

Monday			
<b>Grass Carp Soup with Chinese Parsley and Lime-Preserved Egg</b>	<b>Hot Peppery Cucumber Salad</b>	<b>Steamed Minced Pork with Dried Squid</b>	<b>Sautéed Shrimps</b>
<b>Ingredients:</b> Grass carp (sliced) 1 Lime-preserved egg (cut into pieces) 1 Chinese parsley appropriate amount  <b>Steps:</b> 1. Put the Chinese parsley and the sliced grass carp into boiling water to cook the soup. 2. Put the lime-preserved egg inside and simmer for a moment; add salt and serve.	<b>Ingredients:</b> Cucumber 2 (cut into strips) Garlic (chopped) appropriate amount Red chillies appropriate amount  <b>Steps:</b> 1. Marinate the cucumber with salt for 15 min; rinse with cold drinking water. 2. Add chopped garlic, sugar, red chillies and vinegar and mix well; refrigerate the salad for 90 min.	<b>Ingredients:</b> Pork (minced) 6 tael Dried squid (diced) appropriate amount  <b>Steps:</b> 1. Mix cornstarch and water with marinated minced pork, then add the diced squid. 2. Flatten the pork on a flat plate and steam for 12 min. 3. Season with chopped spring onion and cooking oil and serve.	<b>Ingredients:</b> Shrimps 1 catty (shelled and deveined)  <b>Steps:</b> 1. Marinate the shrimp meat. 2. Heat up the wok with cooking oil; add ginger and Sichuan peppercorns to flavour the oil; remove the Sichuan peppercorns and add shrimp meat. 3. Sprinkle a few drops of rice wine; reduce to medium heat and cook until the shrimp meat turns pinkish; season with salt.
Tuesday			
<b>Ripened Cucumber Soup with Ricebean and Lentils</b>	<b>Small Pakchoi Stir-fried with Chopped Garlic</b>	<b>Steamed Yellow-Fin Seabream in Traditional Style</b>	<b>Beef Steak in Tomato Sauce</b>
<b>Ingredients:</b> Ripened cucumber 1 (chopped into pieces) Rice beans 2 tael Lentils 1 tael Candied dates 2 pcs Lean pork 12 tael  <b>Steps:</b> 1. Blanch the pork; rinse other ingredients. 2. Add all ingredients into boiling water then reduce to simmer. 3. Continue to cook for 2 hours; season with salt.	<b>Ingredients:</b> Small pakchoi 1 catty Garlic (chopped) half clove  <b>Steps:</b> 1. Fry garlic with cooking oil on a high heat; add vegetables and stir-fry until softened. 2. Season with salt and sugar, and stir-fry a few times before serving.	<b>Ingredients:</b> Yellow-fin seabream 1 Pork (shredded) small amount Dried shiitake mushrooms (shredded) small amount Preserved mandarin peels (shredded) small amount  <b>Steps:</b> 1. Lay ginger, spring onion stems on a saucer plate; lay the fish on top; garnish the fish with marinated shredded pork, dried shiitake mushrooms and shredded mandarin peels. 2. Steam at high heat until the fish is cooked; add fried shredded ginger and pour cooking oil and soy sauce on top of the fish.	<b>Ingredients:</b> Beef steak 2/3 catty Onion (shredded) half clove  <b>Steps:</b> 1. Tenderise beef steak; marinate with seasoning; dip the steak in egg white, then cover the steak with cornstarch. 2. Heat up the pan and coat with oil and cook the steak in medium heat until it turns light brown; reduce to low heat and cook until well done. 3. Fry some garlic in hot oil; stir with some shredded onion; sprinkle drops of rice wine; add tomato sauce and seasoning; cook for a while and pour the sauce mixture onto the steak.
Wednesday			
<b>Beef and Tomato Borsch</b>	<b>Scrambled Egg with BBQ Pork</b>	<b>Shrimps Steamed in Lotus Leaf</b>	<b>Soybean Curd Braised with Straw Mushrooms in Oyster Sauce</b>
<b>Ingredients:</b> Beef (diced) 1/3 catty Potato (diced) 6 & 1/2 tael Tomato 1/3 catty (cut into slices) Onion (diced) 4 tael Carrot (diced) 6 & 1/2 tael  <b>Steps:</b> 1. Fry onion and carrot in hot oil; add tomato sauce and chopped Chinese parsley. 2. Add appropriate amount of water and bring mixture to boil, then add the chopped potatoes, tomatoes, beef and cook for a further 30 min. 3. Season with salt and pepper.	<b>Ingredients:</b> BBQ pork (shredded) 2/3 catty Eggs (beaten) 4  <b>Steps:</b> 1. Fry shredded ginger in hot oil; add shredded carrots and stir-fry; sprinkle a few drops of rice wine. 2. Add BBQ pork and stir-fry; pour in beaten egg and heat until egg solidifies; season with salt.	<b>Ingredients:</b> Shrimps 1 catty Lotus leaf 1 sheet  <b>Steps:</b> 1. Rinse lotus leaf; blanch and drain and strain, then soak the lotus leaf in cold water. 2. Lay lotus leaf onto the steamer; place shrimps on the lotus leaf; wrap it up; steam in high heat for 10 min.	<b>Ingredients:</b> Soybean curd 2 pcs (refrigerated for 1 day) Straw mushrooms 1/2 cup Garlic (pressed) 2 pcs  <b>Steps:</b> 1. Braise Soybean curd for 20 min; strain away water, cook again in stock broth for 10 min. 2. Fry garlic in hot oil, add straw mushrooms and mix well; sprinkle drops of rice wine. 3. Season with oyster sauce and sugar; boil the stock broth; add soybean curd and cook for a further 10 min.

Thursday			
<b>Soup with Soybean Curd and Bigeye</b>	<b>Bean Sprout Stir-fried with Minced Pork</b>	<b>Deep-fried Bombay Duck with Spiced Salt</b>	<b>Sautéed Beef Filet with Mango and Enoki Mushrooms</b>
<b>Ingredients:</b> Bigeye 1 Soybean curds 2 pcs (cut into slices)	<b>Ingredient:</b> Minced pork 4 taels Bean sprouts (tailed) 3/4 catty	<b>Ingredients:</b> Bombay duck 1 & 1/2 catty (cut in chunks)	<b>Ingredients:</b> Tenderloin steak 1/2 catty (shredded) Enoki mushrooms 1 & 1/2 taels Mango (shredded) 1
<b>Steps:</b> 1. Soak soybean curds in boiled brine for 5 min; coat bigeye with millet wine and salt to marinate. 2. Stir-fry ginger; add fish; fry both sides until golden brown; add a sprinkling of water; turn down heat. 3. Add soybean curd slices and seasoning; garnish with chopped spring onion when done.	<b>Steps:</b> 1. Marinate minced pork with seasoning. 2. Heat up an oil-coated wok to stir-fry the bean sprouts; add ginger wine, rice wine and salt to season. 3. Mix in the minced pork and keep stir-frying until pork is done to serve.	<b>Steps:</b> 1. Cut off the head and tail of the Bombay duck; marinate the fish chunks with Shaoxing wine and ginger juice; drain away the water. 2. Sprinkle spiced salt, cornstarch and mix well; dip Bombay duck pieces in beaten egg, and coat the fish chunks with cornstarch. 3. Heat cooking oil to about 80% of flashpoint; fry the Bombay duck chunks until stiffened; reduce to low heat and fry the fish chunks to tenderly done; turn to high heat to fry for 1 min to serve.	<b>Steps:</b> 1. Fry some chopped ginger and garlic in hot cooking oil; add shredded tenderloin steak and enokitake mushroom; stir well; add salt and sugar to season. 2. Add shredded mango and mix well to serve.
Friday			
<b>Beef Shin Soup with Lotus Seeds, White Umbi Lilys and Wood Ear Fungus</b>	<b>Shanghai Pakchoi Stir-fried with Shiitake Mushrooms</b>	<b>Beef Stir-fried with Sugar-Snap Peas</b>	<b>Chicken Tender Braised with Black and White Wood Ear Fungi</b>
<b>Ingredients:</b> Beef shins (blanched) 1/2 catty Wood ear fungus 1 tael White umbi lilys 1/2 tael Lotus seeds 1/2 tael	<b>Ingredients:</b> Shanghai pakchoi 1/6 catty (cut in large pieces) Fresh shiitake 3 pcs mushrooms	<b>Ingredients:</b> Beef (sliced) 2/3 catty Sugar-snap peas 1/2 catty (blanched)	<b>Ingredients:</b> Chicken 5/6 catty (cut into chunks) White fungus 1/6 catty (cut in small pieces) Wood ear fungus 1/6 catty (cut in small pieces)
<b>Steps:</b> 1. Boil water in pot; add all ingredients and bring to boil. 2. Reduce heat and simmer for 2 hours; season with salt.	<b>Steps:</b> 1. Fry some chopped garlic in hot oil; add mushrooms and stir-fry them; add seasoning and cook until it gets the flavour. 2. Add Shanghai pakchoi, salt, rice wine, sesame seed oil and stir them until done.	<b>Steps:</b> 1. Fry some garlic in hot cooking oil; add sugar-snap peas and stir-fry for a while; add beef slices and keep stir-frying until done. 2. Season with salt, sugar and dark soy sauce and cook for a while.	<b>Steps:</b> 1. Heat up the wok with cooking oil; brown the chicken chunks; add soy sauce and oyster sauce to add colour. 2. Add stock broth and white fungi and wood ear fungi; add salt and cook until flavour is fully absorbed.
Saturday / Sunday			
<b>Soup with Carrot, Green Radish and Pork Ribs</b>	<b>Cuttlefish Stir-fried with Chinese Chives</b>	<b>Steamed Freshwater Grouper</b>	<b>Sautéed Chicken Fillet and Broccoli</b>
<b>Ingredients:</b> Pork ribs (blanched) 2/3 catty Carrot (cut into pieces) 1/3 catty Green radish 1/3 catty (cut into pieces) Candied dates 2 pcs	<b>Ingredients:</b> Cuttlefish (diced) 1/2 catty Chinese chives 1/6 catty (cut into sections)	<b>Ingredients:</b> Freshwater grouper 2/3 catty	<b>Ingredients:</b> Broccoli 1 catty (cut into small pieces) Chicken fillet 1/2 catty
<b>Steps:</b> 1. Boil water in pot; add all ingredients and bring to boil. 2. Reduce heat and simmer for 2 hours; season with salt.	<b>Steps:</b> 1. Heat up the wok with cooking oil; add cuttlefish; sprinkle Shaoxing wine, soy sauce, etc.; stir-fry thoroughly. 2. Add Chinese chives when cuttlefish is nearly done; keep stirring until done.	<b>Steps:</b> 1. Place the freshwater grouper on a plate with spring onion stems and ginger slices laid beneath the fish; garnish fish with shredded ginger. 2. Steam in high heat until fish is done; fry some shredded ginger in hot oil; pour the hot oil and shredded ginger mix onto the fish.	<b>Steps:</b> 1. Fry some ginger and garlic in hot cooking oil; add chicken fillets to stir-fry; add broccoli to stir-fry. 2. Add small amount of water, light soy sauce and sugar; cook until liquid is rendered down.