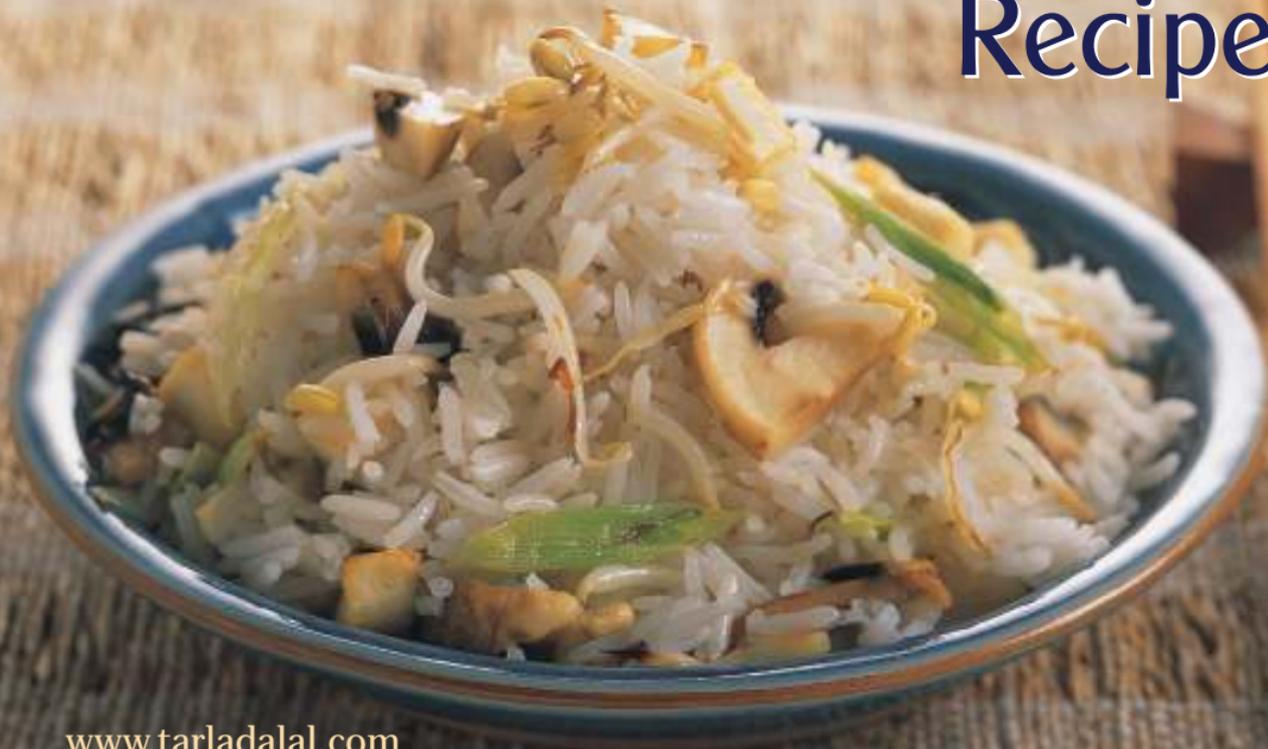


TARLA DALAL  
INDIA'S #1 COOKERY AUTHOR

# Chinese Recipes



[www.tarladalal.com](http://www.tarladalal.com)

# INTRODUCTION

Dear Friends,

The trend is in favour of Chinese food. People have begun to enjoy the versatile cuisine of China, making it extremely popular world over.

While assembling and preparing the ingredients is a laborious task, the actual cooking of Chinese food takes barely a few minutes. This ensures that the food is cooked to perfection, retaining the fresh flavour and distinct texture of each of the many ingredients. It's the cheery taste and crispiness of food that sets Chinese cuisine a class apart.

Like India, China is a vast country with pronounced differences in regional cuisines. Chinese cuisine can be broadly classified based on region into Peking, Tianjin, Shanghai and Guangzhou (Canton). I have discovered that the Cantonese and Schezuan styles of cooking appeal to the Indian palate more than their blander counterparts. In India, like elsewhere in the world, we have adapted Chinese food to suit local tastes. Here we are partial to stronger spices and sauces. The food in China might not taste anything like the modified versions that you relish in Chinese restaurants closer home!

However, I have tried to ensure that the recipes of popular Cantonese and Schezuan dishes included in this book, such as the Hakka Noodles, Vegetable Wontons, Triple

Schezuan Rice, Sweet and Sour Vegetables and Khimchi, are all as authentic as possible. To make things simpler for you I have avoided exotic ingredients that are not easily accessible across India. All the ingredients featured in these recipes can be found in most provision stores and supermarkets. Even the novice cook will find these recipes easy to follow, and will enjoy the amazing results.

Set up your own Chinese kitchen at home, experiment and innovate with the ingredients and exotic sauces, and enjoy a healthy and immensely satisfying Oriental eating experience within the privacy and warmth of your own home, whenever you want!

Regards,

*Tarda Datal*

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## ☐☐ *Hot and Sour Soup* ☐☐

*A wonderful blend of hot and sour flavours, this is the perfect choice for a lazy winter evening.*

Preparation time: 20 minutes. Cooking time: 5 minutes. Serves 4.

- ½ cup shredded cabbage
- ½ cup grated carrots
- ½ cup finely chopped cauliflower
- ¼ cup chopped spring onions
- 2 pinches MSG (Mono Sodium Glutamate), optional
- 3½ cups clear vegetable stock, page 97
- 2 tbsp vinegar
- 1 tbsp soya sauce
- ½ tsp chilli sauce
- 1 tbsp chopped coriander
- 3 tbsp cornflour dissolved in ½ cup water
- 2 tbsp oil

Salt and freshly ground pepper to taste

For the garnish

1 tbsp chopped coriander

1. Heat the oil in a wok over a high flame. Add the cabbage, carrots, cauliflower, spring onions and MSG and stir-fry over a high flame for 2 minutes.
2. Add the stock, vinegar, soya sauce, chilli sauce, coriander, pepper and salt and simmer for 2 minutes.
3. Add the cornflour mixture and boil for 3 to 4 minutes while stirring continuously. Serve hot garnished with coriander.



*Hot and Sour Soup*

## ☐☐ *Schezuan Noodles* ☐☐

*“Schezuan” means spice. True to its name, this dish is a delectable blend of spicy flavours that are sure to tease your palate.*

Preparation time: 15 minutes. Cooking time: 10 minutes. Serves 4.

4 cups boiled hakka noodles, page 99

2 tsp chopped garlic

1 tbsp chopped celery

2 cups finely sliced mixed vegetables (carrots, capsicum, cabbage, french beans)

¼ cup Schezuan sauce, page 91

½ cup bean sprouts

½ cup tofu (soya *paneer*) cubes

3 tbsp oil

1 tbsp chilli oil, page 102

Salt to taste

1. Heat the oil and chilli oil in a wok on a high flame, add the garlic and sauté till it turns golden brown in colour.

2. Add the celery and vegetables and sauté for 4 to 5 minutes.
3. Add the Schezuan sauce and cook for another minute.
4. Add the noodles, bean sprouts, tofu and salt and mix well.  
Toss for a few seconds and serve hot.



*Schezuan Noodles*

## Talumein Soup



Dear Friends,

Chinese food is fast becoming one of the most popular foreign cuisines in India. Chinese restaurants are mushrooming all over the country, and more and more chefs are trying to Indianize the popular Chinese recipes to suit the discerning Indian palate. As many restaurants as there may be, foodies-at-heart still yearn to make their favourite recipes at home, with their own magic fingers. After all, that, adds a special flavour!

Here, I have attempted to understand and present Chinese cuisine, in as genuine and authentic a way as possible, using ingredients that are easily available all over India.

Enjoy the magic of truly Oriental food, anytime, anywhere with this easy to follow collection of recipes.

Happy Cooking,

*Tarla Dalal*



**Mrs Tarla Dalal** is India's best selling author in any field, with over 3 million cookbooks sold to date. She is the first to launch a bi-monthly food magazine, '**Cooking & More**', which is the best selling cookery magazine in India, under her own name.

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