Monday

Fishtail Soup with Soybean Sprouts and Soybean Curd

Ingredients:

Big head fishtail	2/5 catty
Soybean sprouts	2/5 catty
Soybean curd	1 pc

Steps:

1. Heat up the wok with cooking oil; fry ginger slices; put in fishtail to fry until both sides become golden.
2. Add water and bring to a boil; add soybean sprouts and soybean curd; switch to a low heat; season with salt; take out from the wok to serve.

Beef Stir-fried with Lotus Root

Ingredients:

Beef (sliced)	4 taels
Lotus root (sliced)	6 taels

Steps:

1. Slice and marinate beef; rinse and slice lotus root; soak lotus root in water for a while.
2. Fry shredded chili pepper in hot oil until fragrant; add beef and stir-fry briefly; add lotus root and stir-fry until done.
3. Season with salt and light soybean sauce and serve.

Sautéed Small Pakchoi

Ingredients:

Small pakchoi	1 catty

Steps:

1. Rinse small pakchoi.
2. Fry chopped garlic in hot oil until fragrant; add small pakchoi and stir-fry until done.
3. Season with salt and serve.

Green Hot Pepper Pan-Seared with Lime-Preserved Egg

Ingredients:

Lime-preserved egg	1
Green hot pepper	4

Steps:

1. Cut lime-preserved egg into sections; set aside.
2. Cut the stems of green hot pepper off and rinse; shred spring onion and ginger.
3. Heat cooking oil; pan-fry green hot pepper until colour becomes yellowish; dish up and add soy sauce, shredded spring onion and ginger, vinegar and sesame oil and mix well; put in the lime-preserved egg.

Tuesday

Chinese Spinach Soup with Lime-Preserved Egg and Salted Duck Egg

Ingredients:

Chinese spinach	1 catty
Lime-preserved egg	1
Salted duck egg	1

Steps:

1. Fry ginger and garlic in hot oil until fragrant, add superior stock and water; bring to a boil then add Chinese spinach.
2. Add lime-preserved egg and salted duck egg and bring to a boil; season with salt.

Shredded Chicken Stir-fried with Shredded Sweet Peppers

Ingredients:

Chicken breast	6 taels
Sweet peppers (shredded)	half for each colour

Steps:

1. Marinate chicken and set aside; rinse and shred sweet peppers.
2. Fry ginger and spring onion in hot oil until fragrant; add chicken and stir-fry until 80% done.
3. Add shredded sweet peppers and stir-fry until fully done; add seasoning and serve.

Steamed Crab with Wine

Ingredients:

Red crab	1
Rice wine	1/2 cup

Steps:

1. Crush crab claw gently; place on a plate; spread mashed ginger evenly.
2. Pour half of the amount of rice wine on the crab shell; steam over a high heat for 8 min.
3. Sprinkle the remaining rice wine before serving.

Pork Spareribs Stir-fried with Cauliflower

Ingredients:

Pork spareribs	1/2 catty
Cauliflower	8 taels

Steps:

1. Fry ginger and garlic in hot oil until fragrant and stir-fry with cauliflowers; add salt and appropriate amount of water; stir-fry until cooked; dish up and set aside.
2. Fry shredded chili pepper in hot oil until fragrant; add pork spareribs and stir-fry until done; place on the cauliflower and serve.

Wednesday

Fish Maw Soup with Corn

Ingredients:

Corn	3 taels
Fish maw	appropriate amount
Egg (whisked)	1

Steps:

1. Boil superior stock; add corn and bring to the boil.
2. Add fish maw and whisked egg and mix well.
3. Season with salt.

Fried Egg with Noodlefish

Ingredients:

Chicken egg	3
Noodlefish	4 taels

Steps:

1. Marinate noodlefish for a while; stir-fry with shredded ginger until fragrant.
2. Reduce to a low heat and add whisked egg and stir-fry quickly; season with salt.

Roasted Pork Stir-fried with Assorted Mushrooms

Ingredients:

Roasted pork	10 taels
Mushrooms	4 taels
Straw mushrooms	4 taels

Steps:

1. Rinse assorted mushrooms; blanch in boiling water and set aside.
2. Fry ginger and garlic in hot oil until fragrant; add roasted pork and stir-fry briefly; add assorted mushrooms and stir-fry well.
3. Add seasoning; dish up and serve.

Shelled Shrimps Stir-fried with Shanghai Pakchoi

Ingredients:

Shelled shrimps	6 taels
Shanghai pakchoi	1 catty

Steps:

1. Fry chopped garlic until fragrant and stir-fry with Shanghai pakchoi; add salt and appropriate amount of water and stir-fry until cooked; dish up and set aside.
2. Fry ginger slices until fragrant; add peeled shrimps and stir-fry until done; place on the Shanghai pakchoi and serve.

Thursday

Egg Drop Soup with Wood Ear Fungus and Shredded Pork

Ingredients:

Pork (shredded)	2 taels
Egg	1
Wood ear fungus (cut into chunks)	1 tael
Spinach	1/2 catty

Steps:

1. Bring superior stock to the boil; add shredded pork, wood ear fungus, shredded bamboo shoot and spinach; season with salt and soy sauce.
2. Pour in whisked egg when the soup boils up; add seasoning and sesame oil and serve.

Pakchoi Stir-fried with Shredded Pork

Ingredient:

Pork (shredded)	4 taels
Pakchoi	2/3 catty

Steps:

1. Rinse pakchoi; rinse and marinate pork and set aside.
2. Fry chopped garlic in hot oil until fragrant and stir-fry with pakchoi; add salt and small amount of water and stir-fry until cooked; dish up and set aside.
3. Stir-fry shredded pork in hot oil until done; place on the pakchoi and serve.

Steamed Star Snapper with Preserved Mustard

Ingredients:

Star snapper	1
Preserved mustard	appropriate amount

Steps:

1. Lay sections of spring onion underneath the fish; lay shredded ginger and preserved mustard on top of the fish.
2. Steam over a high heat until the fish is done; fry shredded ginger in hot oil and pour the mixture onto the fish.

Fried Pumpkin Strips

Ingredients:

Pumpkin (cut into strips)	12 taels

Steps:

1. Fry chopped garlic until fragrant and stir-fry with pumpkin strips.
2. Add salt and small amount of water and stir-fry until done; dish up.

Friday

Soup with Eucommia and Dried Longan Pulp

Ingredients:

Whole chicken	1
Eucommia	appropriate amount
Dried longan pulp	appropriate amount

Steps:

1. Pour 4 bowls of water and add all ingredients into a stew pot; stew over a high heat for 30 min.
2. Turn to a low heat and stew for another 2 1/2 hours; add salt and seasoning and serve.

Shredded Pork Stir-fried with Garlic sprouts

Ingredients:

Pork	4 taels
Garlic sprouts	8 taels

Steps:

1. Marinate shredded pork and set aside; rinse garlic sprouts; blanch in boiling water and set aside.
2. Fry ginger and garlic in hot oil until fragrant; add garlic sprouts and stir-fry briefly; add salt and a little bit of water and stir-fry until cooked; dish up and set aside.
3. Fry garlic slices in hot oil until fragrant; add shredded pork and stir-fry until done; place on garlic sprouts and serve.

Barbecued Pork Stir-fried with Bean Sprouts

Ingredients:

Bean sprouts	1/2 catty
Barbecued pork (sliced)	4 taels

Steps:

1. Heat up the wok; add barbecued pork slices and stir-fry until oil comes out.
2. In the end, add bean sprouts and stir-fry until done.
3. Add seasoning and serve.

Chicken Slices Braised with Wax Gourd

Ingredients:

Chicken breast slices	6 taels
Wax gourd	12 taels

Steps:

1. Rinse and cut wax gourd into pieces; marinate chicken and set aside.
2. Stir-fry wax gourd briefly in hot oil; add clear soup and cook until done; dish up and set aside.
3. Fry ginger slices in hot oil until fragrant; add chicken and stir-fry until done; place on the wax gourd and serve.

Saturday / Sunday

Pig Stomach Soup with Ginkgo and Soybean Sheets

Ingredients:

Pig stomach (cut into chunks)	1
Soybean sheets	appropriate amount
Ginkgo	appropriate amount

Steps:

1. Cook all ingredients in a pot and bring to a boil; switch to a low heat and simmer for 3 hours.
2. Season with sesame oil, salt and ground white pepper and serve.

European Lettuce Braised with Assorted Vegetables

Ingredients:

European lettuce	1/3 catty
Deep fried soybean curd puff	3 taels
Carrots	3 taels
Wood ear fungus	3 taels

Steps:

1. Blanch European lettuce in boiling water with cooking oil and ginger slices until done; dish up and set aside.
2. Fry ginger slices until fragrant; stir-fry remaining ingredients briefly; add seasoning and bring to a boil.
3. Thicken the soup and pour on the European lettuce and serve.

Grouper Fillet Stir-fried with Shiitake Mushrooms, Winter Bamboo Shoots and Preserved Chinese White Cabbage

Ingredients:

Grouper	2/5 catty
Shiitake mushrooms (cut into strips)	1 tael
Winter bamboo shoots (blanched)	1/6 catty
Preserved Chinese white cabbage	2 tablespoons

Steps:

1. Marinate grouper; stir-fry in hot oil.
2. Fry shredded ginger and preserved Chinese white cabbage until fragrant; add shiitake mushrooms and winter bamboo shoots and mix well.
3. Add grouper fillet and sprinkle wine; cook for a while and mix well.

Minced Pork Patty Steamed with Lotus Root and Water Chestnuts

Ingredients:

Lotus root (minced)	1/4 catty
Pork (minced)	1/2 catty
Water chestnuts (diced)	1/4 catty

Steps:

1. Mince and marinate pork; add minced lotus root and diced water chestnuts and mix well.
2. Steam in a container until cooked and serve.