

Monday			
Pork Shin Soup with Hericium Erinaceus and Fox Nuts	Steamed Minced Beef with Water Chestnuts	Sauté Fried Salmon	Chinese Kale in Oyster Sauce
Ingredients: Pork shin (blanched) 1/3 catty Hericium erinaceus 1/6 catty Fox nuts 1 tael Steps: 1. Boil a pot of water; add all ingredients and bring to the boil then reduce to a simmer. 2. Continue to cook for 2 hours; season with salt.	Ingredients: Beef 2/3 catty Water chestnuts 5 pcs (crushed) Steps: 1. Marinate sliced beef and mix well with water chestnuts; flatten the mixture on the plate. 2. Steam over high heat for 15 min. 3. Sprinkle chopped spring onion and serve.	Ingredients: Salmon steak 2/5 catty Steps: 1. Marinate salmon; heat up a wok with cooking oil and shredded gingers. 2. Add salmon steak; fry until both sides turn golden brown. 3. Season with salt.	Ingredients: Chinese kale 1 catty Steps: 1. Put Chinese kale in the boiling water and cook until done. 2. Fry chopped garlic in hot oil until fragrant; pour in oyster sauce and stir-fry well; sprinkle drops of wine. 3. In the end, add salt and sugar into the sauce; pour the sauce on Chinese kale.
Tuesday			
Lean Pork Soup with Bamboo Cane and Wooly Grass	Prawns Boiled in Brine	Stir-fried Mutton with Spring Onion	Steamed Egg with Dried Scallops
Ingredients: Bamboo cane 2 bundles Wooly grass appropriate amount Lean pork 6 taels Steps: 1. Boil a pot of water; add all ingredients and bring to the boil then reduce to a simmer. 2. Continue to cook for 2 hours; season with salt.	Ingredients: Prawns (deveined) 1 catty Steps: 1. Boil a pot of water; cook with Sichuan peppercorns until fragrant. 2. Remove Sichuan peppercorns; add salt, strips of spring onion, ginger pieces and prawns. 3. Cook over a high heat until sauce is absorbed into prawns.	Ingredients: Mutton 1/3 catty Spring onion 1 tablespoon (shredded) Steps: 1. Fry shredded ginger and shredded spring onion in hot oil until fragrant; add mutton and stir-fry until half done. 2. Add remaining shredded spring onion and seasoning, stir-fry quickly and well.	Ingredients: Eggs 4 Dried scallops 1 tael Steps: 1. Whisk eggs, pour cold drinking water and mix well; season and pour onto a plate. 2. Steam dried scallops until soft; shred scallops; put in the whisked egg. 3. Steam in a container over a high heat; add light soy sauce and serve.
Wednesday			
Shoulders Bones Soup with Coco-de-mer and Kelp	Braised Ox Tail with Brown Sauce	Peeled Shrimps Stir-fried with Cauliflower	Braised Chinese Pakchoi with Mushrooms
Ingredients: Shoulders bones 1/3 catty (blanched) Coco-de-mer 1/6 catty Kelp 1/6 catty Steps: 1. Boil a pot of water; add all ingredients and bring to the boil then reduce to a low heat. 2. Simmer for 2 hours; season with salt.	Ingredients: Ox tail 1 & 1/4 catty (cut into sections) Red wine 1/2 cup Steps: 1. Fry spring onion, ginger and garlic; add sweet bean paste and stir-fry briefly; sprinkle drops of red wine; season and bring to the boil. 2. Blanch ox tail; then put ox tail in the sauce to cook and bring to the boil; turn to a low heat and simmer for 1 hour. 3. Turn to a high heat and cook until the sauce is absorbed; thicken the soup; pour in sesame oil and serve.	Ingredients: Cauliflower 2/3 catty Shrimps 1/4 catty Steps: 1. Fry ginger and garlic in hot oil until fragrant; add shelled shrimps and cook until fully cooked; add cauliflowers and stir-fry all. 2. Add some water and bring to the boil; add seasoning and cook all until the sauce is absorbed.	Ingredients: Chinese pakchoi 1 catty Mushrooms 3 pcs Steps: 1. Fry chopped ginger in hot oil until fragrant; add Chinese pakchoi and stir-fry until done; season with salt; dish up. 2. Fry ginger and garlic until fragrant; add mushrooms and stir-fry together; sprinkle drops of rice wine; season and cook until done. 3. Lay mushrooms on the Chinese pakchoi.

Thursday			
Fish Maw Soup with Corns	Small Pakchoi Stir-fried with XO Sauce	Sautéed Fried Sole	Sliced Beef Braised with Sponge Gourd
Ingredients: Fish maw 1/3 catty Egg 1 Corn kernels 1/2 cup Steps: 1. Boil the superior stock; add corn kernels to bring to the boil. 2. Add fish maw and whisked egg and mix well. 3. Season with salt.	Ingredient: Small pakchoi 1 catty XO sauce appropriate amount Steps: 1. Fry some chopped ginger in hot oil until fragrant; add small pakchoi to stir-fry until done. 2. Pour in XO sauce, oyster sauce and sesame oil; stir-fry well and serve.	Ingredients: Sole 2/3 catty Steps: 1. Marinate the sole. 2. Fry shredded ginger in hot oil; add fish and fry until both sides turn golden brown over medium-low heat.	Ingredients: Beef 1/4 catty Sponge gourd (sliced) 1 Steps: 1. Heat up the oil; add sponge gourd and stir-fry briefly; pour some water and bring to the boil. 2. Add sliced beef and oyster sauce; cook until fully done and serve.
Friday			
Big head Soup with Shanghai Pakchoi	Vegetables Stir-fried with Sliced Lotus Shoots	Mock Meat Stir-fried with Burdock Roots	Chicken Fillet Stir-fried with Sugar Snap Peas
Ingredients: Big head half Shanghai pakchoi 1/3 catty Steps: 1. Fry shredded ginger in hot oil until fragrant; fry the fish until both sides become golden brown; pour in some water and bring to a boil. 2. Add Chinese pakchoi to cook when the soup is boiled; season with salt and serve.	Ingredients: Lotus shoots (sliced) 1/3 catty Chinese flowering cabbages 1/2 catty Steps: 1. Stir-fry spring onion and ginger until fragrant; add sliced lotus shoots and keep stir-frying. 2. Add celery, bean sprouts, carrots and Chinese flowering cabbage and stir-fry them; season and stir-fry well; serve.	Ingredients: Mock meat (soaked) 2 Burdock roots (sliced) 1/6 catty Steps: 1. Blanch vegetarian meat; rinse in cold water and squeeze out excess water; marinate and stir-fry until fragrant. 2. Blanch sliced burdock roots; stir-fry until fragrant; add vegetarian meat and stir-fry all; season and stir-fry well; serve.	Ingredients: Chicken fillet 1/3 catty Sugar snap peas 1/4 catty Steps: 1. Fry spring onion and ginger in hot oil until fragrant; add chicken fillet and stir-fry until half done; put in sugar snap peas and stir-fry. 2. Add seasoning; cook until done and serve.
Saturday / Sunday			
Pig Stomach Soup with Ground White Pepper	Beef Flank Simmered with Radishes	Clams Stir-fried with Chinese Chives and Bean Sprouts	Steamed Rabbit Fish with Dried Tangerine Peel
Ingredients: Pig stomach 1 (blanching) Ground white appropriate amount peppercorns Salted mustard greens appropriate amount Steps: 1. Rinse pig stomach until clean; blanch it and rinse again; add ground white peppercorns. 2. Boil a pot of water; add pig stomach and sliced ginger; simmer for 2 hours over a low heat. 3. Add salted mustard greens, boil for 10 min and serve.	Ingredients: Beef flank (blanching) 5/6 catty Radishes 2/3 catty (cut into chunks) Steps: 1. Add some water and star anise to cook beef flank; bring to the boil; cook for half an hour; add radishes. 2. Add rice wine, light soy sauce, salt and sugar and cook until the sauce is absorbed.	Ingredients: Chinese chives 1/2 catty Bean sprouts 1/3 catty Sand clams 1/3 catty Steps: 1. Fry shredded spring onion and ginger until fragrant; add clam meat and stir-fry all; add seasonings; dish up and set aside. 2. Fry shredded spring onion and ginger until fragrant; add bean sprouts and Chinese chives and stir-fry for several times. 3. Return clam meat to the wok; stir-fry until done and serve.	Ingredients: Rabbit fish 1 catty Dried tangerine peel appropriate amount Steps: 1. Marinate the fish briefly; lay on a plate. 2. Fry fermented black soybeans, chopped garlic and sugar in hot oil until fragrant; coat the fish with the mixture and preserved tangerine peel; steam until done over a high heat. 3. Pour hot oil and light soy sauce on the fish and serve.