) carrot, finely diced
- ¼ cup (25 g) shiitake mushrooms, finely diced
- 2 tbsp (20 g) bamboo shoots, finely diced
- 1 tsp (5 g) garlic, minced
- 1 tsp (5 g) fresh ginger, grated
- 1 tbsp (15 ml) soy sauce
- ½ tbsp (7.5 ml) sesame oil
- ½ tsp (2.5 g) sugar
- ¼ tsp (1 g) white pepper
- 2 tbsp (30 ml) water (for sealing wrappers)
- 1 tbsp (15 ml) rice vinegar (for dipping)
- ½ tsp (1 g) red chili flakes (optional, for dipping)

INSTRUCTIONS:

1. Warm ½ tbsp (7.5 ml) neutral oil in a wok or skillet over medium heat. Add garlic and ginger, stir-fry for 30 seconds until fragrant.
2. Incorporate cabbage, carrot, mushrooms, and bamboo shoots. Stir-fry for 2 minutes until vegetables soften slightly but retain crunch.
3. Transfer mixture to a bowl. Stir in soy sauce, sesame oil, sugar, and white pepper. Let cool for 5 minutes.
4. Place 1 tsp (5 g) filling in the center of each wrapper. Dip your finger in water and moisten the wrapper's edge. Fold into a half-moon shape, pleating the edges to seal.
5. Lightly grease a steamer basket with remaining ½ tbsp (7.5 ml) oil. Arrange dumplings in a single layer, leaving space between to prevent sticking.
6. Steam over boiling water for 8 minutes, or until wrappers turn translucent and filling is heated through.
7. Serve immediately with a dipping sauce made of rice vinegar and chili flakes (if using).

30-DAY MEAL PLAN

Week 1

Day	Breakfast	Lunch	Dinner
1	Korean Gyeran Bokkeumbap (p. 51)	Kung Pao Chicken (p. 12) + Ginger Garlic Bok Choy (p. 35)	Mapo Tofu (p. 20) + Steamed Rice
2	Scallion Egg Pancake (p. 53)	Shrimp & Snow Pea Stir Fry (p. 14)	Beef with Oyster Sauce (p. 22) + Braised Napa Cabbage (p. 39)
3	Tomato Egg Stir Fry – Chinese Comfort with Tomatoes (p. 50)	Thai Basil Chicken (Pad Krapow Gai) (p. 15)	Mongolian Beef (p. 16)+ Snow Peas with Mushrooms (p. 36)
4	Spanish-Style Tortilla Stir-Down (p. 51)	General Tso’s Cauliflower (p. 22)	Honey Walnut Shrimp (p. 64) + Baby Corn & Water Chestnut Stir Fry (p. 38)
5	Green Chili & Egg Stir Fry (p. 52)	Singapore Curry Noodles (p. 16)	Crispy Duck with Plum Sauce (p. 25)+ Lotus Root & Peppers (p. 37)
6	Egg Foo Young – Chinese-Style Omelette (p. 50)	Beef Chow Fun (p. 28)	Korean Bulgogi (p. 41)+ Spicy Szechuan Green Beans (p. 35)
7	Thai Kai Jeow (p. 52)	Chicken Pad Thai (p. 28)	Teriyaki Salmon Bites – Caramelized Lacquer (p. 46) + Broccoli & Almond Stir Fry (p. 36)



Week 2

Day	Breakfast	Lunch	Dinner
8	Silken Tofu & Egg Stir (p. 49)	Dan Dan Noodles (p. 29)	Cumin Lamb Stir Fry (p. 42) + Zucchini & Bell Pepper in Black Bean Sauce (p. 38)
9	Century Egg & Pork Congee Skillet (p. 48)	Yaki Udon (p. 30)	Orange Beef (p. 44) + Cabbage with Sweet Chili Sauce (p. 37)
10	Egg Drop Hot & Sour Stir Fry (p. 48)	Seafood Mee Goreng (p. 30)	Butter Chicken Stir Fry (p. 44) + Mix-Mushroom Stir Fry (p. 39)
11	Steamed Egg Custard with Scallions (p. 80)	Hong Kong-Style Soy Sauce Noodles (p. 27)	Garlic Chili Pork Belly (p. 41) + Ginger Garlic Bok Choy (p. 35)
12	Lotus Leaf Sticky Rice Parcels (p. 77)	Char Kway Teow (p. 32)	Moroccan Spiced Lamb & Apricot (p. 45) + Steamed Broccoli
13	Steamed Veggie Dumplings - Assorted Fillings (p. 82)	Udon with Tempura Bits & Green Onions (p. 32)	Peking-Style Pork Tenderloin (p. 42) + Snow Peas with Mushrooms (p. 36)
14	Korean Gyeran Bokkeumbap (p. 51)	Lemongrass Beef Rice Noodle Stir Fry (p. 33)	Cajun Spice Chicken Stir- Down (p. 46) + Baby Corn & Water Chestnut Stir Fry (p. 38)



Week 3

Day	Breakfast	Lunch	Dinner
15	Scallion Egg Pancake (p. 53)	Thai Green Curry Stir Fry – Bright Coconut-Lime (p. 55)	Red Cooked Pork Belly (p. 74) + Bok Choy
16	Tomato Egg Stir Fry – Chinese Comfort with Tomatoes (p. 50)	Malaysian Rendang Stir Down (p. 56)	Braised Duck with Star Anise (p. 74) + Lotus Root & Peppers (p. 37)
17	Spanish-Style Tortilla Stir-Down (p. 51)	Indian Jalfrezi (p. 56)	Korean Dakbokkeumtang (p. 70) + Spicy Szechuan Green Beans (p. 35)
18	Green Chili & Egg Stir Fry (p. 52)	Sri Lankan Coconut Chili Chicken (p. 57)	Sichuan Fish Poached in Chili Oil (Shui Zhu Yu) (p. 70) + Braised Napa Cabbage (p. 39)
19	Egg Foo Young – Chinese-Style Omelette (p. 50)	Caribbean Coconut Shrimp (p. 58)	Beef Tendon & Radish (p. 71) + Mix-Mushroom Stir Fry (p. 39)
20	Thai Kai Jeow (p. 52)	Vietnamese Lemongrass Curry Beef (p. 58)	Coconut-Lemongrass Braised Short Ribs (p. 72) + Steamed Broccoli
21	Silken Tofu & Egg Stir (p. 49)	Burmese Tofu & Chickpea Curry (p. 59)	Taiwanese Three-Cup Chicken (San Bei Ji) (p. 75) + Zucchini & Bell Pepper in Black Bean Sauce (p. 38)



Week 4

Day	Breakfast	Lunch	Dinner
22	Century Egg & Pork Congee Skillet (p. 48)	Indonesian Beef Semur (p. 60)	Miso Braised Salmon (p. 73) + Snow Peas with Mushrooms (p. 36)
23	Steamed Egg Custard with Scallions (p. 80)	Coconut Cauliflower Curry (p. 60)	Salt & Pepper Soft Shell Crab (p. 63) + Baby Corn & Water Chestnut Stir Fry (p. 38)
24	Steamed Veggie Dumplings – Assorted Fillings (p. 82)	Madras Potato Stir Fry (p. 61)	Tempura Vegetables (p. 64) + Bok Choy
25	Lotus Leaf Sticky Rice Parcels (p. 77)	Crispy General Tso's Chicken (p. 65)	Popcorn Tofu (p. 66) + Spicy Szechuan Green Beans (p. 35)
26	Korean Gyeran Bokkeumbap (p. 51)	Asian Style Fried Chicken Wings (p. 63)	Shrimp Toast (p. 68) + Cabbage with Sweet Chili Sauce (p. 37)
27	Scallion Egg Pancake (p. 53)	Korean Fried Chicken (p. 66)	Spring Roll Fritters (p. 67) + Mix-Mushroom Stir Fry (p. 39)
28	Tomato Egg Stir Fry – Chinese Comfort with Tomatoes (p. 50)	Mushroom & Tofu Steamed Parcels (p. 78)	Fish Fillets in Soy-Lime Steamer (p. 78) + Braised Napa Cabbage (p. 39)





Week 5

Day	Breakfast	Lunch	Dinner
29	Green Chili & Egg Stir Fry (p. 52)	Chicken & Vegetable Dim Sum Stir Steamed – Mini Parcels (p. 79)	Garlic Clams in White Wine Steam (p. 80) + Bok Choy
30	Steamed Pork Ribs with Black Beans (p. 81)	Steamed Salmon with Ginger-Soy (p. 81)	Japanese Nikujaga Stir Braise (p. 75) + Lotus Root & Peppers (p. 37)



SHOPPING LISTS

Week 1

Produce

- Carrots, 1 small bunch (~3–4 carrots) | ~1 lb (450 g)
- Zucchini, 1 medium | ~8 oz (225 g)
- Scallions, 1 bunch | ~3 oz (85 g)
- Garlic, 1 bulb | ~3 oz (85 g)
- Fresh ginger, 1 knob | ~2 oz (60 g)
- Cilantro, 1 bunch | ~1 oz (30 g)
- Thai chilies, 1 small pack (5–6 chilies) | ~1 oz (30 g)
- Limes, 2 limes | ~4 oz (115 g)
- Tomatoes, 2 medium | ~12 oz (340 g)
- Yukon Gold potatoes, 2 medium | ~12 oz (340 g)
- White onion, 1 medium | ~6 oz (170 g)
- Red bell pepper, 1 large | ~6 oz (170 g)
- Bean sprouts, 1 bag | 8 oz (225 g)
- Snow peas, 1 bag | 6 oz (170 g)
- Napa cabbage, 1 small head | ~1.5 lbs (680 g)
- Broccoli, 1 medium head | ~1 lb (450 g)
- Shiitake mushrooms, 1 pack | 4 oz (115 g)
- Baby corn, 1 can or fresh pack | 8 oz (225 g)
- Water chestnuts, 1 can | 8 oz (225 g)
- Lotus root, 1 small section (if fresh) | ~8 oz (225 g)
- Green beans, 1 bunch | ~8 oz (225 g)

Proteins

- Large eggs, 1 dozen | 12-count
- Boneless, skinless chicken breast, 1 pack | 1 lb (450 g)
- Ground chicken, 1 pack | 1 lb (450 g)
- Flank steak, 1 pack | 1 lb (450 g)
- Ribeye steak, 1 pack | 10 oz (280 g)
- Salmon fillet, 1 pack | 10 oz (280 g)
- Large shrimp (peeled/deveined), 1 pack | 10 oz (280 g)
- Medium prawns, 1 pack | 8 oz (225 g)
- Ground pork, 1 small pack | 4 oz (115 g)
- Duck legs, 2 pieces | ~20 oz (560 g)

Pantry Staples

- Short-grain rice, 1 bag | 2 lbs (900 g)
- Jasmine rice, 1 bag | 2 lbs (900 g)
- Rice vermicelli noodles, 1 pack | 6 oz (170 g)
- Flat rice noodles (ho fun), 1 pack | 8 oz (225 g)
- Cornstarch, 1 box | 16 oz (450 g)
- Soy sauce, 1 bottle | 10 fl oz (300 ml)
- Dark soy sauce, 1 small bottle | 5 fl oz (150 ml)
- Sesame oil, 1 bottle | 5 fl oz (150 ml)
- Vegetable oil, 1 bottle | 32 fl oz (1 L)
- Peanut oil, 1 small bottle | 8 fl oz (240 ml)
- Oyster sauce, 1 bottle | 8 fl oz (240 ml)
- Hoisin sauce, 1 jar | 8 oz (225 g)
- Gochujang (Korean chili paste), 1 tub | 8 oz (225 g)
- Fish sauce, 1 bottle | 5 fl oz (150 ml)
- Rice vinegar, 1 bottle | 5 fl oz (150 ml)
- Chili oil, 1 small bottle | 3 fl oz (90 ml)
- Sweet chili sauce, 1 bottle | 8 oz (225 g)
- Tamarind paste, 1 jar | 8 oz (225 g)
- Fermented black beans, 1 small pack | 2 oz (60 g)
- Szechuan chili bean paste (doubanjiang), 1 jar | 8 oz (225 g)
- Toasted sesame seeds, 1 small jar | 2 oz (60 g)
- Dried red chilies, 1 pack | 1 oz (30 g)
- Szechuan peppercorns, 1 small pack | 1 oz (30 g)

Dairy & Refrigerated

- Mexican crema/sour cream, 1 small tub | 8 oz (225 g)
- Mayonnaise, 1 small jar | 8 oz (225 g)
- Condensed milk, 1 can | 14 oz (400 g)

Optional/Extras

- Corn tortillas, 1 pack | 10-count
- Roasted unsalted peanuts, 1 small bag | 8 oz (225 g)
- Walnuts, 1 small bag | 4 oz (115 g)
- Plum jam, 1 small jar | 8 oz (225 g)
- Holy basil/Italian basil, 1 bunch | ~1 oz (30 g)

Produce

- Scallions, 1 bunch | ~3 oz (85 g)
- Garlic, 1 bulb | ~3 oz (85 g)
- Fresh ginger, 1 knob | ~2 oz (60 g)
- Cilantro, 1 bunch | ~1 oz (30 g)
- Red bell pepper, 1 large | ~6 oz (170 g)
- Carrots, 2 medium | ~8 oz (225 g)
- Zucchini, 1 medium | ~8 oz (225 g)
- Napa cabbage, ½ small head | ~8 oz (225 g)
- Green cabbage, ½ small head | ~8 oz (225 g)
- Shiitake mushrooms, 1 pack | 4 oz (115 g)
- Bamboo shoots, 1 can | 8 oz (225 g)
- Bean sprouts, 1 bag | 8 oz (225 g)
- Snow peas, 1 bag | 6 oz (170 g)
- Limes, 2 limes | ~4 oz (115 g)
- Lemongrass, 1 stalk | ~1 oz (30 g)
- Fresh mint, 1 bunch | ~1 oz (30 g)
(if using for garnish)
- Oyster mushrooms, 1 pack | 4 oz (115 g)
(if using)
- Enoki mushrooms, 1 pack | 3.5 oz (100 g)
(if using)

Proteins

- Large eggs, 1 dozen | 12-count
- Ground pork, 1 pack | 1 lb (450 g)
- Pork belly, 1 pack | 10 oz (280 g)
- Pork tenderloin, 1 pack | 10 oz (280 g)
- Flank steak, 1 pack | 1 lb (450 g)
- Boneless chicken thighs, 1 pack | 1 lb (450 g)
- Medium prawns, 1 pack | 8 oz (225 g)
- Squid, 1 small pack | 4 oz (115 g) (if using)
- Lamb leg or shoulder, 1 pack |
10 oz (280 g) (if using)

Pantry Staples

- Jasmine rice, 1 bag | 2 lbs (900 g)
- Glutinous rice (sticky rice), 1 small bag | 1 lb
(450 g)
- Dried rice noodles (banh pho), 1 pack | 6 oz (170 g)
- Fresh udon noodles, 1 pack | 10 oz (280 g)
- Fresh wheat noodles, 1 pack | 8 oz (225 g)
- Dumpling wrappers, 1 pack | 12-count
- Cornstarch, 1 box | 16 oz (450 g)
- Soy sauce, 1 bottle | 10 fl oz (300 ml)

- Dark soy sauce, 1 small bottle | 5 fl oz (150 ml)
- Sesame oil, 1 bottle | 5 fl oz (150 ml)
- Vegetable oil, 1 bottle | 32 fl oz (1 L)
- Peanut oil, 1 small bottle | 8 fl oz (240 ml)
- Oyster sauce, 1 bottle | 8 fl oz (240 ml)
- Fish sauce, 1 bottle | 5 fl oz (150 ml)
- Shaoxing wine, 1 small bottle | 5 fl oz (150 ml)
- Rice vinegar, 1 bottle | 5 fl oz (150 ml)
- Chili oil, 1 small bottle | 3 fl oz (90 ml)
- Hoisin sauce, 1 jar | 8 oz (225 g)
- Gochujang (Korean chili paste), 1 tub | 8 oz (225 g)
- Fermented black beans, 1 small pack | 2 oz (60 g)
- Dried shrimp, 1 small pack | 2 oz (60 g) (if using)
- Toasted sesame seeds, 1 small jar | 2 oz (60 g)
- Szechuan peppercorns, 1 small pack | 1 oz (30 g)
- Dried red chilies, 1 pack | 1 oz (30 g)
- Cumin seeds, 1 small pack | 1 oz (30 g)
- Five-spice powder, 1 small jar | 1 oz (30 g)

Dairy & Refrigerated

- Silken tofu, 1 pack | 14 oz (400 g)
- Butter, 1 stick | 4 oz (115 g)
- Heavy cream, 1 small carton | 8 fl oz (240 ml)
- Plain yogurt, 1 small tub | 8 oz (225 g)

Canned/Packaged

- Chicken/vegetable broth, 1 box | 32 fl oz (1 L)
- Dashi stock, 1 pack | 0.5 oz (15 g) (if using)
- Century egg, 1 egg | ~2 oz (60 g) (if using)
- Preserved mustard greens, 1 small jar |
8 oz (225 g) (if using)
- Tempura bits (tenkasu), 1 pack | 2 oz
(60 g) (if using)
- Roasted peanuts, 1 small bag | 8 oz (225 g)

Optional/Extras

- Lotus leaves, 2 leaves | dried
(if making sticky rice)
- Nori sheet, 1 pack | 5-count (if using)
- Bonito flakes, 1 pack | 0.5 oz (15 g) (if using)
- Chinese lap cheong sausage, 1 link |
~2 oz (60 g) (if using)
- Dried apricots, 1 small pack | 4 oz (115 g)
(if using)
- Almonds, 1 small bag | 4 oz (115 g) (if using)

Produce

- Scallions, 1 bunch | ~3 oz (85 g)
- Garlic, 1 bulb | ~3 oz (85 g)
- Fresh ginger, 1 knob | ~2 oz (60 g)
- Cilantro, 1 bunch | ~1 oz (30 g)
- Thai basil, 1 bunch | ~1 oz (30 g) (if using)
- Limes, 3 limes | ~6 oz (170 g)
- Lemongrass, 2 stalks | ~2 oz (60 g)
- Shallots, 1 small bag | ~4 oz (115 g)
- Onion, 1 large | ~8 oz (225 g)
- Red bell pepper, 1 large | ~6 oz (170 g)
- Green bell pepper, 1 large | ~6 oz (170 g)
- Carrots, 2 medium | ~8 oz (225 g)
- Zucchini, 1 medium | ~8 oz (225 g)
- Yukon Gold potatoes, 2 medium | ~12 oz (340 g)
- Tomatoes, 2 medium | ~12 oz (340 g)
- Poblano/Hatch chilies, 2 peppers | ~4 oz (115 g)
- Thai chili, 1 pepper | ~0.5 oz (15 g)
(or sub red pepper flakes)
- Bean sprouts, 1 bag | 8 oz (225 g)
- Napa cabbage, 1 small head | ~1.5 lbs (680 g)
- Bok choy, 1 bunch | ~1 lb (450 g)
- Daikon radish, 1 small | ~8 oz (225 g) (if using)
- Celery, 1 bunch | ~8 oz (225 g) (if using)
- Shiitake mushrooms, 1 pack | 4 oz (115 g)
- Oyster mushrooms, 1 pack | 4 oz (115 g)
(if using)
- Enoki mushrooms, 1 pack | 3.5 oz (100 g)
(if using)

Proteins

- Large eggs, 1 dozen | 12-count
- Boneless chicken thighs, 1 pack | 1 lb (450 g)
- Bone-in chicken thighs, 1 pack | 1.5 lbs (680 g)
- Pork belly, 1 pack | 1 lb (450 g)
- Beef chuck, 1 pack | 1 lb (450 g)
- Beef short ribs, 1 pack | 1.5 lbs (680 g)
- Beef tendons, 1 pack | ½ lb (225 g) (if using)
- Large shrimp, 1 pack | 10 oz (280 g)
- White fish fillets (basa/cod), 1 pack | 10 oz (280 g)
- Duck legs, 2 legs | ~1 lb (450 g)

Pantry Staples

- Jasmine rice, 1 bag | 2 lbs (900 g)
- Cornstarch, 1 box | 16 oz (450 g)

- Soy sauce, 1 bottle | 10 fl oz (300 ml)
- Dark soy sauce, 1 small bottle | 5 fl oz (150 ml)
- Fish sauce, 1 bottle | 5 fl oz (150 ml)
- Oyster sauce, 1 bottle | 8 fl oz (240 ml)
- Sesame oil, 1 bottle | 5 fl oz (150 ml)
- Vegetable oil, 1 bottle | 32 fl oz (1 L)
- Peanut oil, 1 small bottle | 8 fl oz (240 ml)
- Coconut milk, 1 can | 13.5 oz (400 ml)
- Rice vinegar, 1 bottle | 5 fl oz (150 ml)
- Shaoxing wine, 1 small bottle | 5 fl oz (150 ml)
- Chili oil, 1 small bottle | 3 fl oz (90 ml)
- Gochujang, 1 tub | 8 oz (225 g)
- Sichuan chili bean paste (doubanjiang),
1 jar | 8 oz (225 g)
- Thai green curry paste, 1 jar | 4 oz (115 g)
- Tamarind paste, 1 jar | 8 oz (225 g)
- Dried red chilies, 1 pack | 1 oz (30 g)
- Sichuan peppercorns, 1 small pack | 1 oz (30 g)
- Five-spice powder, 1 small jar | 1 oz (30 g)
- Star anise, 1 small pack | 0.5 oz (15 g)
- Cinnamon sticks, 1 small pack | 0.5 oz (15 g)
- Toasted sesame seeds, 1 small jar | 2 oz (60 g)

Canned/Packaged

- Chicken/vegetable broth, 1 box | 32 fl oz (1 L)
- Bamboo shoots, 1 can | 8 oz (225 g)
- Water chestnuts, 1 can | 8 oz (225 g)
- Lotus root, 1 can | 8 oz (225 g)
(if not using fresh)
- Corn tortillas, 1 pack | 10-count (if using)

Dairy & Refrigerated

- Silken tofu, 1 pack | 14 oz (400 g)
- Firm tofu, 1 pack | 14 oz (400 g)
- Mexican crema/sour cream, 1 small tub |
8 oz (225 g)

Optional/Extras

- Pandan leaf, 1 pack | dried (if using)
- Curry leaves, 1 sprig | fresh (if using)
- Dried shrimp, 1 small pack | 2 oz (60 g) (if using)
- Fried shallots, 1 small bag | 2 oz (60 g) (if using)
- Rock sugar, 1 small pack | 2 oz (60 g) (or sub
brown sugar)

Produce

- Scallions, 2 bunches | ~6 oz (170 g)
- Garlic, 1 bulb | ~3 oz (85 g)
- Fresh ginger, 1 knob | ~2 oz (60 g)
- Cilantro, 1 bunch | ~1 oz (30 g)
- Limes, 3 limes | ~6 oz (170 g)
- Shallots, 1 small bag | ~4 oz (115 g)
- Onion, 1 large | ~8 oz (225 g)
- Red bell pepper, 1 large | ~6 oz (170 g)
- Green bell pepper, 1 large | ~6 oz (170 g)
- Carrots, 3 medium | ~12 oz (340 g)
- Zucchini, 1 medium | ~8 oz (225 g)
- Yukon Gold potatoes, 2 medium | ~12 oz (340 g)
- Tomatoes, 2 medium | ~12 oz (340 g)
- Bok choy, 1 bunch | ~1 lb (450 g)
- Napa cabbage, ½ small head | ~8 oz (225 g)
- Green cabbage, ½ small head | ~8 oz (225 g)
- Daikon radish, 1 small | ~8 oz (225 g) (if using)
- Shiitake mushrooms, 2 packs | 8 oz (225 g)
- Oyster mushrooms, 1 pack | 4 oz (115 g) (if using)
- Enoki mushrooms, 1 pack | 3.5 oz (100 g) (if using)
- Snow peas, 1 bag | 6 oz (170 g)
- Baby corn, 1 can | 8 oz (225 g)
- Water chestnuts, 1 can | 8 oz (225 g)
- Bamboo shoots, 1 can | 8 oz (225 g)

Proteins

- Large eggs, 1 dozen | 12-count
- Ground pork, 1 pack | 1 lb (450 g)
- Chicken thighs (boneless), 1 pack | 1 lb (450 g)
- Chicken wings, 1 pack | 2 lbs (900 g)
- Salmon fillets, 2 fillets | 12 oz (340 g)
- White fish fillets (cod/tilapia), 2 fillets | 10 oz (280 g)
- Raw shrimp, 1 pack | ½ lb (225 g)
- Soft shell crabs, 2 crabs | 12 oz (340 g) (if using)
- Century egg, 1 egg | ~2 oz (60 g) (if using)

Pantry Staples

- Jasmine rice, 1 bag | 2 lbs (900 g)
- Glutinous rice (sticky rice), 1 small bag | 1 lb (450 g)
- Short-grain rice, 1 bag | 2 lbs (900 g)
- Cornstarch, 1 box | 16 oz (450 g)
- All-purpose flour, 1 bag | 5 lbs (2.26kg)
- Panko breadcrumbs, 1 bag | 8 oz (225 g)
- Soy sauce, 1 bottle | 10 fl oz (300 ml)

- Dark soy sauce, 1 small bottle | 5 fl oz (150 ml)
- Fish sauce, 1 bottle | 5 fl oz (150 ml)
- Oyster sauce, 1 bottle | 8 fl oz (240 ml)
- Sesame oil, 1 bottle | 5 fl oz (150 ml)
- Vegetable oil, 1 bottle | 32 fl oz (1 L)
- Rice vinegar, 1 bottle | 5 fl oz (150 ml)
- Shaoxing wine, 1 small bottle | 5 fl oz (150 ml)
- Mirin, 1 small bottle | 5 fl oz (150 ml)
- Gochujang, 1 tub | 8 oz (225 g)
- Sweet chili sauce, 1 bottle | 8 oz (225 g)
- Hoisin sauce, 1 jar | 8 oz (225 g)
- White miso paste, 1 tub | 8 oz (225 g)
- Dashi stock, 1 pack | 0.5 oz (15 g)
- Dried shrimp, 1 small pack | 2 oz (60 g) (if using)

Spices & Seasonings

- Toasted sesame seeds, 1 small jar | 2 oz (60 g)
- Szechuan peppercorns, 1 small pack | 1 oz (30 g)
- Red pepper flakes, 1 small jar | 1 oz (30 g)
- Five-spice powder, 1 small jar | 1 oz (30 g)
- Star anise, 1 small pack | 0.5 oz (15 g)
- Ground cumin, 1 small jar | 1 oz (30 g)
- Ground coriander, 1 small jar | 1 oz (30 g)
- Turmeric, 1 small jar | 1 oz (30 g)
- Garlic powder, 1 small jar | 1 oz (30 g)
- Onion powder, 1 small jar | 1 oz (30 g)
- Smoked paprika, 1 small jar | 1 oz (30 g)

Canned/Packaged

- Coconut milk, 1 can | 13.5 oz (400 ml)
- Chicken/vegetable broth, 1 box | 32 fl oz (1 L)
- Diced tomatoes, 1 can | 14 oz (400 g)
- Lotus leaves, 2 leaves | dried (if using)

Bakery & Refrigerated

- Dumpling wrappers, 1 pack | 12-count
- Spring roll wrappers, 1 pack | 8-count
- Firm tofu, 2 packs | 28 oz (800 g)
- Silken tofu, 1 pack | 14 oz (400 g)
- Plant milk, 1 small carton | 8 fl oz (240 ml)

Optional/Extras

- Fried shallots, 1 small bag | 2 oz (60 g)
- Roasted peanuts, 1 small bag | 8 oz (225 g)
- Toasted coconut flakes, 1 small bag | 2 oz (60 g)

Week 5

Produce

- Poblano/Hatch green chilies, 2 peppers | ~4 oz (115 g)
- White onion, 1 medium | ~6 oz (170 g)
- Garlic, 1 bulb | ~3 oz (85 g)
- Fresh ginger, 1 knob | ~2 oz (60 g)
- Cilantro, 1 bunch | ~1 oz (30 g)
- Limes, 2 limes | ~4 oz (115 g)
- Shallots, 1 small | ~2 oz (60 g)
- Parsley, 1 bunch | ~1 oz (30 g)
- Lemon, 1 lemon | ~3 oz (85 g)
- Baby bok choy, 1 bunch | ~1 lb (450 g)
- Potatoes, 2 medium | ~12 oz (340 g)
- Carrots, 2 medium | ~8 oz (225 g)
- Snow peas, 1 small bag | 4 oz (115 g)
- Lotus root, 1 small | ~8 oz (225 g)
- Red bell pepper, 1 large | ~6 oz (170 g)

Proteins

- Large eggs, 1 dozen | 12-count
- Pork spare ribs, 1 pack | 12 oz (340 g)
- Ground chicken, 1 pack | 8 oz (225 g)
- Salmon fillets, 2 fillets | 10 oz (280 g)
- Littleneck clams, 1 bag | 1 lb (450 g)
- Thinly sliced beef (chuck/ribeye), 1 pack | ½ lb (225 g)

Pantry Staples

- Corn tortillas, 1 pack | 10-count
- Fermented black beans, 1 small jar | 2 oz (60 g)
- Dumpling wrappers, 1 pack | 12-count

- Shirataki noodles, 1 pack | 8 oz (225 g) (optional)
- Dashi stock, 1 pack | 0.5 oz (15 g)
- Vegetable oil, 1 bottle | 16 fl oz (480 ml)
- Sesame oil, 1 small bottle | 5 fl oz (150 ml)
- Soy sauce, 1 bottle | 10 fl oz (300 ml)
- Shaoxing wine, 1 small bottle | 5 fl oz (150 ml)
- Mirin, 1 small bottle | 5 fl oz (150 ml)
- Cornstarch, 1 small box | 8 oz (225 g)
- Red chili flakes, 1 small jar | 1 oz (30 g)

Dairy & Refrigerated

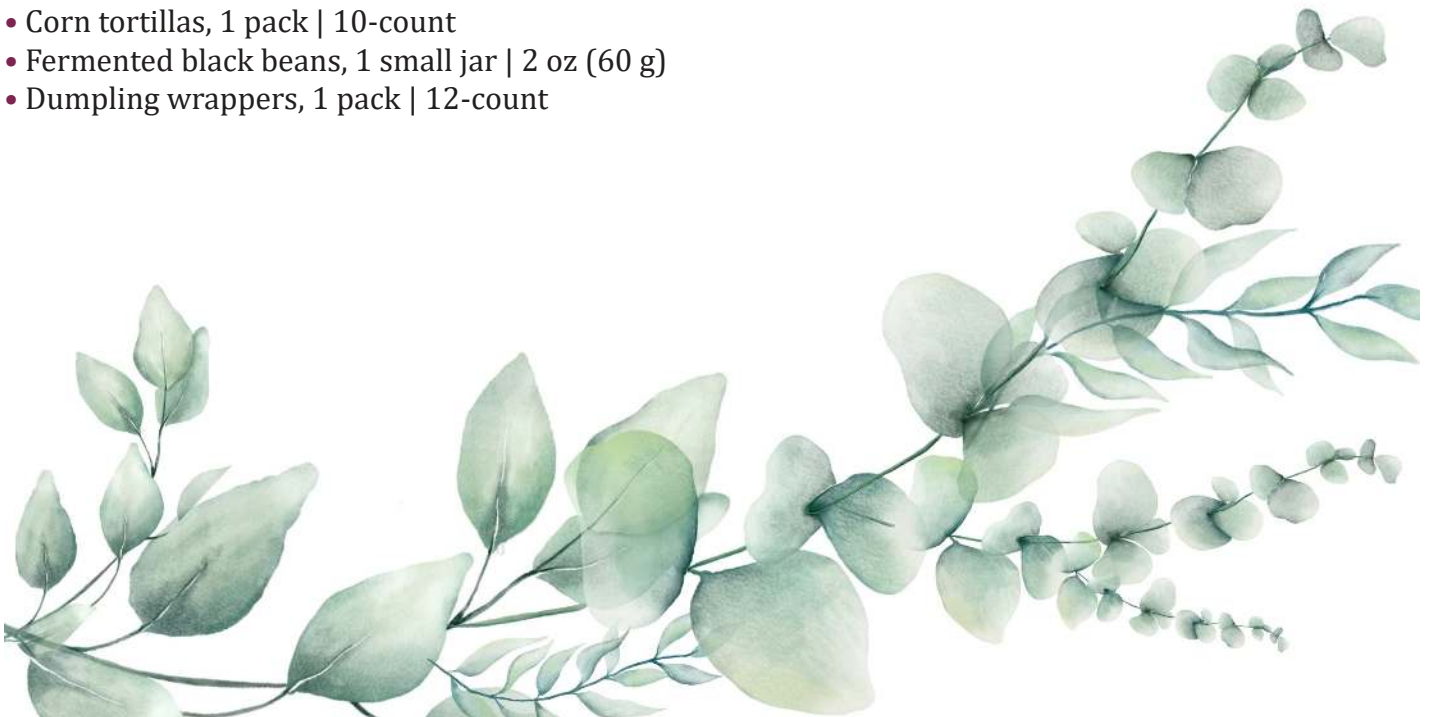
- Mexican crema/sour cream, 1 small tub | 8 oz (225 g)
- Unsalted butter, 1 stick | 4 oz (115 g)

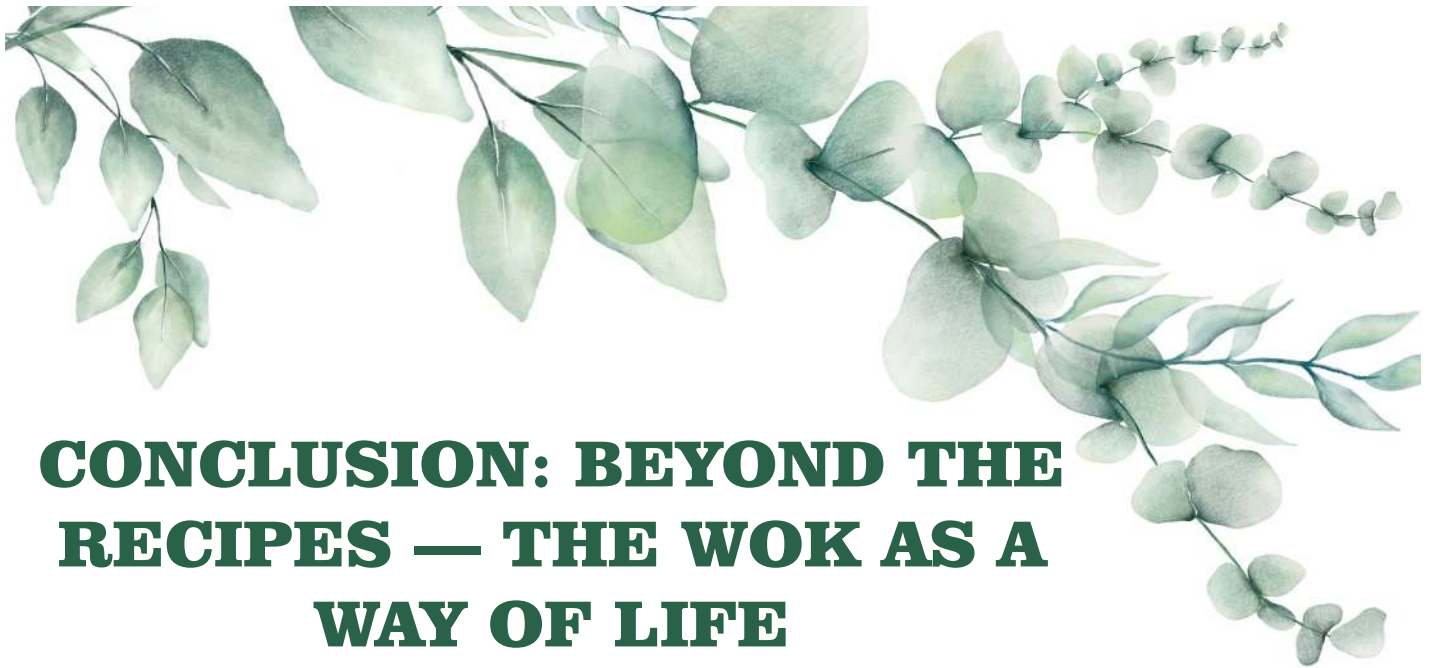
Spices & Seasonings

- Ground cumin, 1 small jar | 1 oz (30 g)
- Kosher salt, 1 small box | 16 oz (450 g)
- White pepper, 1 small jar | 1 oz (30 g)
- Black pepper, 1 small jar | 1 oz (30 g)
- Sugar, 1 small bag | 16 oz (450 g)
- Toasted sesame seeds, 1 small jar | 2 oz (60 g)

Optional/Extras

- Dry white wine, 1 bottle | 750 ml
- Vegetable/fish stock, 1 box | 32 fl oz (1 L)
- Chili oil, 1 small bottle | 3 fl oz (90 ml)





CONCLUSION: BEYOND THE RECIPES — THE WOK AS A WAY OF LIFE

By the time you've mastered dishes from **Kung Pao Chicken** to **Coconut-Lemongrass Braised Short Ribs**, you'll realize the wok is more than a cooking vessel—it's a teacher. Its curved walls and blazing heat train you to cook with intention, to trust your instincts, and to embrace imperfection. Like life, wok cooking rewards those who stay present: one moment of distraction, and your garlic burns; one extra toss at the right second, and you capture that elusive wok hei. These aren't just recipes—they're lessons in patience, timing, and the joy of creating something greater than the sum of its parts.

The wok champions speed without sacrificing depth, proving that fast food doesn't have to mean shallow flavors. When you can whip up **Pad Thai** in 15 minutes or **Ginger Scallion Fish Fillets** in under 10, you reclaim the art of home cooking in our busy world. That sizzle as ingredients hit the pan? It's the sound of efficiency meeting excellence. This mindset transcends the kitchen—it's about finding ways to nourish yourself and others without sacrificing quality or joy, even on hectic weeknights.

Intuition is the wok's secret language. Unlike rigid baking or fussy French techniques, stir-frying invites improvisation. Swap **Beef Bulgogi** for mushrooms, **General Tso's Cauliflower** for chicken, or **Dan Dan Noodles'** pork for tofu—the wok forgives and adapts.

Over time, you'll learn to gauge heat by the way oil shimmers, to adjust sauces by smell, and to hear when your **Crispy Duck** has achieved perfect crackle. These unteachable skills turn cooks into artists, one intuitive tweak at a time.

Nourishment takes center stage in wok cooking, where vibrant vegetables shine in **Szechuan Green Beans**, proteins stay succulent in **Lemongrass Beef**, and even humble eggs transform into **Tomato Egg Stir Fry**. The wok's quick cooking preserves nutrients and textures better than boiling or slow-roasting, while its minimal oil needs make it inherently wholesome. But beyond physical nourishment, there's soul food here too—the comfort of **Silken Tofu & Egg Stir**, the nostalgia of **Egg Fried Rice**, the celebration of **Honey Walnut Shrimp**. Every dish feeds more than just the body.

No cuisine or dietary need intimidates the wok. It's as comfortable with **Thai Green Curry's** coconut milk as with **Mapo Tofu's** fermented heat, with gluten-free Tamari-Glazed Salmon as with vegan **Popcorn Tofu**. Its adaptability mirrors our globalized lives—blending traditions, accommodating restrictions, and

celebrating fusion. Whether you're keto, plant-based, or an unapologetic carnivore, the wok meets you where you are and expands your horizons without judgment.

So as you close this book, remember: your wok isn't done teaching. Let it inspire you to approach life as you do stir-frying—with heat, heart, and a willingness to toss things up.

Keep it seasoned, keep it hot, and most importantly, keep it loved. Because a well-used wok, like a well-lived life, only gets richer with time. Now go forth—your next culinary adventure is already heating up.

Reimagining Leftovers

That leftover roast chicken or takeout rice isn't just tomorrow's lunch—it's the foundation for your next wok masterpiece. Toss yesterday's protein with cold rice, scrambled eggs, and a splash of **oyster sauce** to create a **fried rice** that outshines the original. The wok's intense heat revitalizes textures while melding flavors into something entirely new. Even better? Those slightly wilted vegetables in your fridge's crisper transform into **charred, sweet-edged** components when kissed by the wok's flames.

Curry Reinventions

Last night's **Thai green curry** or **Japanese beef stew** can become today's showstopper noodle dish. Simply reduce the sauce in your blazing-hot wok until it clings to fresh rice noodles, adding a splash of **rice vinegar** or **chili oil** to brighten the flavors. The wok's magic lies in how it recontextualizes leftovers—what was once saucy and comforting becomes **caramelized and complex** with just a few minutes of high-heat tossing.

Empty-Fridge Alchemy

The true test of wok mastery? Creating a “**stir-down**” (our term for clearing the fridge) with random ingredients. A lone bell pepper, half an onion, and that last slice of ham become a **savory pancake** when bound with a simple egg batter. The wok rewards creativity—toss in stale bread cubes for crunch, or fry up herbs for instant garnish. These unplanned creations often become household favorites, proving that constraints breed the most exciting cooking.

Customizing the Classics

Now that you've mastered recipes like **Mapo Tofu** and **Pad Thai**, it's time to make them your own. Start by deconstructing their sauce bases: notice how **sweet-sour** (honey + rice vinegar), **spicy-salty** (chili crisp + soy), or **fermented-savory** (black bean paste + Shaoxing wine) profiles create distinct personalities. Keep these building blocks ready, and soon you'll be improvising sauces as effortlessly as a jazz musician riffs on standards.

Texture Playbook

The wok excels at **layering textures**—a skill that elevates homemade dishes to restaurant quality. Pair **crispy fried shallots** with **silky steamed fish**, or contrast **chewy chow fun noodles** with **snap-pea crunch**. Pro tip: Add nuts or water chestnuts late in cooking to preserve their bite, while letting mushrooms or eggplant soften fully. This intentional contrast turns simple stir-fries into **sensational experiences** with every bite.

Signature Creations

Your wok is now a canvas. Combine the **searing techniques** from Mongolian Beef with the **glazing approach** of Honey Walnut Shrimp to create entirely new dishes. Maybe you'll invent a **gochujang-braised short rib stir-fry or a miso-caramel vegetable sauté**. The techniques in this book are your toolkit—the flavors, combinations, and innovations are yours to discover. Remember: every classic dish began as someone's experiment. Why shouldn't your creation be the next staple?

This isn't the end of your wok journey—it's the exciting moment when you graduate from recipes to **culinary intuition**. Keep that pan seasoned, your pantry stocked with sauces, and most importantly, keep playing. The best meals aren't just cooked; they're **lived, loved, and reinvented**—one sizzling toss at a time.

Seasonal & Spontaneous Wok Cooking

When the first tender asparagus spears appear, your wok becomes a celebration of freshness. Toss them with **peanut oil and garlic** for just 90 seconds to preserve their grassy sweetness, or pair with young peas and shrimp in a light white wine sauce. This is the season for **delicate stir-steaming**—try **baby bok choy** with a drizzle of ponzu, letting the wok's heat barely wilt the leaves while keeping their crunch. Spring's ephemeral produce shines brightest when treated with the wok's quick, respectful touch.

Summer Sizzle

The wok solves summer's dilemma: crave-worthy flavors without kitchen heat. Create **chilled sesame-soba noodles** by flash-cooking them in boiling water, then shocking in ice before tossing with wok-charred corn and basil. For **Vietnamese-inspired wok salads**, sear lemongrass beef strips just until caramelized, then pile them over cool greens—the contrast of smoky protein and crisp vegetables is magic. Even your grill favorites get new life; leftover barbecued meats make stellar **fried rice** when revived in the wok with fish sauce and lime.

Autumn Alchemy

As nights grow crisp, the wok shifts to deeper flavors. **Braised short ribs** develop incredible depth when first seared in the wok, then simmered with star anise and dark soy. Root vegetables like **kabocha squash** transform when stir-fried with brown sugar until glazed, or try **Brussels sprouts** wok-tossed with fermented black bean paste for umami intensity. This is the season to let sauces reduce slowly, creating **sticky-sweet coatings** on mushrooms or eggplant that cling perfectly to steamed rice.

Winter Warmth

When frost appears, your wok becomes a vessel of comfort. **Malaysian-style curries** simmered with coconut milk wrap you in spice-kissed warmth, while **Sichuan chili oil poached fish** brings gentle heat to cold evenings. The wok's high sides make it ideal for **hearty stews**—try **Korean dakbokkeumtang** (spicy braised chicken) with potatoes that soak up the rich sauce. Even winter citrus gets involved; **orange zest** brightens beef stir-fries, while **kabocha squash** becomes silky when wok-braised with red miso.

Beyond Seasons

The true beauty of wok cooking lies in its **spontaneous adaptability**. That unexpected summer thunderstorm? Whip up **ginger-scallion noodles** with pantry staples. Surprise winter guests? **Five-spice popcorn tofu** comes together in minutes. Your wok doesn't care what the calendar says—it's ready to

transform whatever you have into something extraordinary. Keep frozen shrimp and peas for emergency **fried rice**, or canned bamboo shoots for last-minute **stir-fries**. The wok rewards those who cook with both the seasons and their senses.

Your Ever-Evolving Journey

As you move through the years with your wok, you'll develop **personal seasonal rituals**—maybe spring means **pea shoot omelets**, while December demands crispy noodle pancakes. Let the pan teach you: notice how summer's high humidity affects stir-fry textures, or how winter root vegetables need extra steaming before frying. This isn't just cooking—it's a **lifelong conversation** between you, your ingredients, and the seasoned steel that brings them together. However, the seasons change, your wok remains the constant, ready to turn whatever the market offers into something delicious.

Cooking for One, a Family, or a Crowd

Cooking for one becomes a joyful ritual with your wok—no more sad leftovers or compromised flavors. That single chicken thigh transforms into **crispy-skinned perfection** when pressed against the wok's hot curve, while a handful of leftover veggies sizzle into a satisfying **egg-fried rice bowl**. The key? Miniaturizing techniques: use a quarter-recipe of General Tso's sauce for your tofu, or repurpose last night's takeout rice into a **single-serving kimchi fried rice** with a perfectly runny fried egg on top. Your wok's quick-cooking nature means you can craft restaurant-quality meals in minutes, tailored exactly to your cravings—no waste, no fuss, just deliciousness scaled perfectly for you.

Family Feast Fundamentals

When cooking for a hungry household, the wok's wide surface becomes your best ally. Master the art of **batch stir-frying** by cooking proteins first (like **Mongolian beef**), setting them aside, then quickly charring vegetables in the same pan—this prevents steaming and keeps textures vibrant. For busy weeknights, set up a **DIY noodle bar** with cooked lo mein, an array of toppings, and a simmering wok of sauce; let everyone customize their perfect bowl. The wok's magic lies in how it turns what could be stressful meal prep into an interactive experience—whether you're tossing **three pounds of pad Thai** or teaching kids to flip their first scallion pancakes.

Party-Wok Perfection

Entertaining crowds is where your wok truly shines. For potlucks, nothing beats a **giant seafood mee goreng** tossed tableside, its smoky aroma drawing guests to the kitchen. Set up a stir-fry station with prepped ingredients and let friends customize their combinations—the wok's fast cooking keeps the party flowing without you stuck at the stove. For elegant gatherings, serve **individual sizzling platters** of black pepper steak or honey walnut shrimp, using small cast iron pans set over heatproof trivets. The wok's versatility transforms any gathering into a culinary event, proving that great food—whether for one or twenty—should always be shared with joy and plenty of wok hei.

From solitary suppers to festive feasts, your wok remains the most adaptable partner in the kitchen. It celebrates intimate meals as much as communal feasts, proving that good cooking isn't about the number of servings—it's about the love and technique you bring to every dish. Now go forth and cook, whether you're crafting a midnight snack for one or a banquet for your favorite people. Your wok's ready for it all.

The Wok in Your Everyday Life

Your wok is the ultimate meal prep ally, turning Sunday cooking into a symphony of efficiency. In just one hour, you can blister **three batches of seasonal vegetables** (try zucchini, bell peppers, and broccoli tossed with garlic oil), sear **multiple proteins** (marinated chicken thighs, five-spice tofu, and shrimp), and cook a **mountain of jasmine rice**—all while maintaining perfect textures. The wok's high heat ensures nothing turns soggy, and its wide surface lets you cook larger quantities faster than any skillet. Store components separately, then mix and match throughout the week: toss pre-cooked beef with snap peas for a **2-minute black pepper stir-fry**, or combine tofu with your prepped sauce for **instant mapo tofu**. This isn't just meal prep—it's building blocks for spontaneous wok magic.

Healthy Eating Made Effortless

Forget bland steamed veggies and boring chicken breasts—the wok makes nutritious eating irresistibly delicious. A splash of **toasted sesame oil** and 90 seconds in a screaming-hot wok transforms simple cabbage into something crave-worthy, while **ginger-scallion salmon** cooks faster than it takes to preheat your oven. The secret? The wok's ability to create **maximum flavor with minimal fat**—its sloped sides require just 1–2 tablespoons of oil to coat ingredients evenly. Even better: the quick cooking preserves nutrients better than boiling, and the intense heat caramelizes natural sugars in vegetables, making them sweeter and more satisfying. Your journey to eating well just got exponentially more exciting.

The Zen of Fast Cooking

As your wok skills grow, so will your culinary intuition—that magical ability to **know** when the oil is perfectly shimmering, when the garlic is golden but not burnt, when the sauce needs just five more seconds to cling to noodles. What begins as careful recipe-following blossoms into **confident improvisation**: swapping bok choy for kale in your garlic stir-fry, or adding a spoonful of chili crisp to your **fried rice**. The wok teaches balance, too—you'll instinctively learn to counter sweet with acid, soft textures with crunch, heat with cooling elements. These aren't just cooking skills; they're life skills disguised as dinner.

A Lifetime of Wok Wisdom

Like a trusted friend, your wok will grow with you—its patina deepening with each **sizzling kung pao chicken**, its handle becoming an extension of your hand. The more you use it, the more it rewards you: that perfect **caramelized crust** on meats, the elusive wok hei on noodles, the ability to turn random fridge finds into something spectacular. This isn't just another kitchen tool—it's your passport to **faster, fresher, more joyful cooking** every single day. Whether you're a college student making midnight ramen upgrades or a parent getting dinner on the table in 15 minutes flat, the wok meets you where you are and makes every meal an adventure. Here's to the countless delicious moments ahead—your wok's ready when you are.

A Final Word of Thanks

As you close this book, know that your wok adventures are just beginning. Each scratch in its seasoned surface will tell a story, each smoky stir-fry will sharpen your instincts, and every shared meal will deepen your love for this craft. We're so grateful to be part of your journey. Now go forth—your kitchen awaits, your wok is seasoned, and the next delicious chapter is yours to write. Happy cooking!