

Global Fusion Americana

E-Series

DELICIOUS CHINESE NEW YEAR RECIPES

**TO BRING YOU GOOD LUCK,
HEALTH AND PROSPERITY**



Gong Xi Fa Cai !

By: Keith Thomas Murphy AKA: **Chef Murph**

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Global Fusion Americana



Is the melting pot of cultures and food from around the world. Having traveled the world as a young man living in Asia for 3 years, Germany for 4 years, Middle East for 3 years and Central and South America on and off.

I believe food brings people and culture to the table to talk. Where problems can be solved. Change someone's mind with food and culture and not by bullets. Finding that people have a lot in common, by building relationships..

Our planet is getting smaller with larger amounts of people . We can not all just get along for that's is but a dream..... some one always wants to be on top. To just coexist is not good enough either

It is ***RESPECT***

Good food , makes for better decisions.

R. J. Murphy

Chef Murph

BIO

I was born, not hatched in Camden, New Jersey on 1 May 1963. I grew up in a 1 square mile town in Southern New Jersey. At five years old by parents divorced. My mother quickly remarried to an abusive man and we spent time in and out of shelters and friends' homes. One of the close family friends convinced my parents to send me to a rural boarding school. At that school, in addition to attending classes we worked the farm that was on the grounds. Due to financial problems, my father had to take me out of boarding school, and I lived with him and his girlfriend. I became extremely rebellious and had many difficulties in High School, I left school early and obtained a GED in order to join the military. While in the military, I spent a considerable amount of time living in Germany, Central America, Middle East and Korea, amazing experiences for a suburban boy. It also introduced me to a variety of cultures and foods. I returned to the United States where after a variety of new adventures I am currently enjoying the challenges of being a husband and father of two, while driving across the United States. I believe that each experience has given me something to learn and helped me move to the next experience.

**Philosophy**

We are all human, made up of red blood, eyes, ears etc. I believe the right food helps us think, learn and become strong. Food brings people and cultures to the table, humans can become friends and show love through preparation of food. Cooking and food helps people to realize they have a lot in common. Leadership in the kitchen observed by promoting trans-cultural meals, leads to actions meaning more than words. Violence can be and is curbed with understanding of others perspectives, all cooking involves the same basic ingredients. To coexist is not good enough, we need to build respect through relationships. Good food makes for better decisions. People Feed People



I have a diverse background. I am graduate of Escoffier International Culinary Academy in Hoffman Estates, Chicago IL, specializing in: Culinary, Pastry, World Spices and Salts, with diplomas in Gourmet Cooking, Herbology, and Restaurant Management through Penn Foster/CIA. I has completed certificate programs in Child Nutrition from Stanford University, Blue Chef Sustainability Certification from Blue Ocean Institute/Collaborating Chefs, Stoney Creek Long Island, Nordic Diet from University of Copenhagen, and Food Chemistry/Food for Thought from McGill University, Montreal Canada. Completed diploma programs in aquaponics and commercial farming including: RAS Engineering, from Cornell University, Aquaponics Short Course from University of the Virgin Islands, Aquaculture 101 from University of Hawaii and Aquaponics Farming with Tilapia, from Morningstar Fisherman. I is also a certified Wine Sommelier from Mediterranean Wine School, Malta EU. He has completed the New Jersey Food Safety Managers Certifications. Certificates in Global Supply Chain Intro, Design and Management from Tribhuvan University, Kathmandu, Nepal India In addition I have a BS in Business Management from Thomas A Edison State College, Trenton, NJ, AA General from University of Maryland, Heidelberg Germany and a graduate of the Federal Law Enforcement Academy, Glenco GA.

I am American Trucker one of a few American Longhaul truckers with over 20+ years driving including 3.2 million miles covering over 49 states 3 Providences of Canada, Europe and Asia. I has also served in the United States Army with a rank of E-6, Infantry: Special ops, light, air assault, airborne and nuclear PRP Program. In addition, I served 3 years as a federal law enforcement officer serving on the Terrorist Task, and Organized Crime Task Force and 3 years in the banking industry working as solicitor to becoming a bank licensee. Currently, I is on a quest for knowledge about anything pertaining to nutrition, health and food production to help his fellow man in need. I is attending studying Supply Chain Logistics at MIT. I is also writing a series of cookbooks about American Cuisine and what makes us great, the melting pot of food and culture.

“Our lives are about relationships and we learn from our experiences be them positive or negative.”



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Food Safety

Temp You're Food!!!

USDA Recommended Safe Minimum Internal Temperatures					
					
Beef, Veal, Lamb Steaks & Roasts 145 °F	Fish 145 °F	Pork 160 °F	Beef, Veal, Lamb Ground 160 °F	Egg Dishes 160 °F	Turkey, Chicken & Duck Whole, Pieces & Ground 165 °F

Ground Meat and Meat Mixtures	
Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F
Mechanically Tenderized Meat	
	155°F
Fresh Beef, Veal, Lamb	
Medium Rare	145°F
Medium	160°F
Well Done	170°F
Poultry	
Chicken and Turkey, whole	180°F
Poultry breasts, roast	170°F
Poultry thighs, wings	165°F
Duck and Goose	165°F
Stuffing (cooked alone or in bird)	165°F
Fresh Pork	
Roasts	160°F
Medium	160°F
Well Done	170°F
Ham	
Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F
Eggs and Egg Dishes	
Eggs	Cooked until yolk and white are firm
Egg dishes	160°F
Leftovers and Casseroles	
	165°F

Gong Xi Fa Cai !

Happy New Year in Mandarin

A hugely important time of year, the Chinese New Year, has many exciting customs and activities. All over the world there are parades and other events that celebrate and bring in the Chinese New Year. But it's more than just red paper lanterns and brightly colored parades doing the lion dance through the streets.

Traditionally, families plan a reunion dinner hosted in the most elderly member's home to send off the former year, and to welcome in the New Year. Like most cultures this means indulging and enjoying many different types of food. Incidentally, they also use this time of year to clean their house spotless with the idea of "out with the old" and "in with the new". The idea is that it helps to get rid of any bad luck from the past, and bring in good luck for the New Year. Why not bring some of these traditions home to your family?

If you want to participate in the traditions of the Chinese New Year, the recipes included in this cookbook will help you incorporate some of these customs. In the Chinese culture, each food is very symbolic and representative of letting go of the old, and bringing in the new. For example, foods like pomegranate and tangerines are given at the New Year to symbolize life and new beginnings.

This recipe book includes 10 delicious recipes. Try one or try them all and Gong Xi Fa Cai!

Let's Get Cooking

We hope you'll find some family favorites in this collection. Most of the ingredients listed can be found at an Asian supermarket, if not at your local grocery store.

May this New Year bring you good luck, health and prosperity!

Longevity Noodles with Chicken Meatballs



If you want something meaningful to make for the New Year celebration, or anyone's "New Year" such as their birthday, then you have to try these noodles. This soup is very delicious and satisfying. With the inclusion of meatballs and egg, it's earthy and filling. This is also a great dish to enjoy on a cold winter day; true comfort food.

The noodles are considered to be very special because of their length. They are usually created from one dough ball, and then folded and stretched until there are 1000 strands, which symbolizes luck for the New Year. The longer the noodle, the better. Hence, be sure not to cut the noodles. Also, in some families, this is served with an egg to signify fertility, or new beginnings.

In this recipe, we used the Japanese style Tomoshiraga noodles instead as they are basically the same but more easily found.



Makes: 4 servings

Ingredients

- 1 lb chicken or pork, cut into chunks
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 1/2 teaspoon corn starch
- 4 cups chicken broth
- 4-5 large dried Chinese mushrooms soaked until soft and sliced (portabella or shiitake mushrooms can be used)
- 2 tablespoons chicken bouillon (optional)
- 3 cups water
- 3 bundles of Tomoshiraga Somen (noodles)
- Chopped green onions for garnish
- 1 clove garlic, chopped
- 2 tablespoons oil
- 4 hard boiled eggs

Instructions:

In a small frying pan, heat oil and add chopped garlic. Cook on medium heat until garlic is golden. Set aside.

In a food processor, put meat chunks, white pepper, corn starch, and salt. Process until no large chunks are found. Set aside. (If you prefer, you can prepare this ahead of time).

In a large pot, bring chicken broth to a boil.

Add salt or chicken bouillon, if using.

Turn heat down to medium and add sliced Chinese mushrooms.

Using a small ice cream scoop or a teaspoon, spoon processed meat into the broth. They should create meatballs about 3/4 inch diameter. Gently boil until meatballs are cooked.

When ready to eat, in a smaller pot, bring water to a boil.

Add noodles to boiling water, cook till soft - about 2-3 minutes. Do not overcook or noodles will be too soft.

Drain noodles using a strainer and immediately dip noodles into cold water. You can also run it under cold water. Put the desired amount of noodles into a bowl (3 bundles should serve about 4 bowls). Ladle broth into the bowl with desired amount of meatballs and mushroom.

Add one hard boiled egg to each serving. Garnish with green onions and garlic oil combo. Serve immediately.

Pineapple Tarts



The pineapple jam is what makes this tart special. It's sweet and tangy and tastes like you're having a party in your mouth. Traditionally these tarts are enjoyed during the Chinese New Year. The reason pineapple is so symbolic is that the vowels you use to pronounce the Chinese word stand for prosperity. They're simple to make if you follow my method and are a real crowd pleaser.

Makes: About 12 tarts or 36 cookies

Ingredients for Pineapple Jam

- 1 can crushed pineapple
- 3/4 - 1 cup sugar
- 1 stick cinnamon
- 2-3 cloves

Ingredients for Pastry

- 1 to 1 1/2 cups flour
- 1/2 cup cold butter, cubed
- 2 - 4 tablespoons ice cold water
- 1/2 teaspoon salt
- A handful of cloves
- 1 beaten egg

Instructions for Pineapple Jam

Preheat oven to 375 F

Place entire contents of the can of pineapple, sugar, cinnamon, and cloves into a sauce pan. Cook over medium heat until mixture starts boiling.

Turn heat down to low and continue cooking, stirring regularly until the water dries out and jam thickens. It will have a sticky consistency, and brown, caramel color.

Let cool.

Instructions for Pastry and Assembly

Place 1 cup flour, butter, and salt in a mixing bowl.

Using a pastry cutter, blend into a coarse crumbly mixture.

Add 2 tablespoons ice cold water into the mixture, mix until it forms into dough. Add more water if mixture is too dry to form into dough. The dough should not be too dry nor sticky.

Divide the dough out into small 1 inch sized balls. Roll each out to about 1/8 of an inch.

In the center of the dough, place about 1 teaspoon pineapple jam.

Wrap the dough around the pineapple jam. Pinch away excess dough, if any.

Roll between your palms to form a shape of a pineapple. Place on a cookie sheet lined with parchment paper.

Using a pair of small, sharp scissors, snip the body of the dough to form a pattern like a pineapple has.

Push a clove into the top of the cookie to form the pineapple stem.

Brush egg over cookies.

Bake at 375F for about 10 - 15 minutes or until pastry is golden.

Clay Pot or Rice Cooker Chicken with Garlic Rice



On a cold winter's day, nothing is better than Roasted Chicken and the smell of garlic permeating throughout the house. In Chinese cultures, the whole chicken symbolizes prosperity, joy and family togetherness. But don't worry, it's not complicated. This recipe calls for boiling the chicken but our method is going to be roast chicken that is semi-home cooked, if you're running short of time, and super easy.

This is actually a very easy one-pot meal if you use a rice cooker. In this recipe, a rice cooker is used but we've also included clay pot instructions, if you're more adventurous. Traditionally, this dish is served with fried salted fish, but it's a great side dish or meal on its own.

Makes: 4 servings

Ingredients for Chicken:

- 2 Chinese sausage, sliced (optional)
- 2 lbs chicken, cut into chunks
- 1 tablespoon light soy sauce
- 1 tablespoon dark soy sauce
- 1/4 teaspoon white pepper
- 2 tablespoons rice wine
- 2 inch ginger peeled and cut into thin strips
- 1/2 teaspoon sesame oil
- 1 1/2 tablespoons oil

Ingredients for Rice:

- 4 cups of rice
- 4 cups chicken broth
- 1-2 tablespoons chicken stock powder (optional)
- 1 teaspoon dark soy sauce

Chopped green onions for garnishing

Rice Cooker Instructions:

In a bowl, add light soy sauce, dark soy sauce, white pepper, and rice wine to chicken. Mix well and let marinate for at least 1 hour in the refrigerator. For better results, prepare the night before.

If cooking in a rice cooker, wash rice, add chicken broth, dark soy sauce and chicken stock powder. Set aside.

Heat oil in a frying pan. Add marinated chicken, ginger and sesame oil. Do not cook all the way. Add to the rice.

Cover and start the rice cooker. When the rice cooker is done cooking, mix the rice and chicken evenly. Let the rice sit in the rice cooker on warm for about 10-15 minutes.

When ready to eat, serve and garnish with green onions.

Alternative Clay Pot Instructions:

Cooking in a clay pot is more tricky as you have to be much more careful. The biggest difference is, to first cook the rice in chicken broth in the clay pot, adding the uncooked chicken when the rice is half done. Serve when chicken is cooked. The rice may be a little burnt at the bottom but that's part of the smoky flavor of the dish in a clay pot.

Egg Tarts



If you have ever had egg custard and liked it, you have to try these Egg Tarts. The egg is a symbol of fertility and is often enjoyed during the New Year. These are sweet and buttery and will truly make your taste buds and your tummy happy. You can also make these ahead of time to have ready for later use.

Makes: 12 tarts

Ingredients for Pastry:

- 1 to 1 1/2 cups flour
- 1/2 cup cold butter, cubed
- 1/2 cup confectioner's sugar
- 2 tablespoons ice cold water
- 1 egg, beaten
- 1 teaspoon vanilla extract

Ingredients for Egg Filling:

- 3/4 cups water
- 1/3 cups sugar
- 5 eggs
- 1/2 cup evaporated milk
- 1 teaspoon vanilla extract

Instructions for Pastry:

Preheat oven to 375 F

Place 1 cup flour, butter, and confectioner's sugar in a mixing bowl.

Using a pastry cutter, blend butter, flour and sugar into a coarse crumbly mixture.

Add egg, vanilla extract, and ice cold water into the mixture, mix until it forms a dough. If the dough is too wet and sticks, add more flour in small tablespoon increments. If it is too dry, add ice cold water a tablespoon at a time. The dough should not be too dry nor sticky.

Roll out the dough to about 1/8 of an inch thick or a little thinner if you can do so without breaking it.

Use a round cookie cutter, cut out 12 rounds. Use a cutter with a fluted edge for prettier tarts.

Place the pastry rounds into a muffin or tart pan, gently pressing it in. For easier removal and better presentation, you can also line the pans with cupcake liners beforehand.

Set aside.

Instructions for Egg Filling and Assembly:

In a sauce pan, warm water, and add sugar. Stir over low heat until the sugar dissolves. Let cool to room temperature.

In a mixing bowl, beat the eggs lightly. Add evaporated milk and vanilla. Beat until well combined. Strain into the sauce pan with cooled syrup. Mix.

Strain the egg mixture into each tart shell, taking care not to over fill them.

Bake the tarts in the oven at 375F for about 15 - 20 minutes. Keep a watch on this so the pastry does not burn. When the filling rises, it's usually set and ready.

Chicken or Pork Stuffed Fried Won Ton



The process of wrapping the dumplings is as important as eating them. Need a filling snack that makes everyone happy? These deep fried dumplings offer an explosion of flavor that will keep a crowd happy. This is a great finger food that you can use as hors d'oeuvres or as part of a meal.

Makes: 6 servings

Ingredients:

- 1 lb minced chicken or pork
- 1 teaspoon salt
- 1/2 teaspoon sesame seed oil (optional)
- 2 teaspoon corn starch
- 1/4 teaspoon white pepper
- 1 package won ton wrappers
- A little bit of water
- Oil for frying

Instructions:

Mix meat, salt, sesame oil, corn starch and white pepper.

Lay out a won ton wrapper. Place about 1 teaspoon meat mixture in the center.

Brush a little water on the wrapper, around the meat to the edges. Bring all the sides of the wrapper up around the meat. Pinch together to seal. Alternatively, you can fold the wrapper diagonally to form triangles.

Continue wrapping until all meat is used.

In a deep frying pan, heat oil to 350 F.

Place won tons into hot oil. Fry till wrappers are golden.

Remove from oil, drain on plate or colander lined with paper towels.

Serve as is, with sweet chili sauce, or sriracha sauce if preferred.

Alternatives:

If you prefer more texture and variety in the meat, you can add finely chopped water chestnuts, carrots, and even mushrooms.

Chinese Pork Dumplings

Once you learn to wrap dumplings, which is a very delicate thing and difficult for most, you can create so many different fillings that will taste delicious and fill you and your guests with delight.

These dumplings have a delicate pork and cabbage filling with just enough ginger to excite your taste buds.

Makes: 18-20 dumplings

Ingredients:

- 3 cups chopped napa cabbage leaves
- kosher salt
- 1/2 teaspoon fresh grated ginger
- 2 green onions, roughly chopped
- 1/3 pound ground pork
- Pepper
- 1 tablespoon soy sauce
- 1/2 tablespoon rice vinegar
- 1 teaspoon sesame oil
- Dumpling wrappers
- 1/2 tablespoon cornstarch, mixed with 1/4 cup water



Instructions:

Place cabbage leaves in food processor until finely minced. Salt lightly with kosher salt and let sit 10 minutes. Squeeze out water.

Next place ginger, onions, pork, pepper, soy, rice vinegar, sesame oil in food processor and pulse until chopped and combined.

Mix together cabbage and pork filling.

Fill a large pot about half way with water. Bring to a boil.

Next spoon about 3/4 tablespoon of filling onto center of each dumpling wrapper. Gently fold over, so the wrapper form a half circle. Dip your fingers into the cornstarch and water mixture and run your finger along the open edge of the dumpling to seal.

Carefully add dumplings to boiling water and cook for about 6 minutes once the water starts to boil again. Remove dumplings with a slotted spoon. Serve hot with soy or hoisin sauce.

Chinese New Year Cake (Niangao)

In the southern part of the United States, eating black eyed peas and greens is how you improve your luck. Another way to improve your luck, according to the Chinese, is to enjoy these rice cakes. And no, these are nothing like the rice cakes you get off the shelves in the grocery store. These are delicate, full of flavor, and delicious. Plus, you get the symbolism of the roundness of the cake which represents togetherness, prosperity, and the sweetness, a “sweet life”.

This recipe is a slightly non-traditional as it has a crispy toasted coconut crust that is to die for. We've also reduced the sugar content on this very sweet dessert. It's very easy to prepare and includes just a few simple ingredients.

Please note, this recipe uses and requires glutinous rice flour that is also known as sweet rice flour. You can find it in many Asian grocery stores.

Makes: 1 – 9” x 13” dish

Ingredients:

- 2 tablespoons shredded coconut
- 4 eggs
- 3 cups glutinous rice flour
- 3 cups milk
- 1 1/2 cups sugar
- 1/4 teaspoon salt
- 3 tablespoons melted butter

Instructions:

Preheat oven to 350 F.

Spread shredded coconut on a baking sheet and bake for 5 minutes or until golden. Set aside

Grease a 9 x 13 baking dish. Set aside.

In a large bowl, combine eggs, glutinous rice flour, milk, sugar, salt and melted butter. Whisk until smooth. Pour into baking dish and place in oven. Bake for about 25 minutes and remove from oven. Sprinkle the top with the toasted coconut. Return to oven for about 25 more minutes, until the cake has set and the edges are browning. The cake will not be as firm as a traditional cake, so just make sure it has set on the top.



Cantonese Pork and Shrimp Spring Rolls

There are many forms of spring rolls that you can enjoy. The filling depends on the originating culture. These have cabbage, mushroom, carrots, shrimp, pork and more inside a spring roll wrapper and fried to golden perfection. In Chinese culture the shrimp symbolize happiness and good fortune.

Makes: 10-12 spring rolls

Meat and Mushroom Ingredients:

- 3 dried Chinese or shiitake mushrooms
- 1/8 pound ground pork (brown first)
- 6 small cooked shrimp, shells and tails removed

Marinade Ingredients:

- 1/2 tablespoon soy sauce
- 1/4 teaspoon sesame oil
- 1/2 tablespoon sake
- 1 teaspoon cornstarch

Veggie Filling Ingredients:

- Vegetable oil for frying
- 1/2 teaspoon minced garlic
- 1/2 teaspoon minced ginger
- 1/2 carrot, shredded
- 1/4 finely chopped bell pepper (we used yellow)
- 1/2 cup shredded napa cabbage
- 2 finely chopped green onions
- 1/2 cup chopped bean sprouts

Other Ingredients:

- Spring roll wrappers
- Vegetable oil for frying
- 1/2 tablespoon cornstarch, mixed with 1/4 cup water

Instructions:

Soak the dried mushrooms in water for 30 minutes.



Brown the pork in a skillet. Set aside. When cool enough, chop into finer pieces.

Chop shrimp finely.

Combine all the marinade ingredients in a bowl. Add the pork and shrimp. Let marinate for 15 or so minutes, while you prepare the remaining ingredients.

Squeeze water out of mushrooms and chop finely.

Preheat vegetable oil in deep fryer to 350 F.

Heat wok or skillet over medium heat and add ½ tablespoon vegetable oil. Sauté mushrooms for 1 minute. Then add the garlic, ginger, carrots, cabbage and pepper and sauté for 1 minute more. Finally, add the green onions and bean sprouts and sauté until softened.

Mix vegetable and meat mixture together. Spoon 2 tablespoons of the mixture near the bottom of the wrapper placed on an angle. Fold the bottom up part way. Fold the sides in and roll up until closed. Dip your finger in the cornstarch and water mixture and use your finger to seal the roll. **(See diagram below for more detail)**



Gently place the spring rolls into the hot oil. Do not let the rolls overlap, so you may have to cook in batches. Fry for about 3-4 minutes or until crispy and golden. Remove with tongs or a slotted spoon and let cool on paper towel. Serve with plum sauce.

Buddha's Delight (Jai)

Normally served on the first day of the Chinese New Year, and thought to ensure good luck all year long, this vegan stew can be quite complex with a variety of exotic ingredients, but we've simplified the recipe for easier cooking and to make it more palatable to Western tastes.

These ingredients can be found at almost any Asian grocery store. This is definitely a comforting and delicious recipe filled with vegetables.

Makes: 6-8 servings

Ingredients:

- 20 dried Chinese or shiitake mushrooms
- 8 fried tofu squares
- 2 tablespoon vegetable oil
- 1/2 teaspoon minced ginger
- 4 thinly sliced carrots
- 1 – 10 oz can of baby corn, cobs cut in half
- 1/2 napa cabbage, cut in 1 inch pieces
- 6 baby bok choy, cut into 2 inch pieces
- 1/2 package snow peas (approx. 4 oz), peas cut in half
- 1 can braised gluten tidbits, drained
- 6 oz bamboo shoots (approx 1/4 can), drained
- 3 cups vegetable stock
- Steamed rice or noodle for serving

Instructions:

Soak mushrooms for 30 minutes. When done soaking, squeeze out water and slice.

In a medium pot, bring 2 cups of water to a boil, remove from stove and add the tofu. Let sit for 15 minutes. Remove and place tofu on a plate. When it's cool enough, squeeze out the water and slice each tofu square into 3 pieces.

Heat wok or skillet over medium heat and add 2 tablespoon vegetable oil. Sauté mushrooms ginger and carrots for about 2 minutes. Add baby corn, cabbage, bok choy and snow peas and sauté for another minute. Add bamboo shoots, tofu and gluten tidbits and stir. Pour in 3 cups vegetable stock and soy sauce, bring to a boil and simmer for about 20-30 minutes or until liquid has thickened.



Serve over rice or noodles.

Sweet and Sour White Whole Fish

You no longer have to seek out an Asian restaurant to have this traditional crispy, pan fried fish. The sweet and sour flavor represents love and passion combined while the word for fish, “yu” in china has the same sound of the word “abundance and prosperity”. Not only is this dish said to bring good luck, the flavor will delight your guests and the presentation will too. The dish is sweet and savory and outstanding on so many fronts that you cannot miss out on making it and enjoying it.

You can use any type of whole white fish you'd like for this recipe. We are using a tilapia, but sea bass or cod are also recommended. Unless, you want to scale the fish yourself, try to find one that is labeled as “dressed.” That means it has been scaled, the insides have been removed and it's ready to cook.

Ingredients:

Sauce Ingredients:

- 1/4 cup water
- 2 tablespoons rice vinegar
- 2 tablespoons sugar
- 1 1/2 tablespoons ketchup
- 1/2 tablespoon soy sauce
- 1/4 teaspoon chili oil
- 1 tablespoon cornstarch, mixed with 2 tablespoons water

Fish Ingredients:

- 1 whole fish, dressed (tilapia, sea bass or rock code)
- 2 tablespoons rice vinegar
- Salt
- 2 beaten eggs
- Cornstarch
- Vegetable oil

Topping:

- 1/2 tsp ground ginger
- 1/4 inch carrot slivers
- 2 green onions, cut in 1 inch pieces



Instructions:

Combine all the sauce ingredients, except cornstarch mixture, in a small saucepan and set aside.

Make 3-4 cuts on each side of the fish, about an inch apart. Make sure to reach the bone. Rub the fish all over and into the cuts with rice vinegar and salt. Now, dip the fish into the beaten eggs and then rub with cornstarch to cover. Let stand for a few minutes.

In the meantime, heat a large frying pan with a few tablespoons of vegetable oil over medium-high heat. Make sure the pan is wide enough to fit your fish. Once it's heated, cook for about 6 minutes per side, ensuring it's cooked all the way through.

Chop up your vegetables while the fish cooks, if you haven't already. At this point, you should also heat the sauce mixture over medium heat. Once it comes to a boil, add the cornstarch mixture and stir until thickened. Remove from heat.

Remove the fish and set on a plate once it's done. Now fry the ginger, carrots and onion for about a minute or so, until tender. Top the fish with sauce and vegetables and serve.

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