



CookingWithKeith

20 MINUTE TAKEAWAY HACKS

Faster Than You Can Get It Delivered!

CHINESE

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20 Minute Takeaway Hacks

Chinese Edition

By

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Contents

About the Author	5
About this book	6
Suggested equipment	7
Store cupboard staples	8
Chicken Chow Mein	10
Chinese Chicken Curry	12
Chicken in Peking Sauce	14
Szechuan Chicken	16
Beef in OK sauce	18
Crispy Ham & Fried Rice	20
Dragon Chicken	22
Sweet Chilli Chicken	24
Chicken Larb	26
Kung Po Beef	28
Garlic Teriyaki Salmon	30
Chicken & Mushroom Oyster Sauce	32
Garlic & Wasabi Chicken	34
Chicken Ramen Noodles	36
Cantonese Beef	38
Singapore Fried Rice	40
Chicken in Hot Garlic Sauce	42
Pineapple Chilli Chicken	44
Prawn & Mushroom Miso Noodles	46
General Tso's Chicken	48

About the Author

The author of this cookbook, Keith Reilly, has been cooking at home and in commercial kitchens for over 50 years!

Keith was always expected to become a chef when he left school, but actually became a sausage maker, then a butcher, eventually becoming an electronics engineer, and is now a full-time chef in the flagship restaurant in a well-known holiday parc in Ireland

Over his 50+ years of cooking, Keith has developed his own style and recipes, and this book contains 20 of the easiest and quickest Chinese takeaway dishes from his extensive list of recipes

About this book

Never wait for that takeaway again!

Seriously, who wants to wait 45 minutes to an hour for their food to arrive?
You're hungry now!

This book – “20 Minute Takeaway Hacks - Chinese Edition”
Will take you by the hand, figuratively speaking of course, and show you how
to cook 20 of the most popular Chinese dishes in takeaways all around the
world

Learn how quick and easy it is to cook meals like
Szechuan Chicken
Singapore Fried Rice
Kung Po Beef
and many more

IN LESS THAN 20 MINUTES!

You will never order a takeaway again 😊

Measurements

In this book I use some measurements that 'may' not be immediately
obvious, as different countries use different terms

“tsp” = ‘teaspoon’

“tbsp” = ‘tablespoon’

Also, where weights are given, I have used metric and imperial
measurements. They are not direct conversions, just to the nearest ounce

Suggested Equipment

There are a few pots, pans and kitchen utensils that you will find very useful to have, when starting to cook Chinese cuisine

They are not “essential”, but are recommended

If you don't have any of these, don't let it put you off, just use an alternative

Wok!

The first and perhaps the one that most people imagine when they think about Chinese cooking

If you don't have one, it's not the end of the world, just use a high-sided sauté pan, or the deepest frying pan/skillet you have

Large, heavy-based frying pan/skillet

While a lot of dishes are cooked only in the wok, it can be handy to be preparing other parts of the dish in another pan

Small/medium/large saucepans

Something in which you can cook your rice or noodles

Sharp Santoku/Chef's knife

Every kitchen should have at least one sharp knife

Chopping board

This protects your work surface when preparing the meat and/or vegetables

Silicone spatula(s)

Traditionally, wooden or bamboo 'wok shovels' are used, but silicone spatulas will bend and conform to the curved sides of the wok better

Colander/strainer/sieve

Essential when draining rice or noodles

Scoop strainer/spider

Basically a strainer on a long handle

Very handy when getting small pieces of fried fish/meat/vegetables out of hot oil

Store Cupboard Staples

When cooking Chinese food, you will find that there are a number of ingredients and sauces that crop up regularly, in lots of recipes. If you don't already have them in your cupboard, here is a suggested list of things I recommend keeping in your cupboard

Rice

Long grain rice, to be exact
Not basmati or pilau, just plain long grain rice

Noodles

There is no need to start getting fancy here, plain dried egg noodles are perfect for 99% of dishes

Light Soy Sauce

One of the first flavours people think of when it comes to Chinese food, it gives dishes that 'umami' flavor

Dark Soy Sauce

This is aged longer than light soy, and carries more flavor

Sesame Oil

Another of the distinctive flavours, the nutty taste is great when frying or in a dip, or a salad dressing

Chinese Five Spice

This tasty mix of cinnamon, star anise, fennel seeds, cloves and Sichuan peppers is a fantastic 'all-purpose' seasoning
Readily available in lots of shops, but nice to grind your own

Oyster Sauce

Made accidentally in the late 19th century, this has now become one of the most recognized Chinese sauces, because of the rich, deep oyster flavor

Sichuan Peppercorns

Actually a berry, rather than a peppercorn, these have a distinctive flavor, and make the mouth 'tingle'
When combined with chillies they are essential in Sichuanese dishes

Dried Mushrooms

When mushrooms have been dried, the flavor is intensified

Shiitake and porcini/seps are the two best to keep
Store in an airtight container and they will keep for months

White Rice Vinegar

Milder than European vinegars, it is almost sweet in comparison, and used in many, many dishes

Shaoxing Rice Wine

Although this contains alcohol, the alcohol burns off during the cooking process, leaving a somewhat floral, nutty flavor

Fish Sauce

Normally made from anchovies, this will add a salty, fishy flavour

Cornflour/Cornstarch

This should be in your cupboard anyway

Used in cuisines around the world for thickening sauces, stock, soups and stews

There are a few other items that should already be in your cupboards, as they are everyday essential ingredients, such as

Salt

Black pepper

White pepper

Chilli flakes

Garlic salt

Chicken Chow Mein



Equipment

Kettle with boiling water
Large mixing bowl
Heavy-based high-sided sauté pan/wok

Ingredients

2 medium boneless, skinless chicken breasts, thinly sliced
150g/6oz cooked medium egg noodles
2 cloves garlic, finely chopped
2 spring onions/scallions chopped in 1cm lengths
100g/4oz mixed veg cut into small strips
(carrots/bean sprouts/bell peppers/cabbage/water chestnut)
Sauce
4 tbsp oyster sauce
2 tbsp light soy sauce
2 tbsp sesame oil
2 tbsp shaoxing rice wine
1 tsp cornflour/cornstarch
1 tsp light brown sugar
pinch white pepper
150ml/5 fl oz water

Method

As always, be sure to preheat your pans

Add a dash of sesame oil to the preheated sauté pan/wok, then add in the chicken and cook for 2-3 minutes until just cooked

While the chicken is cooking, place the cornflour/cornstarch, soy sauce, oyster sauce, sesame oil & shaoxing rice wine in the mixing bowl and mix to a smooth liquid

Once the chicken is cooked, add the garlic and fry for a minute to release the flavour and aroma.

Add the mixed vegetables and fry for a further minute or two

Now add in the spring onion/scallion and fry for 1 minute

Next, add in the sauce mixture, stir through and bring to the boil
Reduce to a gentle simmer, adding water if the sauce gets too thick

Put the noodles in the pan and stir through until all of the noodles are covered in the sauce and warmed through

Serve in a bowl, garnished with a little sliced spring onion or sesame seeds

Chinese Chicken Curry



Equipment

Pre-boiled kettle of water
Small saucepan (16cm/6")
2 x Frying Pan/Skillet
Mixing bowl

Ingredients

250g/9oz chicken breast, thinly sliced
1 tbsp sesame oil
1 tbsp cooking oil
2 tsp cornflour/cornstarch mixed with 150ml/5 oz water
1 tsp light soy sauce
½ medium onion sliced into wedges
350ml/12 fl oz chicken stock
2 tsp curry powder
1 tsp turmeric
Salt & pepper to taste
140g/5oz long grain rice (dry weight)

Method

Preheat your pans and boil the kettle while getting ingredients ready

Place the chicken in the mixing bowl, add the soy sauce, sesame oil and half of the cornflour mixture, and stir until the chicken is completely covered with the mixture

Top up the small saucepan with water from the kettle
Bring to the boil, add the rice, and cook as per manufacturer's instructions

Add the chicken, without the marinade, to one of the frying pans and cook on a gentle heat for 6-7 minutes, turning frequently

Pour the cooking oil in the other frying pan, bring to a medium heat and add the onion

Cook the onion until slightly opaque, 3-4 minutes, then add in the curry powder and turmeric

Stir until everything is covered in the spices and cook for a further minute

Pour in around half of the chicken stock, stir in and bring to the boil

If the resulting sauce is too thick, add more stock, if too thin add some of the cornflour mixture until desired consistency is reached

Transfer the chicken to the same pan as the onions and sauce and stir in

Drain the rice and serve along with the curry

Chicken in Peking Sauce



Equipment

Pre-boiled kettle of water
2 x Mixing bowl
Tongs
Wok, or Sauté Pan
Saucepan for rice; medium (18cm)

Ingredients

Marinade:

1 tsp cornstarch
1 tbsp soy sauce
1 tbsp dry sherry or sake
 $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ tsp pepper

Sauce:

2 tsp cornstarch
1 tsp sugar
1 tbsp rice wine vinegar
2 tbsp hoisin sauce
1 tbsp soy sauce
60ml/ $\frac{1}{4}$ cup chicken broth/stock
1 red bell pepper, sliced

300g/10oz chicken breast, cut into 1" cubes
60g/2oz baby sweetcorn
60g/2oz mangetout/snow peas
2 cloves garlic, finely minced
2.5cm/1" peeled ginger, finely minced
2 tbsp sesame oil
130g/5oz (dry weight) long grain rice

Method

Preheat all pans

Cook the rice in the saucepan, according to the manufacturer's instructions

Whilst the rice is cooking, mix the marinade ingredients in one of the mixing bowls until a smooth texture is achieved. Add all of the chicken and mix until everything is coated.

*Note: If you have the time, the longer you can marinate the chicken, the better

In the other mixing bowl bring together the ingredients for the sauce, and whisk until smooth, with no lumps

Add the sesame oil to the pre-heated wok, or sauté pan, then add in the minced ginger and garlic, and fry gently for around 1 minute
Now add the chicken, without the marinade, and fry for 3-4 minutes, until just cooked, then remove and keep for later

Add the chopped vegetables to the pan and fry for 1 minute, then add the sauce and bring to the boil, stirring continuously. If the sauce gets too thick, add some water from the pre-boiled kettle, a little at a time until the right consistency is achieved

Now add the chicken back to the pan and stir through, to coat every piece in the sauce

By this time the rice should be cooked, so drain the rice and plate up in your favourite way, and garnish with a little chopped spring onion or sesame seeds

Szechuan Chicken & Rice



Equipment

Kettle with boiling water
Medium pan (16cm/6") for rice
Large mixing bowl
Heavy-based high-sided sauté pan

Ingredients

2 medium boneless, skinless chicken breasts, thinly sliced
1 tbsp sesame oil
3 tbsp light soy sauce
2 tbsp red wine vinegar
1 tbsp brown sugar
1 tsp Szechuan peppercorns, finely ground
3 cloves garlic, finely chopped
3 tbsp cornflour/cornstarch
2 spring onions/scallions, chopped 1cm/0.5"
50g/2oz baby sweetcorn
50g/2oz tender stem broccoli
50g/2oz julienne carrot
120g/4oz (dry weight) long grain rice
6-8 tbsp water
1 small chilli pepper, finely sliced, for garnish

Method

As always, be sure to pre-boil the kettle and preheat your pans

Fill the medium saucepan to 3/4 full with boiling water from the pre-boiled kettle, add the rice, and start cooking the rice for 10 minutes.

Place the cornflour/cornstarch in the mixing bowl, then add the chicken and mix, ensuring every piece of the chicken is coated

Add the sesame oil to the sauté pan and bring up to a medium heat Add the chicken and quickly stir around the pan, making sure to separate and coat each piece in oil.

Now add the garlic and Szechuan peppercorns and fry for around 2 minutes

When the chicken is cooked through, add in the red wine vinegar, soy sauce and brown sugar. Stir well and bring up to a gentle boil

Now add in the vegetables and stir through until they are covered in the sauce and reduce to a simmer

Use the water to top up the sauce as we wait for the rice to cook

Once the rice is cooked, plate up in your usual way, and garnish with thin slices of chilli

Beef in OK Sauce



Equipment

Mixing bowl
2 x Heavy-based high-sided sauté pan/wok

Ingredients

250g/9oz lean beef, thinly sliced
½ red bell pepper thinly sliced
½ green bell pepper thinly sliced
2 spring onions/scallions/green onions, chopped in 1cm/½" pieces
130g/4oz (dry weight) pre-cooked and cooled long grain rice
2 x 1 tbsp sesame oil
Sauce
3 tbsp brown sauce (HP, Daddies, etc.)
2 tbsp ketchup
2 tbsp light soy sauce
1 tbsp light brown sugar
1 tsp cornflour/cornstarch
½ tsp Chinese 5 spice
150ml/5 fl oz water

Method

As always, be sure preheat your pans

Add 1 tbsp sesame oil to one of the pans, bring up to nearly smoking, and add in the thinly sliced beef. Quickly stir through to get all of the beef covered in oil and cook for 2-3 minutes until browned

While the beef is cooking, place the cornflour/cornstarch, soy sauce, sugar, 5 spice, ketchup and brown sauce in the mixing bowl and mix to a smooth liquid

Put to one side until needed

Add the sliced peppers to the pan with the beef, and cook for a further minute

Now add in the chopped spring onions and cook for another minute

Add the sauce mixture to the pan and bring to the boil, stirring continuously. As it comes to the boil, the cornflour in the sauce will cause it to thicken. Reduce to a gentle simmer

Heat sesame oil in a wok, until just smoking.

Add rice and stir until all the rice is coated in oil and hot

Push rice to one side and add the beaten egg to the empty space.

Stir until just about cooked, then vigorously fold into rice

Once the rice is cooked, plate up in your usual way, and garnish with thin slices of spring onion/scallion

Crispy Ham with Vegetable Fried Rice



Equipment

Kettle with boiling water
Medium pan (6.5"/17cm) for rice
Heavy-based frying pan/skillet
Wok

Ingredients

130g/4oz (dry weight) long grain rice
200g/7oz mixed vegetables (red/green pepper; bean sprouts; carrots, etc.)
2 medium eggs, whisked
200g/7oz leftover ham, diced
2 tbsp light soy sauce
2tbsp sesame oil
2 x 2 tbsp cooking oil, plus a small dash
2 spring onions/scallions, finely sliced

Method

As always, be sure to preheat your pans

Fill the medium saucepan with boiling water from the pre-boiled kettle, add the rice, and start cooking the rice for 10 minutes

Add 2 tbsp of cooking oil to the frying pan/skillet
Then add the diced ham and fry gently until crisp
Remove from pan when done and keep warm

Add a tiny dash of cooking oil to the wok and then the two whisked eggs and cook until scrambled. Remove and keep warm

Now add 2 tbsp of cooking oil and then the mixed vegetables. Cook for 3-4 minutes until hot,
then add 3/4 of the spring onions/scallions and fry for a further minute.
Remove and keep hot

By this time, the rice should be cooked, so drain it thoroughly

Add the 2 tbsp of sesame oil to the wok and heat up
Add the drained rice and mix until all of the rice is covered in the sesame oil

Add the cooked eggs and vegetables back to the wok, along with the light soy sauce and stir through until everything is hot again

Then add in the crispy ham and stir through

Serve in bowls and garnish with the remaining spring onions/scallions

Dragon Chicken



Equipment

Kettle with boiling water
Medium pan for rice
Mixing bowl for marinade
Heavy-based high-sided sauté pan/wok
Deep fat fryer/chip pan (set to 150°C)

Ingredients

300g/10oz chicken, cubed, about ½ - 1"
130g/4.5oz, dry weight, long grain rice
1 tbsp cornflour/cornstarch
1 egg white
½ tsp ground black pepper
1 tbsp light soy sauce
½ tsp chilli powder

1 tbsp tomato sauce
1 tablespoon soy sauce
1 clove garlic, finely chopped
1" fresh ginger, finely grated
½ teaspoon crushed red chilli flakes
1 tbsp cooking oil
½ teaspoon sugar

Method

As always, preheat your pans

Fill the medium saucepan with boiling water from the pre-boiled kettle, add the rice, and start cooking the rice for 10 minutes

Place the egg white, pepper, chilli powder, cornflour, soy sauce and salt in the mixing bowl, and whisk to a smooth liquid.

Add in the chopped chicken and stir through until all of the chicken is coated

Now, very carefully, drain the chicken pieces and then add to the deep fat fryer/chip pan one at a time, and cook until golden brown. This should take 3-4 minutes. Once cooked, drain and set to one side

While the chicken and rice are cooking, add a tablespoon of oil to the sauté pan/wok, bring up to temperature, then add in the garlic, ginger and chilli flakes and cook for approx 1 minute

Add in the soy sauce, ketchup and sugar, stir and bring to the boil
Loosen with a little hot water from the kettle, if it seems a little thick

Once the mixture is boiling, remove from the heat and add in the chicken. Stir to thoroughly coat the chicken pieces

By now the rice should be cooked, so drain the rice

Serve the chicken arranged how you like on top of the rice, and garnish with toasted sesame seeds or some chopped spring onion

Sweet Chilli Chicken



Equipment

Mixing bowl for batter
Heavy-based high-sided sauté pan/wok
Deep fat fryer/chip pan (set to 170°C)

Ingredients

300g/10oz chicken, cubed, about ½ - 1"
130g/4.5oz, dry weight, long grain rice
3-4 baby sweetcorn, halved and cut lengthways
Batter
2 tbsp plain flour
½ tsp baking powder
1 tsp cornflour/cornstarch
1 egg white
1 tbsp vegetable oil
250ml/1 cup cold water
Pinch of salt
Sauce
1 tbsp lime juice
4 tbsp sweet chilli sauce
2 cloves garlic, finely chopped

Method

As always, preheat your pans

Fill the medium saucepan with boiling water from the pre-boiled kettle, add the rice, and start cooking the rice for 10 minutes

Place the egg white, flour, cornflour, baking powder, oil and salt in the mixing bowl, and whisk to a smooth liquid. You need the consistency of pancake batter, so add as much water as you need, a little at a time, to get it to that consistency

Add in the chopped chicken and stir through until all of the chicken is coated

Now, very carefully, drain the chicken pieces and then add to the deep fat fryer/chip pan one at a time, and cook until golden brown. This should take 3-4 minutes. Once cooked, drain and set to one side

While the chicken and rice are cooking, add a tablespoon of oil to the sauté pan/wok, bring up to temperature, then add in the garlic and cook for approx 1 minute

Add in the sweetcorn and stir through

Add in the sweet chilli sauce and lime juice and bring to the boil
Loosen with a little hot water from the kettle, if it seems a little thick

Once the mixture is boiling, remove from the heat and add in the chicken
Stir to thoroughly coat the chicken pieces

By now the rice should be cooked, so drain the rice

Serve the chicken arranged how you like on top of the rice, and garnish with toasted sesame seeds or some chopped spring onion

Chicken Larb



Equipment

Kettle with boiling water
Medium pan (6.5"/17cm) for rice
Wok
Small bowl for mixing ingredients

Ingredients

130g/4oz (dry weight) long grain rice
400g/14 oz minced chicken or turkey
1 tsp sambal oelek
1 tbsp sweet chilli sauce
1 tbsp fish sauce
1 tbsp lime juice
2 tbsp cooking oil
2 small red chilli peppers finely sliced
1 clove garlic finely chopped
1 tsp brown sugar
2 shallots finely diced
2 tbsp fresh mint, shredded
2 tbsp fresh coriander/cilantro, shredded
8 lettuce leaves, small and bowl shaped
a few lime wedges for serving

Method

As always, be sure to pre-boil the kettle and preheat your pans

Fill the medium saucepan to 3/4 full with boiling water from the pre-boiled kettle, add the rice, and start cooking the rice for 10 minutes

Add 2 tbsp of cooking oil to the wok and bring up to a medium heat
Add the chopped garlic and fry for 30 seconds, to release the flavour, and then gently add in the chicken/turkey mince and cook for 4-5 minutes until lightly browned

Break up the meat into tiny sections whilst cooking, as it will make it cook quicker and will be easier to serve

While the meat and rice are cooking, add the fish sauce, sambal oelek, lime juice, brown sugar and sweet chilli sauce to a small mixing bowl and combine thoroughly

The meat should be cooked by this time, so now add in the sliced chillies and fry for 30 seconds to release the flavour, then add in the shallots and fry for a further minute, just to soften them up slightly

Now we can add in the sauce mixture and stir through, making sure that all of the meat is coated in the mixture

Bring to the boil and add in the coriander/cilantro and the chopped mint. Stir through and then remove from the heat.

By now the rice should be cooked, so drain the rice and get ready to plate up

I like to arrange 3-4 of the lettuce bowls on the plate, partially fill with some of the rice, and top with the larb mixture, with a couple of lime wedges

Kung Po Beef



Equipment

Kettle with boiling water
Medium pan for rice
Mixing bowl for sauce
Heavy-based frying pan/skillet
Stick blender

Ingredients

400g/14oz lean beef, cut into thin strips
130g/5oz (dry weight) long grain rice
½ medium onion, finely chopped
½ red bell pepper, sliced
½ yellow bell pepper sliced
3 tbsp sesame oil (2 tbsp + 1 tbsp separate)
2 tbsp shaoxing rice wine
2 tbsp clear honey
2 tbsp light soy sauce
3 cloves garlic, finely chopped
15mm/¾ inch fresh ginger, grated
1 tbsp cornflour (cornstarch)
1 tbsp cold water
2 spring onions/scallions/green onions, finely sliced
2 oz roasted cashew nuts

Method

As always, preheat your pans

Fill the medium saucepan with boiling water from the pre-boiled kettle, add the rice, and start cooking the rice for 10 minutes

Add the 1 tbsp sesame oil to the preheated wok, then add in the beef, stir around and cook for 2-3 minutes until browned

Now add in the ginger and garlic and cook through for another minute or two

Next add in the onion and bell peppers into the wok and cook through for another minute

Then add in the cashew nuts

Now we can add in all of the liquid ingredients, so add in the soy sauce, sesame oil, Shaoxing rice wine and the honey and stir around until all of the ingredients are well mixed and the sauce is coating everything, then remove from the heat

Now we can add the cornflour to the water and whisk together until smooth

Quickly stir in the cornflour mix into the wok, return to the heat and stir quickly

As the sauce comes back to the boil, it will thicken

The rice should be ready by now, so drain the rice, and serve with the Kung Po Beef, sprinkled with a few slices of the spring onion to garnish

Garlic Teriyaki Salmon



Equipment

1 x Frying Pan/Skillet
1 x Wok

Ingredients

250g/9oz salmon fillets (2)
2 cloves garlic, finely chopped
2 tbsp sesame oil
2 tsp teriyaki sauce
1 tbsp hoisin sauce
1 tbsp sweet chilli sauce
1 egg, whisked
140g/5oz cooked long grain rice (dry weight)

Method

Preheat your pans

Add 1 tbsp sesame oil to the frying pan, bring to a medium heat, and place the salmon in the oil, 'pretty' side down

** 'Pretty' side is the side you want to be showing when serving

Pour the remaining sesame oil into the wok and bring to a high heat

Add the cooked rice, and stir until all of the rice is covered in the oil
Continue stirring until the rice is at a high heat

Turn the salmon over

Add the garlic to the same pan as the salmon and fry for around 1 minute, to release the aroma

Now add in the liquids - teriyaki sauce, hoisin sauce and sweet chilli sauce - and stir through until boiling

Spoon some of the sauce on top of the salmon

Push the rice to one side of the wok, then pour the whisked egg into the empty space

Stir the egg until almost cooked, then fold into the fried rice

Share the rice between two bowls, top with a serving of salmon, then pour over the sauce

Chicken and Mushroom with Oyster Sauce



Equipment

Kettle with boiling water
Medium pan (16cm/6") for rice
Large mixing bowl
Heavy-based high-sided sauté pan/wok

Ingredients

2 medium boneless, skinless chicken breasts, thinly sliced
100g/4oz mushrooms (whichever type you like/is in season)
Marinade
1 tbsp cornflour
1 tbsp rice wine vinegar
1 tbsp sesame oil
2 tbsp light soy sauce
1 tsp chilli oil
Main Sauce
3 tbsp oyster sauce
1 tbsp light soy sauce
1 clove garlic, finely chopped
1 tsp ginger, finely chopped
150ml/5 fl oz water

Method

As always, be sure to pre-boil the kettle and preheat your pans

Fill the medium saucepan to 3/4 full with boiling water from the pre-boiled kettle, add the rice, and start cooking the rice for 10 minutes

Place the cornflour/cornstarch, soy sauce, chilli oil, sesame oil & rice wine vinegar in the mixing bowl and mix to a smooth paste, then add the chicken and mix, ensuring every piece of the chicken is coated

Put to one side for 3-4 minutes

Add a splash of sesame oil to the sauté pan/wok and bring up to a medium heat

Add the chicken and quickly stir around the pan, making sure to separate and coat each piece in oil and fry for around 2 minutes, until cooked

Remove and keep to one side

Add another dash of oil to the pan, add in the garlic and ginger and cook for a minute

Pour in the oyster sauce and soy sauce and bring to the boil

Add the chicken back in, along with the spring onions, bring to a boil and reduce to a gentle simmer

If needed, use the water to top up the sauce as we wait for the rice to cook

Once the rice is cooked, plate up in your usual way, and garnish with thin slices of spring onion/scallion

Garlic & Wasabi Chicken



Equipment

Kettle of Boiling Water
Small saucepan for noodles
Small Mixing Bowl
Heavy-Based Frying Pan/Skillet

Ingredients

150g/5oz soba noodles
1 medium chicken breast, thinly sliced
1 tbsp cooking oil
1 tbsp wasabi
3 tbsp light soy sauce
1 clove garlic, crushed or finely chopped
2 spring onions/scallions, finely chopped

Method

As always, be sure to pre-heat your frying pan

Fill small saucepan with water from pre-boiled kettle and get the noodles on to boil, according to instructions

Add the oil to the frying pan/skillet and fry off the chicken until lightly browned, approximately 3-4 minutes

While the chicken is cooking, mix together the soy sauce, garlic and wasabi

Once the chicken is cooked, add the wasabi/soy/garlic mixture to the pan, along with a few tablespoons of the noodle water

Bring to the boil, drain the noodles and add to the pan along with the spring onions/scallions

Mix together so the noodles are covered in the sauce, and divide between two plates

Garnish with some sliced spring onion/scallion

Chicken Ramen Noodles



Equipment

Pre-boiled kettle of water

2 x saucepans; 1 x small (16cm/6"), 1 x medium (18cm/7")

Ingredients

200g/8oz cooked chicken breast, sliced

40g/2oz fresh or frozen peas

2 chicken stock cubes

2 packets instant noodles

2 large eggs

Method

Preheat all pans

Fill the small pan with boiling water from the kettle and bring back to the boil

Add the eggs and boil for 7 minutes

While the eggs are cooking: -

Add the stock cubes and 600ml/20 fl oz boiling water to the medium pan and bring to the boil

Open the noodles, discard the flavourings and add to the boiling stock, being careful not to scald yourself

Boil for 2 minutes, then share between 2 bowls, keeping the stock

Add the peas and sliced chicken to the stock and simmer gently for 2-3 minutes, to thoroughly heat them through

Once the eggs are cooked, drain and run under cold water to make them cool enough to touch

Shell the eggs, and cut in half lengthways

Arrange the sliced chicken and egg around the edge of the bowl, spoon the peas over the noodles, and then share the remaining stock between the bowls

Cantonese Beef



Equipment

Kettle with boiling water
Medium pan (16cm/6") for rice
Small mixing bowl
Heavy-based high-sided sauté pan or Wok

Ingredients

200g/8oz beef, thinly sliced
1 tbsp cooking oil
1 tbsp sesame oil
1 tbsp light soy sauce
1 tbsp rice wine vinegar
120ml/½ cup chicken stock
1 tsp brown sugar
1 tsp cornflour/cornstarch
2 spring onions/scallions, chopped in rounds
2 tsp diagonally, thinly sliced spring onion for garnish
50g/2oz baby sweetcorn, sliced
50g/2oz julienne carrot
½ red bell pepper, sliced
½ yellow bell pepper, sliced
120g/4oz (dry weight) long grain rice

Method

As always, be sure to pre-boil the kettle and preheat your pans

Fill the medium saucepan to 3/4 full with boiling water from the pre-boiled kettle, add the rice, and start cooking the rice for 10 minutes

Add the cooking oil to the wok, bring up to heat and add the beef

Cook the beef until brown, approx 3-4 minutes

While the beef is cooking, place the cornflour, sugar, sesame oil, rice wine vinegar, soy sauce, grated ginger and chicken stock in the mixing bowl, and mix together

Once the beef is cooked, remove from wok and save

Add the sauce mix to the wok and bring to the boil, stirring continuously, as it will thicken as it comes to the boil

Reduce to a gentle simmer

Add the beef and stir through for 1 minute

Add the carrot, red and yellow peppers and baby sweetcorn and stir through, cooking for a further 1 minute

Now add the spring onions and cook for a further 1-2 minutes, until rice is cooked

If needed, use the water from the pre-boiled kettle to top up the sauce as we wait for the rice to cook

Once the rice is cooked, plate up in your usual way, and garnish with the thin slices of spring onion

Singapore Fried Rice



Equipment

Heavy-based, high-sided sauté pan/skillet/wok

Ingredients

150g/5oz peeled, cooked prawns

150g/5oz leftover meat (chicken/turkey/ham, whatever you have)

50g/2oz frozen or fresh peas

1 green chilli, finely sliced

1 large egg, whisked

2 tbsp sesame oil

2 tbsp light soy sauce

2 cloves garlic, finely chopped

1/2 tsp chilli powder

1/2 tsp garam masala

1/2 tsp curry powder

1/2 tsp Chinese 5 spice

2 spring onions/scallions/green onions, finely sliced

130g/5oz (dry weight) PRE-COOKED long grain rice

2x 1 tbsp cooking oil

Method

As always, preheat your pan

Add 1 tbsp of the cooking rice to your pan, bring up to heat and then add the whisked egg

Swirl around the base of the pan to create a very thin omelette
Remove and keep for later

Now add the other tbsp of cooking oil, bring up to heat, and then add the prawns and your leftover meat, then also add in the spring onion, chilli pepper and garlic, but save a little of the spring onion for garnish when serving

Cook through for 2-3 minutes, then add in the rice

Stir this mixture through, making sure that the rice is completely covered in oil, as this is 'fried rice'

After around a minute, it's time to add in the spices - chilli powder, garam masala, curry powder and 5 spice

Stir these through so that everything is coated in them, and fry off for around 1 minute

Now add in the peas right at the end, as we want them to heat through, but not go mushy

Add in the soy sauce and sesame oil and stir to coat everything thoroughly, then remove from the heat

Take the omelette you cooked at the start, and slice into thin strips, then add back into the pan and stir through

Serve in a bowl, and garnish with some of the spring onion

Chicken in Hot Garlic Sauce



Equipment

Mixing bowl

Tongs

2 x Wok

High-sided frying pan/skillet or Sauté Pan or deep fat fryer

Ingredients

300g/10 oz chicken breast, diced

2 tbsp garlic paste

2 tbsp plain flour

2 tbsp cornflour/cornstarch

½ tsp white pepper

½ tsp salt

1 large egg, beaten

1 litre/2 pints cooking oil (for frying)

5 cloves garlic, finely minced

2 green finger chillies, finely minced

3 spring onions cut in 1cm pieces

1 green bell pepper, cut in 1cm squares

½ Spanish onion, diced

2 tbsp chilli paste

2 tbsp tomato ketchup

1 tbsp white vinegar

2 tbsp light soy sauce
1 stock cube, chicken or vegetable
300ml/1 cup cold water
130g (dry weight) long grain rice, cooked earlier and left to cool
1 large egg, beaten

Method

Preheat all pans

Mix the flour, cornflour, garlic paste, salt, pepper and beaten egg with a little water, in the mixing bowl, until a nice batter is achieved
Add all of the chicken and mix until everything is coated

Fry the chicken in the Sauté pan/deep fat fryer in small batches, until golden brown, around 2-3 minutes per batch. Remove, drain and keep for later

In one of the woks, add a little sesame oil, then add the chopped garlic and fry for 1 minute, but do not brown
Add the chilli paste and fry for a further minute

Now add the chopped onion and fry until the onion is soft, around 2-3 minutes

Add the chopped chillies and fry for 1 minute

Add the chopped bell pepper and fry for another minute

Now add the ketchup, vinegar and soy sauce, stir through and bring to the boil, then reduce to a simmer

Add some water to loosen the sauce if needed

Add the chopped spring onion and remove from heat

In the other wok, heat a few tablespoons of sesame oil, add the pre-cooked rice and stir through quickly, coating all of the rice in oil. Continue stirring until rice is heated through

Push rice to one side and add the beaten egg to the empty space. Stir until just about cooked, then vigorously fold into rice

Plate up in your favourite way, and garnish with a little chopped spring onion or sesame seeds

Pineapple Chilli Chicken



Equipment

Kettle of boiling water
2 x cooking pan; 1 small, 1 medium
Heavy-Based frying pan/skillet

Ingredients

1 tbsp cooking oil
½lb/200g boneless, skinless chicken thighs, cut in small cubes
½ red bell pepper thinly sliced
½ green bell pepper thinly sliced
½ cup/170g pineapple chunks
½ cup/120ml canned pineapple juice
4 tbsp light soy sauce
1½ tbsp brown sugar
1 tbsp hoisin sauce
1 clove garlic, minced
½ red chilli pepper, minced (seeded if desired)
1 tsp cornflour/cornstarch
Sliced green/spring onions, for serving
130g long grain rice (dry weight)

Method

Add the boiling water to the small pan and add the rice
Bring back to the boil and cook for 10 minutes

Heat frying pan/skillet over medium-high heat

Season the chicken with a little salt and pepper, add oil then
chicken to pan and cook

Turn occasionally until golden brown, around 3-4 minutes

Add the garlic and fry for a minute or two, until the aroma has been released

Stir in the bell peppers and pineapple and carry on cooking until just tender,
around 2-3 minutes more, then remove from the heat

In a medium-sized saucepan, add most of the pineapple juice, soy sauce,
brown sugar, hoisin sauce, and chilli pepper and
bring to a simmer

In a small bowl whisk together remainder of pineapple juice and the
cornstarch until combined, then whisk into the sauce

Bring to the boil, whisking vigorously until thickened, then add to the frying
pan with the chicken, peppers and pineapple

Stir to coat everything in the sauce

If needed, use some water from the kettle the water to loosen up the sauce
as we wait for the rice to cook/drain

Once the rice is cooked, plate up in your usual way, and garnish with thin
slices of spring onion/scallion

Prawn & Mushroom Miso Noodles



Equipment

Pre-boiled kettle of water
Small saucepan (16cm/6")
Frying Pan/Skillet

Ingredients

2 x 85g/3oz packs instant noodles
150g/5oz cooked, peeled king prawns
150g/5oz mixed mushrooms, sliced
1 tbsp sesame oil/chilli oil
1 tsp light soy sauce
2 spring onion/scallion, chopped how you like
350ml/12 fl oz chicken stock
1 tbsp light miso paste

Method

Preheat your pans and boil the kettle while getting ingredients ready

Add the sesame/chilli oil to the frying pan/skillet, allow to come up to a medium heat, then add the prawns and fry gently for 2-3 minutes, turning occasionally

While the prawns are cooking, add the chicken stock to the small saucepan and bring to the boil.

Pour in the soy sauce and then stir in the miso paste, until dissolved

Add the instant noodles and cook for 2-3 minutes

Add the mushrooms to the frying pan with the prawns and sauté gently for 1 minute

Using a pair of tongs, share the noodles between two bowls, retaining the liquid

Add the prawns, mushrooms and spring onions to the stock and stir through for 1 minute

Time to plate up!

Place the prawns, mushrooms and spring onions in little separate piles around the dish, then share the stock/soup between both bowls

Garnish with a little spring onion/cucumber/parsley, or whatever you have to hand

General Tso's Chicken



Equipment

Pre-boiled kettle of water

Mixing bowl

Tongs

Wok, Sauté Pan or deep fat fryer

2 x saucepans; 1 small (16cm) & 1 medium (18cm)

Ingredients

300g/10 oz chicken breast, diced

2 tbsp sriracha

1 tbsp plain flour

1 tbsp cornflour/cornstarch

1 medium egg, beaten

1 litre/2 pints cooking oil (for frying)

2.5cm/1" fresh, peeled ginger, finely minced

2 spring onions/scallions cut in ½cm pieces

4 tbsp hoisin sauce

2 tbsp light soy sauce

1 tsp cornflour/cornstarch

1 tbsp sesame oil

130g/5oz (dry weight) long grain rice

Method

Preheat all pans

Cook the rice in the small saucepan, according to the manufacturer's instructions

Whilst the rice is cooking, mix the flour, cornflour, sriracha and beaten egg in the mixing bowl, until a nice batter is achieved

Add all of the chicken and mix until everything is coated

Fry the chicken in the wok/Sauté pan/deep fat fryer in small batches, until golden brown, around 2-3 minutes per batch

Remove, drain and keep for later

Add the sesame oil to the pre-heated medium saucepan, then add in the minced ginger and fry gently for around 1 minute

Now add the chopped spring onions/scallions and fry for a further minute, then add the hoisin sauce, soy sauce and cornflour/cornstarch

Stir vigorously to remove any lumps and bring gently to a soft boil

If the sauce gets too thick, loosen it with a little water from the boiled kettle

By this time the rice should be cooked, so drain the rice and plate up in your favourite way, and garnish with a little chopped spring onion or sesame seeds

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