



COOKING CLASSES
AT SUR LA TABLE

**ONLINE CHINESE TAKEOUT
CLASSICS**

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Proteins

- 1 block firm tofu
- 1 large egg
- 1 pound boneless chicken thigh
- 1 pound top sirloin steak

Produce

- 8 fresh shiitake mushrooms
- 23 green onions
- 6 tablespoons of ginger
- 9 garlic cloves
- 1/2 yellow onion
- 2 cups broccoli
- 1 red bell pepper

Pantry Items

- Granulated sugar
- Soy sauce
- Rice vinegar
- Sesame oil
- Kosher salt
- Freshly ground black pepper
- Cornstarch
- Hot Chile Oil
- Cake flour
- All-purpose flour
- Canola or vegetable oil
- Red wine vinegar
- Red pepper flakes
- Sesame seeds
- Shaoxing wine
- Chinese black vinegar

Dry/Canned Goods

- 6 3/4 cups chicken stock
- 1/3 cup beef stock
- 1/2 cup bamboo shoots
- 1/2 cup honey
- 1/2 pound Chinese-style egg noodles
- 1 tablespoon hoisin sauce

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chefs knife
- Cutting board

Hand Tools/Gadgets

- Measuring cups and spoons, various sizes
- Liquid measuring cup
- Whisk
- Wooden spoon
- Ladel
- Sifter
- Bench scraper
- Rolling pin
- 2-inch circle cutter
- Tongs
- Slotted spoon
- Instant-read thermometer
- Colander

Cookware

- Medium pot
- Large saute pan
- Wok
- Large saucepan

Bakeware

- Mixing bowls, various sizes

Tabletop

- Soup bowls
- Large serving dish
- Platter

Other

- Plastic wrap
- Parchment paper

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Hot & Sour Soup

1. Wash produce.

Homemade Scallion Pancakes

1. Prepare pancake dough at least 30 minutes prior to class.
2. Wash produce.

Honey Sesame Chicken

1. Marinade chicken 15 minutes prior to class.
2. Prepare steamed jasmine rice to serve with Honey Sesame Chicken

Ginger Beef and Scallion Lo Mein

- 1.

HOT & SOUR SOUP

Yield: 4 servings

This spicy soup can be made more substantial by adding strips of pork or shrimp. If you like, replace the fresh shiitake mushrooms with canned straw mushrooms which you'll find in many restaurant versions of this classic first course.

6 cups chicken stock

1/2 cup bamboo shoots, cut into 1/8" by 2" long strips

8 fresh shiitake mushrooms, stems removed, caps cut into 1/8-inch thick slices

1 teaspoon granulated sugar

2 tablespoons soy sauce

2 tablespoons rice vinegar, or to taste

1 teaspoon sesame oil

Kosher salt and freshly ground white pepper

1 block firm tofu, cut into 1/2-inch squares

1 tablespoon cornstarch

2 tablespoons water

1 large egg, beaten

3 green onions, trimmed and finely sliced, for garnish

Hot chile oil, for garnish

1. To a medium pot, bring the chicken stock to a boil over medium-high heat. Add the bamboo shoots and sliced mushrooms. Add sugar, soy sauce, vinegar, and sesame oil and stir well. Taste and season with salt, white pepper, and additional rice vinegar as needed. Gently stir in tofu.
2. To a small mixing bowl, dissolve cornstarch in water. Slowly pour the cornstarch mixture into the soup, stirring constantly. Return the soup to a boil, then remove from the heat. Slowly pour in the beaten egg, stirring constantly in one direction.
3. To serve, divide the soup between 4 soup bowls. Garnish with green onion and drops of chile oil to taste. Serve immediately.

HOMEMADE SCALLION PANCAKES

Yield: *about 18 pancakes*

These little pancakes are great with the dipping sauce or simply with a little soy sauce or spicy mustard. The scallions provide an unusual form of crunch that makes this snack exciting.

Pancakes:

1 1/2 cups cake flour
1/2 cup unbleached all-purpose flour, plus more for rolling
Kosher salt
2 tablespoons canola oil, plus more for frying
1 cup boiling water
2 1/2 cups minced scallions (green and white parts; from about 16)

Dipping sauce:

4 tablespoons grated fresh ginger
4 medium garlic cloves, grated
6 tablespoons dark soy sauce
1 teaspoon granulated sugar
2 teaspoons red wine vinegar
2 tablespoons toasted sesame oil

1. **To prepare the pancake dough:** To a large bowl, sift the cake flour, all-purpose flour, and 1 teaspoon salt. Using a wooden spoon, make a well in the center of the dry ingredients and stir in 2 tablespoons canola oil and the boiling water. Once the ingredients have been mixed, use your hands to work the dough into a ball, taking care that all the ingredients are thoroughly combined. Add a tablespoon or two of additional flour if the dough seems too wet. Spread a sheet of plastic wrap on a flat surface, put the dough in the middle of the plastic, and cover it loosely. Press the dough out so it flattens inside the layer of plastic. Refrigerate for at least 1 hour or overnight.

2. **To prepare the dipping sauce:** To a medium bowl, whisk together the ginger, garlic, soy sauce, sugar, red wine vinegar, and sesame oil. Set aside.

3. **To roll the dough:** Divide the dough into 4 equal pieces. Working with one piece at a time on a lightly floured work surface and keeping the remaining dough covered, use a rolling pin to roll the dough out to about 1/4" thick. Sprinkle with 1/2 cup of the scallions and fold the dough in half so the scallions are hidden. Roll it out again, then use a glass that's about 2" in diameter (or a biscuit cutter) to cut out rounds. Transfer the rounds to a baking sheet lined with parchment paper. Repeat with the remaining dough, using 1/2 cup scallions for each piece.

4. **To cook the pancakes:** To a large sauté pan, heat 1/4" of canola oil over medium-high heat. Line a baking sheet with a kitchen towel and set it near the stove. When the oil begins to

smoke, use a pair of tongs to lower a few of the rounds into the oil. Fry until lightly browned, 2 to 3 minutes on each side. Use a slotted spoon to transfer the pancakes to the towel-lined baking sheet to drain. Repeat with the remaining pancakes, adding more canola oil as needed and letting it heat up before cooking additional pancakes.

5. **To serve:** Sprinkle the pancakes with the remaining 1/2 cup scallions, season lightly with salt, and serve hot, with the dipping sauce on the side.

HONEY SESAME CHICKEN

Yield: 4 servings

Available in many Chinese restaurants across the United States, sesame chicken is one of the popular dishes ordered on takeout. This variation, inspired by a popular chain restaurant, uses honey to bring a mellow sweetness that complements the sesame flavor. The light coating on the chicken is a combination of all-purpose flour and cornstarch that gives enough crispness without being too thick. When serving, add steamed broccoli and cooked jasmine rice to bring that delicious takeout experience.

Chicken:

2 tablespoons soy sauce

2 tablespoons cornstarch

1 teaspoon toasted sesame oil

1 pound boneless chicken thighs, sliced to 1/4-inch thick and 1-inch long

Sauce:

2 teaspoons soy sauce

2 teaspoons rice wine vinegar

3/4 cup chicken stock, plus more

1/2 cup honey

1/2 teaspoon kosher salt, plus more if needed

2 teaspoons plus 1 cup vegetable oil, divided

3 garlic cloves, minced

2 scallions, sliced thin, white and green parts separated

1, 1" ginger root, grated

1/8 teaspoon red pepper flakes (optional)

2 teaspoons toasted sesame oil, plus more if needed

2 teaspoons cornstarch, diluted with 2 teaspoons of water

2 teaspoons sesame seeds

Flour coating:

1/2 cup unbleached all-purpose flour

1/2 cup cornstarch

1 teaspoon kosher salt

1. **To marinate chicken:** To a medium bowl, add soy sauce, cornstarch, and sesame oil and whisk to combine. Add chicken and mix until thoroughly coated. Transfer to a refrigerator and let chicken marinate for 30 minutes.

2. **To make the sauce:** To a medium bowl, add soy sauce, vinegar, chicken stock, honey, and salt and mix to combine; set aside. To a wok or large skillet set over medium-high heat, add 2

teaspoons oil. Once the oil is hot, add garlic, scallion whites, and ginger and stir to combine. Cook aromatics until fragrant, about 30 seconds, then pour the soy sauce mixture. Combine well, let the mixture come to a boil, and simmer for 3 to 4 minutes. Add the sesame oil, stirring, followed by the cornstarch slurry (mix the cornstarch and water again to blend right before adding). Cook sauce for another 4 minutes until it starts to thicken and coat the back of a spoon. Taste and adjust seasoning with salt and sesame oil. Keep sauce warm and set aside.

3. **To cook the chicken:** To a large bowl, combine flour, cornstarch, and salt. Set the flour coating mix aside. To a large skillet set over medium-high heat, add 1 cup of oil. Heat oil and bring the temperature to reach 350°F on an instant-read thermometer. Set the wok or skillet with the honey sesame sauce nearby to be mixed with the chicken right after frying. Working with one piece at a time, lightly coat marinated chicken in the flour mix and tap the piece lightly to rid of excess flour. Gently add the chicken into the hot oil, without crowding the skillet, and fry until cooked through and the color turns golden brown, about 4 to 6 minutes. Transfer chicken immediately to the honey sesame sauce. Once all chicken pieces are added to the sauce, toss well to coat and turn the heat over medium to warm and finish cooking, 1 to 2 minutes. Stir in scallion greens and mix well.

4. **To serve:** Transfer chicken to a platter and serve with cooked jasmine rice.

GINGER BEEF AND SCALLION LO MEIN

Yield: 4 servings

Fresh Chinese egg noodles are found in the Asian section of most well-stocked markets. The noodles are yellow in color and made from wheat flour and eggs. Check the label to ensure real eggs are listed in the ingredients as some manufacturers dye the noodles to save cost.

*1 tablespoon kosher salt
1/2 pound fresh Chinese-style egg noodles
2 teaspoons toasted sesame oil, plus more for finishing
2 tablespoons soy sauce
1 tablespoon hoisin sauce
1 tablespoon Shaoxing rice wine
1 pound top sirloin steak, sliced across the grain 1/4" thick
2 tablespoons peanut or vegetable oil, divided
1/2 yellow onion, thinly sliced
2 cups broccoli florets, cut into bite-size pieces
1 red bell pepper, cored and cut into strips
1 tablespoon minced garlic
1 tablespoon peeled and minced fresh ginger
1/4 cup green onion, thinly sliced, plus extra for garnishing (green parts only)
1/3 cup low-sodium beef or chicken broth
2 tablespoons Chinese black vinegar*

1. Place a large saucepan of water over high heat and bring to a boil. Add the salt and stir to dissolve. Add the egg noodles, stir well, and cook according to package instructions. Drain noodles in a colander, rinse under cool running water, tossing until all excess liquid has been removed. Transfer to a large bowl and toss with sesame oil; set aside.
2. To a medium bowl, add soy sauce, hoisin, and wine; whisk to combine. Add beef, toss to coat, and set aside.
3. Heat a wok over high heat until beginning to smoke. Add 1 tablespoon peanut oil and swirl to coat. Add onion and cook, stirring and tossing occasionally, until slightly browned, 2 to 3 minutes. Add the broccoli and red bell pepper and cook, stirring and tossing occasionally, until the broccoli is barely tender, 3 to 4 minutes. Add the garlic, ginger, and green onion, and cook for 1 minute, stirring constantly. Transfer the vegetables to the bowl with the noodles.
4. Return the wok to high heat until beginning to smoke. Add the remaining 1 tablespoon peanut oil and swirl to coat the sides. Drain the beef, reserving the marinade, and add the meat to the wok. Cook, stirring and tossing for 2 minutes. Add the reserved sauce, broth, and vinegar and stir. Add the reserved noodles and vegetables. Toss until the noodles are coated and vegetables are heated through.

5. **To serve:** Transfer to a serving dish, drizzle lightly with sesame oil, garnish with green onions, and serve family-style.