

Monday				
Pork Shin Soup with Fish Maw and Shiitake Mushrooms	Roasted Pork Stir-fried with Green Scallion	Fish Head Simmered with Soybean Curd	Spinach Stir-fried with Fermented Bean Curd	
Ingredients: Pork shin (blanched) 10 taels Fish maw (soaked) 2 Dried shiitake mushrooms 3 taels Steps: 1. Boil a pot of water, add all ingredients and ginger slices and bring to the boil. 2. Turn to a medium heat and simmer for 3 hours. 3. Add salt and serve.	Ingredients: Roasted pork 2/3 catty Green scallion 1 Steps: 1. Fry spring onion, ginger and garlic in hot oil until fragrant; add roasted pork and stir-fry until fragrant; add seasoning. 2. Add green scallion sections; add stock, soy sauce, sugar and pepper and bring to the boil. 3. Mix well; dish up.	Ingredients: Soybean curd 2 pcs Head of big head (cut into chunks) 1 Steps: 1. Fry spring onion, ginger and garlic in hot oil until fragrant; add fish head; sprinkle rice wine; turn from a high heat to low heat and pan-fry until done. 2. Add soybean curd, water, ground water pepper, light soy sauce, dark soy sauce and sugar. 3. Bring to the boil; add shredded spring onion and shredded red hot pepper.	Ingredients: Spinach 1/2 catty (cut into sections) Fermented bean curd 1 tael Steps: 1. Blanch the spinach; set aside. 2. Fry shredded ginger and rice wine; add fermented bean curd and shredded red hot pepper and fry them. 3. Put the spinach into wok; mix well.	
Tuesday				
Pork Soup with Mungbean Vermicelli	Sand Clams Stir-fried with Celery	Shredded Chicken Braised with Assorted Vegetables	Broccoli Stir-fried with Minced Mud Carp	
Ingredients: Pork (sliced) 6 taels Mungbean vermicelli 1 bundle Preserved mustard greens appropriate amount Steps: 1. Fry ginger in hot oil until fragrant; add shredded pork and stir-fry; pour water and bring to the boil. 2. Add mungbean vermicelli and preserved mustard greens to cook for a while; season with salt.	Ingredients: Celery (cut into sections) 1 Sand clams 6 taels Red hot peppers 2 pcs Steps: 1. Boil sand clams until done and take out flesh; mash ginger; blanch celery. 2. Fry ginger in hot oil; add sand clam meat to fry until done; add celery and red hot peppers and stir briefly; add seasoning and serve.	Ingredients: Chicken breast (shredded) 4 taels Broccoli (cut into florets) 2/5 catty Black fungus appropriate amount Mungbean vermicelli appropriate amount Dried shiitake mushrooms (shredded) 2 pcs Steps: 1. Fry ginger and garlic in hot oil; add shredded chicken and stir-fry; add broccoli and shredded dried shiitake mushrooms to fry together. 2. Add water and bring to the boil; add other ingredients, light soy sauce, oyster sauce and sugar. 3. Boil until done, add pepper.	Ingredients: Minced mud carp 1/4 catty Broccoli 3/5 catty (cut into florets) Steps: 1. Mix pepper in the minced mud carp; pan-fry to fish pies and cut them into strips. 2. Fry ginger and broccoli; sprinkle rice wine; add water to cook until done. 3. Add mud carp pies; pour in oyster oil, sugar, dark soy sauce and spring onion.	
Wednesday				
Chicken Soup with Conch	Fried Pork Ribs Stir-fried with Garlic	Shiitake Mushrooms Braised with Abalone Slices	Scallops Stir-fried with Broccoli and XO Sauce	
Ingredients: Whole chicken (blanched) 1 Conch 1 Pork shin 6 taels Chinese yam 1/2 tael Chinese wolfberries 1/2 tael Steps: 1. Boil a pot of water, add all ingredients and ginger slices and bring to the boil. 2. Turn to a medium heat and simmer for 3 hours. 3. Season with salt and serve.	Ingredients: Pork ribs (cut into sections) 12 taels Steps: 1. Marinate pork ribs with seasonings; deep fry until done and set aside. 2. Fry ginger and garlic slices in hot oil until fragrant; add pork ribs in the wok and stir-fry well. 3. Add chopped spring onion and shredded red hot peppers and serve.	Ingredients: Abalone slices 1 can Dried shiitake mushrooms 10 pcs Shanghai pakchoi 8 taels Steps: 1. Parboil Shanghai pakchoi; arrange on a plate. 2. Add abalone slices and water into the wok; add light soy sauce, oyster sauce, sugar and water; boil until the soup has thickened. 3. Fry shiitake mushrooms; braise with abalone soup until cooked; pour the mixture onto the Shanghai pakchoi; add abalone slices on top.	Ingredients: Scallops 1/2 catty Broccoli 1/2 catty (cut into florets and blanched) Steps: 1. Marinate scallops for 20 min; fry with chopped garlic and chopped ginger until it is cooked. 2. Add broccoli; add salt, soy sauce, XO sauce and water and fry until cooked.	
Thursday				
Fish Maw Soup with Corn Kernels	Sautéed Fried Golden Horsehead Bream	Shredded Pork Sautéed with Soybean Paste	Steamed Duck and Taro	
Ingredients: Corn 3 taels Fish maw (soaked) 3 taels Egg 1	Ingredients: Golden horsehead bream 1 pc	Ingredients: Pork (shredded) 4 taels Fresh shiitake mushrooms (shredded) 3 taels Bamboo shoots (shredded) 3 taels	Ingredients: Whole duck (cut into pieces) half Taro (cut into cubes) half	

Steps: 1. Boil the fish maw briefly with ginger and spring onion; dish up. 2. Boil the superior stock; add fish maw and corn kernels and bring to the boil. 3. Well mix egg pulp and Chinese parsley; thicken the soup.	Steps: 1. Marinate the golden horsehead bream. 2. Fry shredded ginger in hot oil; add the golden horsehead bream; turn to a high heat at first; then turn to a medium or low heat; fry both sides of the golden horsehead bream to light brown. 3. Dish up and pour light soy sauce.	Steps: 1. Blanch bamboo shoots; fry ginger garlic and spring onion in hot oil. 2. Add shredded shiitake mushrooms and pork and stir-fry together. 3. Add oyster sauce, light soy sauce, sweet bean sauce and clean water; boil until the soup is thickened.	Steps: 1. Put taro slices on the plate and set aside. 2. Marinate the duck with seasoning; put on the plate with taro; sprinkle pepper and salt. 3. Steam duck and taro over a high heat until done; take out them, arrange on a plate and set aside.
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Friday

Chicken Claw Soup with Shiitake Mushrooms	Yellow Rice Wine Savored Chicken with Chinese Yam and Chinese Wolfberry	Fried Japanese Eel	Shredded Pork Stir-fried with Mini Tientsin Pakchoi
Ingredients: Chicken claws 8 Dried shiitake mushrooms 1 tael (sliced) Steps: 1. Boil a pot of water, add all ingredients and ginger slices and bring to the boil. 2. Turn to a medium heat and simmer for 3 hours. 3. Season with salt and serve.	Ingredients: Whole chicken half (cut into pieces) Chinese yam 1 tael Chinese wolfberries 1/2 tael Steps: 1. Marinate the chicken pieces with salt and Huadiao wine briefly. 2. Fry ginger slices in hot oil until fragrant; add Shaohsing wine and superior stock and bring to the boil; add Chinese yam and Chinese wolfberries and boil for 30 min. 3. Add chicken pieces; boil until cooked; serve.	Ingredients: Japanese eel 4/5 catty Sesame seeds small amount (stir-fried until fragrant) Steps: 1. Cut the eel back into sections; fry until they are light brown and dry. 2. Fry shredded ginger in hot oil; add Shaohsing wine, dark soy sauce, chinese red vinegar and sugar and bring to the boil. 3. Put the fried eel back to the wok; sprinkle sesame seeds and serve.	Ingredients: Mini Tientsin pakchoi 2 (shredded) Pork (shredded) 4 taels Steps: 1. Fry garlic and ginger in hot oil; add shredded pork and keep stir-frying until scattered. 2. Add mini Tientsin pakchoi; add superior stock, oyster sauce and light soy sauce until done. 3. Season with salt and serve.

Saturday / Sunday

Chicken Soup with Burdock Roots	Soybean Curd Braised with Peeled Shrimps	Indian Lettuce Stir-fried with Garlic	Pork Ribs Simmered with Lotus Roots
Ingredients: Burdock roots 4 taels (cut into sections) Whole chicken (blanched) 1 Red dates 8 pcs Steps: 1. Put all ingredients into a stew pot; add ginger slices and 4 bowls of water; cover the lid. 2. Put it into a saucepot, stew for 30 min over a high heat. 3. Turn to a low heat and simmer for another 3 hours; add salt.	Ingredients: Soybean curd 2 pcs (cut into pieces) Shrimps (deveined) 1/4 catty Steps: 1. Add cooking oil in the wok and bring to the boil; add soybean curd and deep fry until light brown; take out. 2. Add oil and heat a wok; fry ginger and garlic in hot oil; add peeled shrimps and stock. 3. Add seasoning; thicken the soup; sprinkle the mixture on the soybean curd and serve.	Ingredients: Indian lettuce 1 catty Steps: 1. Fry chopped garlic; put in Indian lettuce and stir-fry until it is soft. 2. Add salt and sugar and serve.	Ingredients: Lotus roots (cut into pieces) 8 taels Pork ribs 8 taels Steps: 1. Marinate pork ribs well, fry ginger; spring onion and star anise in hot oil; add lotus roots and stir mixture. 2. Add fermented red bean curd, fry until fragrant; sprinkle rice wine; add some water and bring to the boil. 3. Add light soy sauce, oyster sauce and sugar; simmer until done over a medium heat; thicken the soup.