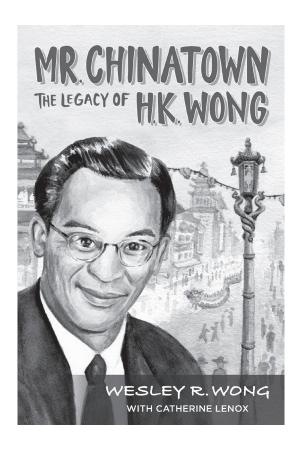
# RECIPES FROM THE





Pen, ink, and marker drawing of Chinatown by H.K. with the Empress of China and the China Trade Center building.

# This is an excerpt from the book



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# RECIPES FROM THE EMPRESS OF CHINA

he Empress of China was famous for its awardwinning and scrumptious dishes from many regions of China: Canton, Szechuan, Hunan, and Mongolia. Some of the Empress signature dishes were the Peking Duck, Flaming Baby Quail, Ginger Crab, Mongolian Lamb, Roasted

Duck Noodles, and Winter Melon Soup. Flaming of the baby quail at table side was discontinued in the late 1990s due to fire regulations prohibiting the use of open flames. The winter melon soup was served inside the carved whole winter melon itself. The ginger crab was my dad's favorite dish, and during Dungeness crab season he would invite his friends to the restaurant for a crab feast. Paper bibs were provided for guests, as the ginger crab was a messy affair. One of my favorite dishes was the smoked tea duck that was prepared by smoking it in tea leaves for a day beforehand.

Many of my dad's friends asked him for recipes for the dishes. The chefs were reluctant to share their recipes. After spending many hours in the kitchen observing and talking to the kitchen staff, the chefs slowly revealed their recipes. The recipes provided here are from the recipe booklet that my dad compiled for the 1972 California Exposition as a giveaway from the display booth showcasing the Empress of China table setting, "Empress Recipes of Chinese Dishes."

The Master Chef of the Empress of China had several hundred rare recipes in his repertoire. He shared his expertise on some of the dishes served at the Empress and added a few other popular requested recipes. There are two hundred ways of cooking a chicken, so just persevere and in time you will be delighted at your own skill and talent for the time-honored art of Chinese cookery.



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HAPPY COOKING DAYS THE EMPRESS OF CHINA!



- 1-3 Lb. Whole Chicken
- 4 Tablespoons of best grade Chinese soy sauce
- 4 Tablespoons of oyster sauce
- 1 Tablespoon of sugar
- 1 Tablespoon of sesame oil
- 1 Tablespoon of honey
- 4 green onions
- 1 bunch of Chinese parsley
- 1/4 Lb. of chopped, roasted almonds
- 1/4 Lb. of Chinese fun see (Chinese vermicelli)

One small crisp lettuce

Clean chicken. Then hang to dry. Deep fry until well browned. Bone and cut into shreds. Mix soy sauce, oyster sauce, honey into bowl. (Do not put in the refrigerator.) Cut onions to 2" long shred. Cut lettuce into shreds. (All of this should be prepared before cooking chicken.) Mix shredded chicken with sauce first. Then add in the onions, Chinese parsley, chopped almonds, fried fun see, and the lettuce. Toss well and serve warm.



1-3 Lbs. of whole chicken Brush chicken with Chestnut flour Deep fry chicken for ½ an hour When chicken is thoroughly cooked, remove from the pan and let it cool Shred whole chicken and place in a large bowl

# Mix together:

4 Tablespoons sesame oil

1/2 cup plum sauce

4 Tablespoons light soy sauce

1 teaspoon sugar

1/3 cup shredded ginger (either red or white)

Sliced Chinese pickled onions

Shredded green onions and Chinese parsley

Toss with shredded chicken

Add one head of shredded lettuce

Sprinkle with slightly browned sesame seeds

Serve cold. (Serves 6)



1/4 Lb. bamboo shoots, shredded (comes in cans, already shredded, in Chinese grocery stores)

1/4 Lb. dried black Chinese mushrooms (soak in cold water, drain, then wash and dry)

- 3 stalks of celery, cut in 1-inch thin strips
- 1 medium onion, finely chopped
- 1/4 Lb. cooked prawns, cut into small pieces
- 1 Lb. fresh bean spouts
- 1 teaspoon salt
- 2 Tablespoons sugar
- 1/4 cup best grade Chinese soy sauce
- 1 egg, beaten
- 1/4 cup vegetable oil
- 8 egg roll skins (obtained in Chinese grocery store)

Heat vegetable oil in skillet. Sauté all ingredients except egg until half cooked. Drain thoroughly. Place filling on skins and roll each up. Dip in beaten egg and fry in deep fat until golden brown. Cut each egg roll into four pieces. Each egg roll will be 5 inches long and one inch in diameter. Makes 8 rolls.



1/4 Lb. sirloin beef steak, cut into shoestring strips3 stalks celery, coarsely chopped

1 large white onion, thinly sliced

1 small can button mushrooms, thinly sliced

1/2 can small water chestnuts, coarsely chopped

1/2 Lb. snow peas, cut each piece once diagonally (for substitute, French-cut string beans)

1 Tablespoon cornstarch

5 Tablespoons best grade Chinese soy sauce

1/2 Tablespoon sugar

½ cup water

Brown the beef with several Tablespoons of vegetable oil and ¼ Tablespoon salt in a hot skillet. Add onions, celery, mushrooms, snow peas, and water chestnuts and stir slowly for a few minutes over a hot fire. Then cover the pan, turn down the fire and simmer for about three minutes. Just before serving, stir in a thickening made up of the cornstarch, sugar, soy sauce and water. Serve immediately with fluffy steamed rice.



- 2 Lbs. boneless leg of lamb
- 6 Tablespoons of white wine
- 5 Tablespoons of light Chinese soy sauce
- 1/4 Tablespoon of sugar
- 1 teaspoon of cornstarch
- 6 Tablespoons of vegetable oil

Chinese parsley, green onion and Chinese firm cut pressed ginger

Trim all fat off the lamb. Cut lamb into 1 square inch pieces. Flatten meat with cleaver or slice thin. Marinate with 6 Tablespoons of white wine. Mix Chinese light soy sauce, sugar, and cornstarch. Marinate for ½ an hour or more. Sauté in hot pan with vegetable oil. Stir quickly until lamb is cooked. Garnish with Chinese parsley, green onion and Chinese fine cut preserved ginger and serve. (Serves 4)





- Cut ½ Lb. lean tenderloin pork into 1-inch cubes
   Add 1 small can button mushrooms, which have
   been cut in halves (or ½ Lb. fresh mushrooms)
   Bamboo shoots, finely sliced
   1 small can water chestnuts, sliced
   Celery, cut into ½ inch pieces
- 2. Sauté pork in hot pan with oil, until pork turns brown. Cover and cook pork with all the above ingredients.

Add: 2 Tablespoons soy sauce

1 teaspoon sugar

Cook about 25 minutes. Mix 2 teaspoons cornstarch in ¼ cup cold water. Slowly add cornstarch mixture, stirring until it thickens – and then serve.

(Serves 2 to 3)





One whole young duck thoroughly cleaned. Rub salt around inside of duck, then hang until dried. Wipe Chinese light soy sauce (or if you wish, Worchester sauce) on duck. Place duck in oven and roast for two hours. Baste duck with warm water once-in-a-while.

Squeeze juice from four medium sized lemons. Take out pulp and seeds and cut each lemon peel into six pieces. Put lemon peel in lemon juice with one cup sugar and ½ cup white vinegar and place on low heat to simmer until peel becomes tender.

Pour lemon juice and peel over roasted duck and place in oven for 40 to 45 minutes. Remove pan with duck from oven, drain quickly, then cut duck into bite size pieces, pour gravy back on top of duck and serve. (Serves 4)



### (DOONG GWA-JOONG)

One winter melon, 8 to 8 ½ inches in diameter, 10 to 12 inches tall (Order from Chinatown produce dealers or groceries). Melon must be first washed and the white powder on the skin scrubbed off and cleaned. Then cut the top section off, three inches from the top. This will serve as a lid. Scoop out seeds and pulp, scrape inside surface clean and again wash in cold water.

1/3 cup diced tender bamboo shoots (canned)
1/3 cup small whole young button mushrooms
1/3 cup dried lotus seeds
10 oz. diced fresh white chicken meat

Optional, add: 1/3 cup dried black mushrooms 1/3 cup gingko nuts 1/2 cup dried smoked ham

(Continue)

Place the entire winter melon upright into a large 4" to 6" deep dish to support the whole melon while cooking and serving. This must be heat proof. Into this prepared whole melon, place the above mixture and pour in Chinese chicken stock to 3/4 height of the melon. Cover with the melon lid. Then place the dish-supported whole melon on a large wide-diameter tall utensil with 3 to 4 inches of hot water to generate steam while cooking. Place a small rack or pair of wooden chopsticks between the cooking dish and bottom of utensil for protection of the dish. Cover utensil, steam melon 3-4 hours until translucent and tender but still firm. (length of time depending on size and age of the melon). Add hot or boiling water to the pot after the first hour for a continuous steaming action. During the last ten minutes, put in <sup>3</sup>/<sub>4</sub> cup of parboiled green peas, salt to taste, and add more hot chicken stock to fill the melon up to the original 3/4 level mark. Keep in utensil until ready to serve. Then carefully remove the steaming hot, whole melon with its supporting dish and place on table. To serve, ladle soup into individual bowls with some of the ingredients and bits of the melon meat. Delicious! (Serves 6 to 8)



1/2 cup oyster sauce

½ cup red bean curd

- 1 Tablespoon best grade Chinese soy sauce
- 2 teaspoons salt
- 1/2 cup cornstarch
- 1/2 teaspoon sugar
- 1/2 cup Keoling or Shew-hing wine (or cooking wine)
- A few drops of Sesame oil
- 1 cup water
- 4 Tablespoons vegetable oil

Combine above ingredients and set aside for use when cooking.

- 2 oz. bamboo shoots (sliced)
- ${f 2}$  oz. water chestnuts (chopped)
- 1 oz. vermicelli (soaked)
- 1 oz. black mushrooms (chopped)
- 1 oz. whole straw mushrooms (chopped)
- 1 oz. whole small button mushrooms

(Continue)

1/2 cup gingko nuts (shelled)

4 oz. Chinese cabbages (cut in 2-inch sections)

2 oz. dried oysters (pre-cooked 4 hours in warm water and drained)

2 oz. dried bean curd skin (pre-cooked)

2 oz. hair seaweed vegetable (pre-soaked)

4 oz. lily flowers (soaked)

4 oz. chestnuts (chopped)

In Chinese wok or a large skillet, bring oil to a boil in intense, high heat. Put in Chinese cabbage and stir-fry for one minute. Drain oil from cabbage and set aside ready for use. Add 2 ½ Tablespoons of oil into the same wok or skillet and bring to the same high heat. Put in the ingredients – bamboo shoots, mushrooms, dried oysters, bean curd, etc. and stir fry for 8-10 minutes. Salt to taste and pour in the combined mixture of (as in the first paragraph) oyster sauce, soy sauce, cornstarch, wine, etc. Quick stir fry for four to five minutes until moist-dry and it is ready for serving. Best when served hot with steaming "wok hay" or pan flavor. (Serves 10)

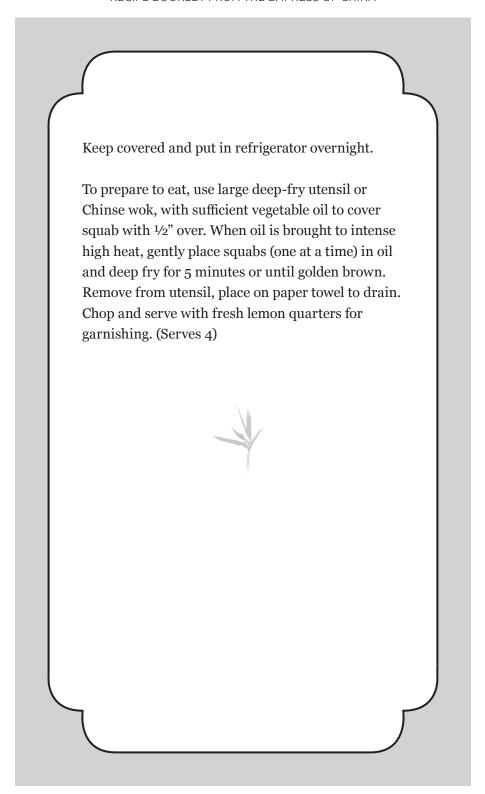




- 2-1 to 11/4 Lb. young dressed squabs
- 3 thin slices fresh ginger root
- 1 teaspoon cinnamon
- 1 small piece dried tangerine peel (soak in water, wash, and use in softened condition)
- 11/2 teaspoon salt
- 2 cloves star anise
- 1 fresh garlic clove
- a sprinkling of Five Fragrant spices

Mince ingredients very finely and mix thoroughly. Lightly rub and spread mixture over squabs and piece a scallion stalk over each bird. Steam cook for 45 minutes, rinse off under cold running water. Carefully dry squabs with absorbent paper towel, brush lightly outside of squabs with best grade Chinese soy sauce. Roll whole squab in cornstarch until evenly coated. Steam cook squabs in pot for 10 minutes. Remove from pot and let cool.

(Continue)





One 3½ Lb. whole chicken which has been boned. Pan fry chicken in fryer pan until brown. Add water to cover chicken, place cover on pan and cook for 45 minutes or until tender. When chicken is thoroughly cooked, cut into 1" cubes. Place chicken on warm plate.

Use broth from chicken, add 1/3 cup oyster sauce, 1/3 cup Chinese light soy sauce, 2 teaspoons sugar, but no salt. Cook to boiling point and stir in pre-mixed thickening of 2 Tablespoons cornstarch with ½ cup water. Stir while cooking for one minute, pour over chicken and ready to serve. Garnish with parsley and finely cut green onions. (Serves 4 to 6)





# FROM KWANGTUNG PROVINCE, HOME OF LICHEE FRUIT

Cut one fresh pineapple into halves with leaves on and remove the inside fruit from shell. Place shell on plate for use in serving. Dice pineapple into oneinch cubes. Leave aside.

Bone 1½ to 2 Lbs. chicken, then cut into one-inch square cubes. Dip chicken into chestnut flour, deep fry in very hot oil until brown and well-cooked, about 5 minutes.

Have prepared sweet and sour sauce ready.

Pour one cup sweet and sour sauce into fry pan with chicken and pineapple (and if pineapple and lichee), ½ cup lichee fruit and bring to boiling point. Boil one minute and stir in pre-mixed thickening of 2 Tablespoons cornstarch in ¼ cup water. Cook one more minute and ready to serve. (Serves 4)



One 2½ Lb. young chicken thoroughly cleaned. Bone chicken and cut into 1-inch cubes.

### Mix:

- 4 Tablespoons Chinese soy sauce
- 2 Tablespoons Chinese white wine
- 1 small clove garlic, finely chopped
- 1 small fresh ginger, finely chopped
- 1 stalk fresh green onion, finely chopped

Marinate the chicken in above mix for two hours.

One Lb. fresh prawns, shelled, cleaned, and deveined, cut back, and boiled in water for three minutes. Drain. Sauté chicken and prawns in hot pan of oil. Salt and pepper to taste. Cover pan and cook about 25 minutes. At the end of this period, stir in thickening of pre-mixed 2 Tablespoons cornstarch with ½ cup water. Cook 30 seconds and remove from fire and serve. (Serves 5 to 6)



Soak 1/4 Lb. Chinese black mushrooms for 11/2 hour. Wash thoroughly, change water repeatedly until mushrooms are cleaned. Place in covered saucepan and simmer for 45 minutes. Do not add salt. Then remove cover and cook for 30 minutes in low heat. Drain water, place mushrooms on serving plate. (If large mushrooms, slice into small pieces)

## Add:

1 Tablespoon sugar 1/4 cup oyster sauce 1/4 cup light soy sauce

Sprinkle one Tablespoon of cornstarch into mushrooms together into wok or large frying pan. Stir fry mushrooms and asparagus together 10 to 15 minutes. Stir in pre-mixed thickening of cornstarch and water, cook one minute and it is ready to serve. (Serves 4)



Shrimp paste: 1 Lb. shelled and cleaned prawns, mash into paste (use Osterizer), then place in bowl.

Add 1 teaspoon white wine, some white pepper, ½ teaspoon salt and egg white
Whip prawn paste until smooth.
Do not add water.

Cut and dice 10 slices white bread into ½" squares. Roll 1 Tablespoon shrimp paste into a ball and cover same with the squares of bread. Heat vegetable oil to boiling in deep fry pot. Place shrimp ball in and deep fry for 20 minutes or until shrimp balls turn golden brown. Watch carefully so shrimp balls do not burn. Serve. One Lb. of prawns makes 10 balls. (Serves 10)



# SWEET AND SOUR SAUCE - THE EVER POPULAR ONE

- 1 cup white vinegar
- 1 cup pineapple juice
- 1 Tablespoon salt
- 1 teaspoon red food coloring
- 1 fresh lemon (squeeze the juice and put the whole lemon in together; after cooking, take the lemon peel out)
- 1 cup orange juice
- 1 cup tomato catsup
- 1 cup sugar

Cook the above ingredients together until boiling point. When it is cooked, put it aside until it gets very cold before putting in the refrigerator. It is ready for use at any time. Do not keep it for more than two weeks. Use the same sauce for sweet and sour pork, prawns, and chicken.





1 Lb. prawns, cleaned and shelled ½ cup flour ½ teaspoon salt

Slice the back on the prawns three quarter of the way through. Mix with flour and salt. Deep fry in 350 degree until prawns are golden brown. Place in saucepan and toss cook with one cup Sweet and Sour Sauce. Stir in thickening, pre-mixed of 1 Tablespoon cornstarch and ¼ cup of water. Cook 30 seconds and it is ready to serve. (Serves 3)





One Lb. lean pork, cut into 1-inch cubes

- 4 Tablespoons flour
- 2 Tablespoons cracker meal
- 1 egg
- 1 teaspoon salt

Mix the above ingredients together with the pork, then deep fry the pork in slow heat until it is thoroughly cooked. Put the pork into a saucepan and toss cook with 1 cup of Sweet and Sour Sauce. Stir in thickening, pre-mixed of 1 Tablespoon of cornstarch and ½ cup of cold water. Cook 30 seconds. Then it is ready to serve. (Serves 4)





5 Lb. whole fresh fish (Rock cod or Sea Bass)

1 cup of pineapple

1 egg

1/2 pint of light wine or wine vinegar (wine vinegar preferred)

1/4 pint of tomato catsup

1 pint of fresh orange juice

1/2 pint of sugar

1 teaspoon salt

1 Tablespoon cornstarch

½ cup cold water

Clean and scale the fish. Beat one egg and rub over the whole fish. Sprinkle water chestnut flour on it. Deep fry the fish until it is well-browned. Put on plate and garnish with sliced canned pineapple. Mix sugar, tomato catsup, wine vinegar, fresh orange juice, salt, put the mixed sauce in hot pan, cook until it is boiled. Thicken the sauce with pre-mixed cornstarch and water. Pour sauce over the whole fish and serve immediately. (Serves 4 to 6)



### (WESLEY'S FAVORITE TREAT AS A CHILD)

2 medium sized crisp apples

1 egg

1/2 cup flour

1½ cups sugar

Peel and core apples. Cut each into 10 or 12 sections. Beat egg, combine with flour and water to make a smooth batter. Dip sections of apple in batter to coat, dust very lightly with flour.

In cooking utensil, bring oil to high intense heat and drop in coated apples and deep-fry until light golden brown. Drain on paper towels.

Moisten sugar with sufficient oil and heat over low flame. Stirring slowly constantly until sugar dissolves and becomes syrupy. Quickly pour over apple sections, completely cover all parts of each section.

(Continue)

It is important to work quickly at this point. Transfer apples, already coated, to serving dish and allow a moment to cool slightly. Serve accompanied by a large bowl of water with ice cubes floating in it. To eat, pick up each apple section with fork or chopsticks and immerse in the ice water to crystallize the syrupy coating. Eat immediately. (Serves 6)



The Empress of China featured the distinctive cuisine of all of China. Each dish contained a deft mingling of complementary flavors and textures, cooked to perfection, and represented the delicacies of many regions. Every selection on the menu had its own fragrance and appeal and was a treasured dish of past dynasties. It would give H.K. great pleasure to know that readers will be making a few of them in their own kitchens.





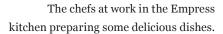
A partial view of the Empress of China dinner menu, circa 1973.





The Empress kitchen on the opening day August 15, 1966, with 131 feet of Chinese ranges and 38"-diameter woks.









A typical table setting with banquet-style dishes, including winter melon soup, Peking duck, and crispy-skin chicken.

