



COOKING CLASSES
AT SUR LA TABLE

FAST AND FRESH STIR-FRY

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 pound medium raw shrimp, peeled and deveined

Produce

- 2" piece fresh ginger
- 6 garlic cloves
- 1 bunch green onion
- 1 1/2 stalks Chinese celery (see recipe for substitution)
- 1 pound Chinese long beans (see recipe for substitution)

Dry/Canned Goods

- 2 teaspoons tomato paste

Pantry Items

- Kosher or sea salt
- Granulated sugar
- 2 1/4 cups vegetable oil
- 1/4 cup low-sodium chicken broth
- Soy sauce
- Cornstarch
- 1 cup long grain rice

Specialty Ingredients

- Chinese chili bean sauce
- Chinese black vinegar (see recipe for substitution)
- Shaoxing rice wine (see recipe for substitution)
- Toasted sesame oil
- Chinese dried chiles (see recipe for substitution)
- Sichuan peppercorns

Equipment Needed

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

Cutlery

- Chef's knife
- Cutting board

Hand Tools/Gadgets

- Mixing bowls (various sizes)
- Prep bowls
- Fine-mesh strainer
- Measuring cups and spoons
- Whisk
- Spider or slotted spoon
- Instant-read thermometer
- Heat-safe liquid measuring cup
- Wok spoon or wooden spoons
- Mortar and pestle, spice grinder, or heavy-bottomed skillet for crushing Sichuan peppercorns

Cookware

- Medium saucepan with lid
- Wok or large skillet

Tabletop

- Serving bowls or platters

Other

- Paper towels

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.

Stir-Fried Spicy Sichuan-Style Shrimp

1. Measure all ingredients for Sichuan stir-fry sauce into a bowl. Label Sichuan Stir-Fry Sauce so it is not confused with the sauce for Chinese Long Beans.
2. Read recipe notes for adjusting spice level for this dish.
3. If using frozen shrimp, 30 minutes prior to class defrost in a colander set over a bowl.

Chinese Long Beans with Chile and Garlic

1. Measure all liquid ingredients for Chile Sauce into a bowl. Label Chile Sauce so it is not confused with the sauce for Shrimp. We will mince the garlic in class.
2. Read recipe notes for adjusting spice level for this dish.

STIR-FRIED SPICY SICHUAN-STYLE SHRIMP

Yield: 4 servings

For Chinese New Year, shrimp dishes symbolize happiness and good fortune because the Chinese word for shrimp is *har*—which is also the Chinese word for the sound of laughter. Green onions are symbols of spring, while celery represents diligence. If available, use the longer and leafier Chinese variety of celery—the flavor is more intense and aromatic.

Sichuan stir-fry sauce:

2 teaspoons tomato paste
1 tablespoon Chinese chili bean sauce
1 tablespoon Chinese black vinegar
1 tablespoon Shaoxing rice wine
1/4 teaspoon kosher salt, plus more as needed
1 tablespoon granulated sugar
1 tablespoon toasted sesame oil

Stir-fried shrimp:

2 tablespoons vegetable oil
1 tablespoon fresh ginger, finely chopped
1 tablespoon garlic, coarsely chopped
4 green onions, white and light-green parts finely chopped, dark-green parts sliced crosswise into 1" long pieces, kept separate
1 1/2 stalks Chinese celery, sliced crosswise into 1" pieces
8 to 10 small dried Chinese chiles
1 pound medium raw shrimp, peeled and deveined
1/4 teaspoon Sichuan peppercorns, coarsely ground, plus more to taste

- 1. To prepare sauce:** To a small bowl, combine sauce ingredients and whisk to combine.
- To a wok set over high heat, add oil and swirl to coat. When oil is very hot and starting to smoke, add ginger, garlic and finely chopped parts of green onions. Using wok spoons, stir-fry for about 20 seconds, then add celery and chiles; cook until chiles just start to soften, about 1 minute.
- Push ingredients to side of wok and add shrimp and Sichuan pepper; continue to stir-fry until shrimp turn pink, about 1 minute. Add sauce and dark green parts of green onion and toss to coat ingredients. Cook until shrimp is cooked through and sauce is hot, about 2 minutes; remove wok from heat. Taste and adjust seasoning with salt and Sichuan pepper. Transfer to a platter and serve immediately.

Recipe variations:

- Reduce the heat level of this dish by adjusting the quantities of Chinese chili bean sauce, dried Chinese chiles and Sichuan peppercorns.
- Regular or western-style celery can be substituted for Chinese celery.
- Rice vinegar can be substituted for Chinese black vinegar.
- Dry sherry can be substituted for Shaoxing rice wine.
- Chile de arbol can be substituted for dried Chinese chiles.

CHINESE LONG BEANS WITH CHILE AND GARLIC

Yield: 4 servings

Oil-blanching the green beans seals in moisture and freshness.

Chile sauce:

1/4 cup low-sodium chicken broth
1 tablespoon soy sauce
1 tablespoon minced garlic
1 tablespoon Chinese chili bean paste
1/2 teaspoon toasted sesame oil
2 teaspoons granulated sugar
1/2 teaspoon kosher salt

Green beans:

2 cups vegetable oil
1 pound Chinese long beans, ends trimmed and beans cut into 3" pieces
1/2 teaspoon cornstarch mixed with 1 teaspoon water

1. **To prepare chile sauce:** To a small bowl, whisk to combine all sauce ingredients.
2. **To blanch green beans:** To a wok set over high heat, add oil and heat to 350°F. Carefully slip green beans into oil and cook, stirring continuously, until wrinkled, about 1 minute. Using a slotted spoon or spider, transfer beans to paper towels to drain. Carefully transfer oil to a heat-proof container and reserve. Wipe out wok with a paper towel.
3. Heat wok over high heat until hot. Add 2 teaspoons of reserved oil (*remainder can be saved for another use*), swirling to coat sides. Add green beans and chile sauce and stir-fry until sauce boils. Add cornstarch mixture and cook, stirring, until sauce thickens.
4. **To serve:** Transfer to a serving plate and serve immediately.

Chinese Long Beans with Chile and Garlic variations:

- Green beans can be substituted for long beans.
- Reduce the spice level of this dish by reducing the Chinese chili bean paste.

STEAMED RICE

Yield: 4 servings

1 cup long-grain rice

2 cups water

1 teaspoon kosher salt

1. Place rice in a fine-mesh strainer and rinse under cool running water until water runs clear. Drain rice of excess water.
2. To a medium saucepan set over high heat, add water, washed rice and salt. Bring to a boil and cook uncovered, until steam holes appear in rice and grains on surface appear dry, about 8 minutes.
3. Cover pan and reduce heat to low. Continue cooking for 15 minutes until all water has been absorbed. Remove from heat and keep covered until ready to serve, at least 5 minutes.
4. Fluff rice with a fork before serving.