

Camp Combe Cooking 2019  
Week 2 Asian Fusion  
Vegetable Fried Rice  
Monday Recipe

Prep Time: 25 minutes | Cook Time: 40 minutes  
Total Time: 1 hour, 5 minutes  
Serving: 8

## Ingredients

3 cups cooked white rice  
2 tablespoons of butter, salted  
2 tablespoons sesame oil  
1 small white onion chopped  
1 cup frozen peas, thawed  
1 cup frozen carrots, thawed  
3 tablespoons soy sauce  
2 eggs lightly beaten  
2 tablespoons chopped green onions

## Instructions -Cooking Rice

1. In a medium saucepan over medium heat, bring 2 cups of water to a boil.
2. Once the water is boiling, add in the rice and butter.
3. Lower the heat and cook covered for approximately 20 minutes, or until the rice is tender and water is absorbed.
4. Remove from the heat and let it sit for 5 minutes.

## Instructions -Preparing Fried Rice

1. Preheat a large skillet or wok to medium heat. Pour sesame oil in the bottom. Add the white onion, peas and carrots and fry until tender.
2. Slide the onion, peas, and carrots and pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetables.

3. Add the rice to the veggies and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until heated through and combined. Add chopped green onions if desired.

Camp Combe Cooking 2019  
Week 2 Asian Fusion  
Orange Chicken  
Tuesday Recipe

Prep Time: 30 minutes | Cook Time: 1 hour  
Total Time: 1 hour, 30 minutes

## Ingredients -Chicken

4 boneless and skinless, chicken breast  
1 teaspoon salt  
¼ teaspoon ground pepper  
1 ½ cup cornstarch  
1 ½ cups flour  
4 egg  
1 cup of canola oil

## Ingredients -Orange Sauce

$\frac{2}{3}$  cup brown sugar  
cup orange juice  
¼ cup soy sauce  
¼ cup white vinegar  
1 teaspoon garlic salt  
1 teaspoon cornstarch  
Zest of one orange

## Instructions

1. Preheat oven to 325°.
2. Spray a 9x13 baking dish and a large frying pan with cooking spray. Set aside.
3. Cut chicken into 1 inch cubes, and sprinkle salt and pepper over the chicken pieces. Add chicken pieces to a gallon sized Ziploc bag (or you can do this in a bowl) and add the cornstarch. Close the Ziploc bad and shake to mix it together and coat the chicken pieces in cornstarch.

4. Crack the eggs into a bowl, and beat with a fork.
5. Take a handful of the cornstarch coated chicken pieces out of the bag and place in the egg. Coat both sides of the chicken.
6. In a large frying pan, heat the coated pan and place the chicken pieces to cook on each side for 2-3 minutes. The chicken does not have to be cooked all the way through.
7. Once all the chicken pieces are done, place them in the prepared 9x12 baking pan.
8. Combine all the ingredients for the orange sauce into a small bowl and stir with a whisk until mixed together. Pour over the chicken and stir to coat all the chicken pieces in the sauce.
9. Bake, uncovered for 1 hour. Turning and mixing the chicken every 15 minutes to make sure it stays coated in the sauce.

Camp Combe Cooking 2019  
Week 2 Asian Fusion  
Chicken and Asparagus Stir Fry and Brown Rice  
Wednesday Recipe

Prep Time: 20 minutes | Cook Time: 35 minute

Total Time: 55 minutes

Serving: 4

## Ingredients

1 tablespoon vegetable oil  
1 pound boneless skinless chicken breast cut into 1 inch pieces  
Salt and Pepper for taste  
1 pound of asparagus stalks trimmed and cut into 1 ½ inch pieces  
2 teaspoons of minced garlic  
1 tablespoons of minced fresh ginger  
¾ cup of chicken broth  
1 ½ teaspoon s sugar  
1 tablespoon soy sauce  
2 tablespoons sesame oil  
1 tablespoon cornstarch  
2 tablespoons butter, salted  
1 box of brown rice

## Instructions -Chicken and Asparagus

1. Heat the vegetable oil in a pan over medium high heat
2. Season the chicken with salt and pepper to taste
3. Add the chicken to the pan in a single layer. Cook for 3 -4 minutes per side or until browned.
4. Add the asparagus to the pan and cook for 3 -4 minutes or until tender
5. Add the garlic and ginger and cook for 30 seconds
6. In a small bowl, whisk together the chicken broth, sugar, soy

sauce, sesame oil, and cornstarch.

7. Pour the sauce over the chicken and asparagus and bring to a simmer. Cook for 1-2 minutes or until sauce has thickened, then serve.

## **Instructions -Cooking Rice**

1. In a medium saucepan over medium heat, bring 2 cups of water to a boil.
2. Once the water is boiling, add in the rice and butter.
3. Lower the heat and cook covered for approximately 20 minutes, or until the rice is tender and water is absorbed.
4. Remove from the heat and let it sit for 5 minutes.

Camp Combe Cooking 2019  
Week 2 Asian Fusion  
Asian Pork Dumplings  
Thursday Recipe

Make 70-80 Dumplings

## Ingredients

½ medium head of Napa Cabbage (about 1 pound)  
1 tablespoon kosher salt  
1 pound ground pork  
1 bunch scallions, thinly sliced (about 1 cup)  
1 bunch cilantro minced (about ¾ cup)  
3 tablespoons soy sauce  
3 tablespoons of fresh ginger  
2 tablespoons of sesame oil  
2 large eggs, whisked  
1 (12 ounce) package round dumpling, wonton, or gyoza wrappers

## Equipment

Mixing bowls of various sizes  
Measuring cups and spoons  
Skillet with lid to cook

## Instructions

- SLICE THE CABBAGE AND MIX WITH SALT:**  
Slice the half -head of cabbage down the length, through the root, to make 2 quarters. Then slice each quarter into very thin strips, cutting crosswise. To ss the slices with salt in a large mixing bowl and set aside for 5 to 10 minutes.
- SQUEEZE THE LIQUID FROM THE CABBAGE:**  
While it rests with the salt, the cabbage will start to release

Liquid. When it's ready, grab handfuls of the cabbage and squeeze out the water. Transfer the squeezed cabbage to another mixing bowl.

**3. COMBINE THE CABBAGE WITH THE REST OF THE FILLING INGREDIENTS.**

To the bowl with the squeezed cabbage, add the ground pork, sliced scallions, cilantro, soy sauce, ginger, sesame oil, and eggs. Work the mixture together with your hands until fully combined.

**4. ARRANGE YOUR DUMPLING -MAKING STATION**

Clear a large space on the counter. Set a small bowl of water, the bowl of filling, and a parchment-lined baking sheet nearby. Open the package of dumpling wrappers and arrange a few on the work space in front of you.

**5. PLACE 1 SCANT TABLESPOON OF FILLING ON EACH DUMPLING WRAPPER**

It doesn't look like much filling, but using any more gets messy and makes the dumplings hard to pleat closed! Once you get the hang of pleating the dumplings, you can try adding a bit more.

**6. DAMPEN THE EDGE OF THE WRAPPER WITH WATER**

Dip your finger into the bowl of water and run it around the edge of the dumpling. This will help it to seal closed.

**7. FOLD THE DUMPLING IN HALF**

Lift the dumpling from the work surface and fold it in half. Press the top closed.

**8. MAKE A PLEAT IN EITHER SIDE**



Use your opposite thumbs to fold a tiny pleat on either side of the dumplings, then pleat on either side of the dumpling closed. You may need to dab a little water under the pleat to make it stick closed.

**9. REPEAT WITH ALL THE WRAPPERS AND FILLINGS**

Continue filling and pleating the rest of the wrappers using

the remaining filling — this is where having a few extra hands comes in handy! As you finish each dumpling, line it up on the parchment-lined baking sheet.

**10. COOK OR FREEZE THE DUMPLINGS**

You can cook the dumplings immediately, or freeze them on the baking sheet. Once frozen solid, gather them into a freezer container and keep frozen for up to 3 months.

**11. SEAR THE DUMPLINGS IN A SKILLET**

Film a skillet with about a tablespoon of oil and warm over high heat. When the oil is shimmering, arrange the dumplings in the pan as close as they'll fit without actually touching. Cook until the bottoms have turned brown and Golden.

**12. ADD 3 TABLESPOONS OF WATER TO THE PAN**

Pour 3 tablespoons of water in the pan — the water will immediately sizzle and begin to steam.

**13. COVER THE PAN AND LOWER THE HEAT:**

\_\_\_\_\_ Cover the pan immediately and reduce the heat to low. (if your skillet doesn't have a lid, cover with a baking sheet.)

**14. COOK THE DUMPLINGS FOR 3 TO 5 MINUTES IF FRESH, OR 6 TO 8 MINUTES IF FROZEN**

When done, the wrappers will appear translucent and

noodle-like; the filling will be opaque and warmed through (you can cut one open to check)

**15. TRANSFER TO A PLATE AND SERVE**

Transfer the cooked dumplings to a plate and serve with soy sauce or other dipping sauce.

**Recipe Notes**

**1. STEAMED DUMPLINGS**

Line a steamer basket with parchment and steam over simmering water for about 6 minutes if fresh, 8 minutes if frozen

**2. BOILED DUMPLINGS**

Bring a large pot of water to boil and add the dumplings. Stir so they don't stick together. Add 1 ½ cups of cold water

and bring to a boil again. Add another 1 ½ cups of cold water and bring to a boil a third time. Check one dumpling to make sure they are cooked through; boil another few minutes if necessary.

**3. LEFTOVER FILLING**

Depending on how generously you filled your dumplings, you may have a little filling left over. Leftover filling is fantastic formed into small meatballs or patties and fried in a skillet. Serve them on top of salad or stuffed into pitas.

**4. LEFTOVER WRAPPERS**

Again, depending on how generously you filled your dumplings, you may have a few wrappers left over. The wrappers will keep in a sealed container in the fridge for a week or so and can be used to make weeknight raviolis.

## Camp Combe Cooking 2019

### Week 2 Asian Fusion

#### Fried Sesame Balls

#### Friday Recipe

Makes 12 | Prep Time: 30 minutes | Cook Time: 15 minutes

### Ingredients

3 cups of rice flour

1 cup of sweet red bean paste

1  $\frac{1}{3}$  cup boiling water

$\frac{3}{4}$  cup brown sugar

6 cups peanut oil

1 package of sesame seeds

### Directions

1. In a small bowl, dissolve the brown sugar into 1 cup of the boiling water. Place the rice flour in a large bowl, making a well in the center and adding the sugar and water mixture. Stir until dough turns sticky and caramel colored. You may add the remaining  $\frac{1}{3}$  cup of water if needed.
2. Take a piece of dough about 2 inches wide and make a deep indent in the middle to form a small cup. Take one teaspoon of red bean paste and roll into a ball, place it into the dough and folding dough over the top to seal and roll into a ball shape. Continue this until all the dough is used up.
3. In a large saucepan or deep fryer, heat the oil to 350 degrees. Spread sesame seeds over wax paper and place a small bowl of water next to the wax paper.
4. Dip the formed ball into the bowl of water and rollover the sesame seed, do this until all balls are covered with sesame

seeds.

5. Place sesame balls into oil, a few at a time until the seeds turn light brown and then use a spatula to press the balls against the sides of the saucepan until they expand about 3 times their original size and are golden brown. Drain and serve.