



COOKING CLASSES
AT SUR LA TABLE

STIR-FRY FAVORITES

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- 1 pound medium raw shrimp, peeled and deveined

Produce

- 2 inch piece fresh ginger root
- 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
- Peanut or vegetable oil
- 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)
- Small prep bowls
- Fine mesh strainer
- Measuring cups and spoons
- Whisk
- Spider or slotted spoon
- Digital thermometer
- Heat safe liquid measuring cup
- Wok spoon or wooden spoons

Cookware

- Medium saucepan with a lid
- Wok or large skillet

Tabletop

- Serving bowls or platters

Other

- Small baking sheet or large plate lined with paper towels
- Mortar and pestle, spice grinder or heavy bottom small skillet for crushing Sichuan peppercorns
- Tasting spoons

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 the Sichuan stir-fry sauce into a bowl. Label Sichuan Stir-Fry Sauce so it is not confused with the sauce for the other recipe.
2. Read the recipe notes for adjusting the spice level for this dish.

Chinese Long Beans with Chile and Garlic

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

Steamed Rice

1. N/A

STIR-FRIED SPICY SICHUAN-STYLE SHRIMP

Yield: 4 servings

For Chinese New Year, shrimp 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 as 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 sea salt, plus more as needed
1 tablespoon granulated sugar
1 tablespoon toasted sesame oil

Stir-fried shrimp:

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

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

Spicy Sichuan-Style Shrimp 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

The oil-blanching of the green beans' seals in the moisture and freshness and is necessary for an authentic dish.

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 sea salt

Green beans:

2 cups of vegetable oil
1 pound Chinese long beans, ends trimmed and beans cut into 3-inch lengths
1/2 teaspoon cornstarch mixed with 1 teaspoon of water

1. **To make the chile sauce:** In a small bowl, whisk to combine all sauce ingredients. Set aside.
2. **To cook the green beans:** Pour the vegetable oil into a wok and heat to 350°F over medium-high heat. Carefully slip the green beans into the oil and cook, stirring continuously, until they are wrinkled, about 1 minute. With a slotted spoon or wire spider, transfer the beans to paper towels to drain. Carefully transfer the oil to a heat-proof container and reserve. Wipe out the wok with a paper towel.
3. Heat the wok over high heat until hot. Add 2 teaspoons of the reserved oil (*the remainder can be saved for another use*), swirling to coat the sides. Add the green beans and chile sauce and stir-fry until the sauce boils. Add the cornstarch mixture and cook, stirring, until the 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 quantity.

STEAMED RICE

Yield: 4 servings

1 cup long-grain rice

2 cups of 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 the surface appear dry, about 8 minutes.
3. Cover the pan and reduce heat to low. Continue cooking for 15 minutes. Remove from heat and keep covered until ready to serve, or at least 5 minutes.
4. Fluff rice with a fork before serving.

Ingredients Glossary

Black vinegar: An inky-black vinegar aged with a rich, malty, and smoky flavor. It was first popularized in East Asia, particularly southern China. It is made from rice.

Soy sauce: Produced for thousands of years, soy sauce is made from fermented soybeans mixed with roasted grain (wheat, barley or rice are common), injected with a special yeast mold and liberally flavored with salt. After being left to age for several months, the mixture is strained and bottled.

Ginger root: Aromatic, pungent, and spicy, ginger adds a special flavor and zest to Asian stir-fries and vegetable dishes. Fresh ginger root is available year-round in the produce section of your local market. No need to buy the whole root; just break off what you need.

Celery: Chinese celery is much longer and thinner than the domestic variety. It is more aromatic and is worth seeking out for the distinctive flavor it gives soups and stir-fries.

Chinese chili bean sauce (Doubanjiang): A spicy, salty sauce made from fermented soybeans and hot chiles, used particularly in Sichuan cooking.

Shaoxing rice wine: One of the most traditional Chinese wines, fermented from rice. It originates from the region of Shaoxing, in eastern China. It is widely used as both a beverage and a cooking wine in Chinese cuisine.

Sichuan peppercorns: Also commonly spelled Szechuan; characteristically known for the spicy numbing effect it has on the tongue. Used commonly in authentic Chinese cuisine as well as Tibetan, Nepali, and Indian cuisine. Sichuan pepper is not closely related to black pepper but is associated with it because of the similar way it can be used to season dishes.

Yard-long bean: A thin legume from China that can grow up to three feet in length; substitute regular green beans.