

Chinese new year : chinese recipes / Tesco.

Contributors

Tesco (Firm)

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TESCO
CHINESE
NEW YEAR



SAVE

at
TESCO



0024 31/3/94



Teriyaki Starter Beef

SERVES: 4

INGREDIENTS

- 12 Small Wooden Skewers
- 2 x 15ml sp (2 tbsp) Tesco Walnut Oil
- 150g jar Sharwoods Stir Fry Teriyaki Sauce Mix
- 1 x 15ml sp (1 tbsp) Dry Sherry
- 1 x 15ml sp (1 tbsp) Tesco Brown Sugar
- 1 x 5ml sp (1 tsp) Garlic Purée
- 2.5cm (1") Cube of peeled Root Ginger, grated
- Small Red Pepper, de-seeded and cut into 1cm (½") squares
- 350g (12oz) Frying Steak, cut into 1cm (½") cubes
- 4 Spring Onions, to garnish, shredded

METHOD

1. Soak the wooden skewers in water for 30 minutes to prevent them from burning under the grill.
2. Place the oil, Teriyaki sauce, sherry, brown sugar, purée and ginger in a shallow dish. Mix well.
3. Place the beef into the marinade, cover and place in the refrigerator for at least 3 hours. Shake occasionally to make sure all the meat is covered in the marinade.
4. Thread the beef and peppers onto the drained wooden skewers. Place under a hot grill for 5-6 minutes, turning several times. Brush frequently with the marinade.

Garnish with shredded spring onions and serve with a bowl of prawn crackers for a starter or snack.

Sweet and Sour Prawns

SERVES: 4

INGREDIENTS

- 2 x 15ml sp (2 tbsp) Tesco Groundnut Oil
 - 4 Spring Onions, sliced
 - 1 Green Pepper, de-seeded and chopped
 - 400g (14oz) Cooked and Peeled Prawns
 - 227g can Water Chestnuts, drained and sliced
 - 1 x 5ml sp (1 tsp) Garlic Purée
- For the Sauce:**
- 70ml (2½ fl oz) Chicken Stock
 - 1 x 15ml sp (1 tbsp) Dry Sherry
 - 2 x 5ml sp (2 tsp) Light Soy Sauce
 - 1 x 15ml sp (1 tbsp) Tesco Tomato Purée
 - 3 x 15ml sp (3 tbsp) Tesco Cider Vinegar
 - 1 x 15ml sp (1 tbsp) Tesco Brown Sugar
 - 2 x 5ml sp (2 tsp) Tesco Cornflour, blended with a little cold water

METHOD

1. Heat the oil in a large frying pan or wok. Add the spring onions and green pepper, stir fry for 1 minute.
2. Add the prawns, water chestnuts and garlic purée, stir fry for a further 1 minute.
3. Add all the sauce ingredients and bring to the boil, simmer for 3-4 minutes.

Serve with Tesco fresh Egg Fried Rice.

Featured on the Front Cover.

Shredded Chicken with Sesame Seeds and Walnuts

SERVES: 4

INGREDIENTS

- 3 x 175g (6oz) Boneless Skinless Chicken Breasts
 - 1 Egg White
 - ½ x 5ml sp (½ tsp) Salt
 - 2 x 5ml sp (2 tsp) Tesco Cornflour
 - 150ml (5 fl oz) Tesco Groundnut Oil
 - 2 x 15ml sp (2 tbsp) Sesame Seeds
 - 25g (1oz) Tesco Walnuts, finely chopped
- For the Sauce:**
- 2 x 5ml sp (2 tsp) Dark Soy Sauce
 - 2 x 5ml sp (2 tsp) Tesco Cider Vinegar
 - 2 x 5ml sp (2 tsp) Sharwoods Chilli Sauce
 - 1 x 5ml sp (1 tsp) Tesco Sesame Oil
 - 2 x 5ml sp (2 tsp) Sugar
 - 4 x 5ml sp (4 tsp) Dry Sherry

METHOD

1. Cut the chicken breasts into fine shreds 7.5cm (3") long. Mix them with the egg white, salt and cornflour in a bowl. Cover and place in the refrigerator for 20 minutes.
 2. Heat the oil in a large wok or frying pan. Add the chicken and stir fry it quickly for 3-4 minutes. Drain the chicken.
 3. Remove the oil from the wok apart from 1 x 15ml sp (1 tbsp). Add the sesame seeds and walnuts and stir fry until browned. Add all the sauce ingredients and bring to the boil.
 4. Return the cooked chicken to the sauce and stir fry for another 2 minutes.
- Serve with Sharwoods Medium Egg Noodles or Plain Boiled Rice.

Meat Satay

SERVES: 4

INGREDIENTS

- For the Marinade:**
- 1 x 15ml sp (1 tbsp) Tesco Brown Sugar
 - 2 x 15ml sp (2 tbsp) Soy Sauce
 - Juice of half a Lemon
 - 1 x 15ml sp (1 tbsp) Tesco Vegetable Oil
 - 350g (12oz) Boneless Chicken, Pork or Lamb, cut into 1cm (½") cubes
- For the Dipping Sauce:**
- 1 x 15ml sp (1 tbsp) Tesco Vegetable oil
 - 1 Small Onion, finely chopped
 - ½ x 5ml sp (½ tsp) Garlic Purée
 - 3 x 15ml sp (3 tbsp) Tesco Crunchy Peanut Butter
 - 2 x 5ml sp (1 tsp) Soy Sauce
 - 9 x 15ml sp (9 tbsp) boiling Water

METHOD

1. To make the marinade, dissolve the sugar in 1 x 15ml sp (1 tbsp) hot water, then add the remaining ingredients. Add the pieces of meat and stir. Cover and place in the refrigerator for at least 3 hours.
 2. To make the dipping sauce, heat the oil in a small pan and cook the onion until softened. Add the remaining ingredients and simmer for 3 minutes. Transfer to a serving bowl and leave to cool.
 3. Thread the meat onto small wooden skewers or cocktail sticks. Cook under a hot grill for 5-6 minutes, turning once.
- Serve with the dipping sauce.
- Selected vegetables can be used in place of meat, try peppers, courgettes, baby corn and pieces of onion.





Sweet and Sour Chicken

SERVES: 4

Stir fry in a little oil 450g (1lb) cubed Boneless Skinless Chicken Thighs for 5-6 minutes. Add a jar of Uncle Ben's Stir Fry Sweet and Sour Sauce. Stir fry for a further 4-5 minutes.

Serve with Sharwoods Medium Noodles.



Pork in Black Bean Sauce

SERVES: 4

Stir fry in a little oil 450g (1lb) cubed Boneless Pork Steaks for 5-6 minutes. Add a jar of Sharwoods Canton Black Bean Stir Frying Sauce. Stir fry for a further 4-5 minutes.

Serve with plain boiled rice and prawn crackers.



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