

新年快樂

(HAPPY NEW YEAR)

Celebrate the Year
of the Rat in style.



MENU

CHINESE DUMPLINGS
LONGEVITY NOODLES
HAPPY SHRIMP
FIRECRACKER BEEF
WHOLE STEAMED FISH
CHINESE MUSTARD GREENS
FORTUNE COOKIES
CUPCAKES



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A WORD FROM THE CHEF

You don't have to make all of these dishes in one night—try them one at a time. You'll find most of the ingredients at large supermarkets in urban and suburban neighborhoods. Once you've chopped the veggies, the cooking times are quick and the results are well worth the effort. (It took a lot of words to describe filling the dumplings, for instance, but once you make two or three you'll get the hang of it.)

— A.B.C.

CHINESE DUMPLINGS

TOTAL TIME: 1½ HOURS; ACTIVE TIME: 1½ HOURS

- 4 leaves napa cabbage, finely chopped
 - 5 garlic chives, finely chopped (substitute scallions or chives)
 - 2 tablespoons sesame oil
 - 1 tablespoon finely chopped fresh ginger (1-inch piece)
 - 1 pound ground pork
 - ¾ cup low-sodium soy sauce
 - 3 tablespoons rice wine vinegar
 - 1 teaspoon ground-garlic and chili sauce (such as Sriracha brand)
 - 2 garlic cloves, finely chopped
 - 8 cilantro leaves, roughly chopped
 - 1 package round dumpling wrappers (substitute square wonton wrappers)
 - 6 tablespoons peanut oil
- Soy Dipping Sauce**

In a medium bowl, combine first 10 ingredients (photo 1 above). With a dumpling wrapper flat in one hand, place about a tablespoon of filling in the middle in an oblong lump (photo 2). There should be enough margin left along the wrapper to close it without spilling the filling, but don't "underfill."

Wet your finger and smear a little moisture along the outer edge of the wrapper; then fold the wrapper edges up into a taco shape and pinch the edges together at the top (in the middle) so that they're stuck together (don't let the pork filling get caught between).

Now create a pleat just to the right (or left) of the center pinch. Then flatten the pleat next to

the dumpling's middle pinch point and squeeze the dough together.

Continue to the end of the dumpling; you should have two or three pleats from middle to end. At the end, you should have a small opening (photo 3). Pinch the end of the loop in toward the center of the dumpling and squeeze together. Return to the middle pinch point and make pleats on the same side of the wrapper but in the opposite direction. At the end, pinch in the loop and squeeze the dough sealed (photo 4). Repeat with the rest of the wrappers. It's okay if your dumplings don't look perfect; it will take some time to get the coordination and rhythm. The important thing is to seal them.

Heat a large sauté pan to very high. Add about 2 tablespoons peanut oil. Add up to 12 dumplings to the pan (don't overcrowd) and brown well on both sides. Add ¼ cup water; then cover and let steam about 3 minutes. Add another ¼ cup water; then cover and let steam about 3 minutes longer. Remove to a plate and continue cooking remaining dumplings in batches. Serve with Soy Dipping Sauce. *Yield: 3 dozen dumplings*

SOY DIPPING SAUCE

- 1 cup light soy sauce
- 2 tablespoons rice wine vinegar
- 1 teaspoon sesame oil
- 1 tablespoon grated fresh ginger
- 1 scallion, finely sliced

In a small bowl, combine all ingredients.

LONGEVITY NOODLES

TOTAL TIME: 1 HOUR; ACTIVE TIME: 1 HOUR

Place the pork in the freezer for 30 minutes before you begin slicing it—you'll get thinner pieces.

- 12 dried Chinese black (shiitake) mushrooms
- 1 pound fresh Chinese noodles (substitute 1 pound cooked linguine)
- 4 tablespoons peanut oil, divided
- 3 scallions, cut into 1/2-inch slices, divided
- 1 pound pork loin, cut into 4-by-1/4-inch julienne strips
- 1 tablespoon low-sodium soy sauce
- 2 large carrots, peeled and cut into matchstick-size julienne strips
- Kosher or sea salt and freshly ground black pepper
- 1 cup bean sprouts
- 8 leaves napa cabbage, cut into 4-by-1/2-inch julienne strips
- 3 tablespoons chopped garlic chives (substitute scallions or chives)

Soak mushrooms in about 2 cups hot water and set aside. Bring a large pot of salted water to a boil. Add noodles and bring to a boil. As soon as the water boils, add 1 cup cold water and return to a boil. As soon as the water boils again, add a third cup cold water. When it returns to a boil, drain and rinse with cold water. Set aside in a large serving bowl.

Drain mushrooms, slice thinly, and set aside. In a large wok or sauté pan, heat 2 tablespoons oil to high. Add half of scallions to pan and sauté until bright green and wilted, about one minute. Add pork and soy sauce, and sauté, stirring often, about 2 minutes. Add carrots and salt, and cook, stirring often, about 2 minutes. Add bean sprouts and cook, stirring often, about 1 minute. Add mushrooms, and cook, stirring often, about 1 minute. Add cabbage, and cook, stirring often, about 1 minute, or until wilted. Remove pan from heat.

In a separate wok or sauté pan, heat remaining 2 tablespoons of oil to high. Add garlic chives and remaining scallions, and sauté until wilted. Season with salt and pepper to taste. Add collected liquid from first pan of cabbage and pork. Add cooked noodles and stir well; sauté 2 minutes, or until heated through and well coated. Add cabbage and pork mixture, and toss well to coat noodles.

Yield: about 10 servings

HAPPY SHRIMP

TOTAL TIME: 30 MINUTES; ACTIVE TIME: 30 MINUTES

In Mandarin, the word for "shrimp" sounds like the word for "laugh," and this quick and easy dish will certainly bring a smile to your face. Sue prefers shell-on shrimp—she finds them more flavorful.

- 2 tablespoons peanut oil
- 1 1/2-inch piece fresh ginger, peeled and cut into matchstick-size julienne strips
- 3 scallions, cut into 1-inch pieces

GOOD-LUCK TIPS TO ENSURE A HAPPY NEW YEAR

Red is the color of luck, so wear it often. New red clothes are best, and some say red undergarments are luckiest. For a happy home, be sure to decorate with red, too (flowers, plates, vases, and napkins).

Eat pomelos (a type of grapefruit), oranges, and tangerines, and offer them to your guests. Their Chinese names are homonyms for the words "to have," "wealth," and "luck."

Sweep, or don't sweep, as the case may be. Be sure to sweep before the celebration, for to sweep during the festivities may cause one to sweep all that good luck you've banked right out of the house. And try not to wash your hair—it could rinse away any accumulated good luck. And remember, don't get your hair cut that day!

Festivities begin February 7 this year and end February 21. For more information, visit:

- gbcca.org
- bcnc.net



- 1 garlic clove, very thinly sliced
- 2 pounds shell-on medium shrimp, peeled and deveined
- 2 large eggs, lightly whisked
- 2 teaspoons sesame oil
- Steamed white rice

In a large wok or sauté pan, heat oil to high. Add ginger, scallions, and garlic and sauté about 2 minutes, stirring often (be careful not to brown garlic). Add shrimp and cook about 2 minutes, stirring often. Pour eggs over top and let sit about 15 seconds; then stir well. Add sesame oil and stir well. Serve on a platter with steamed white rice.

Yield: about 10 servings

FIRECRACKER BEEF

TOTAL TIME: 30 MINUTES; ACTIVE TIME: 30 MINUTES

Some version of this dish may be found on many Asian menus, but Joanne wasn't inspired by the ones she'd tasted. Instead, she thought she'd create something "bright and spicy" to go with the New Year fireworks displays. For thinner pieces, place the beef in the freezer for 30 minutes before slicing.

- 1 pound flank steak, cut into 3-by- $\frac{1}{4}$ -inch julienne strips
- 1 tablespoon cornstarch
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons sugar
- 1 tablespoon rice wine
- 4 tablespoons peanut oil, divided
- 1 small onion, thinly sliced
- 3 tablespoons finely chopped fresh ginger (3-inch piece)
- 4 poblano chili peppers (about 4 inches long), cut into $\frac{1}{4}$ -inch pieces, or 2 jalapeño peppers, minced (increase or decrease the peppers, depending on your desire for hotness)
- $\frac{1}{4}$ pound fresh snow peas, trimmed of fibrous side "string"
- 1 cup broccoli florets
- 1 carrot, peeled and cut into 2-by- $\frac{1}{4}$ -inch julienne strips
- 1 large red bell pepper, seeded and cut into $\frac{1}{4}$ -inch-wide julienne strips
- 4 tablespoons chopped fresh cilantro, divided
- Steamed white rice

In a medium bowl, combine steak, cornstarch, soy sauce, sugar, and rice wine. Cover and refrigerate (up to 1 hour). In a large wok or sauté pan, heat 2 tablespoons oil to high; add steak mixture and cook, stirring often, about 3 minutes. Remove from heat.

In a separate large wok or sauté pan, heat remaining 2 tablespoons oil, and cook onion and ginger, stirring often, about 2 minutes. Add peppers, and cook, stirring often, about 1 minute. Add peas and broccoli, and cook 3 to 4 minutes, stirring often. Add carrots, red pepper, and about $\frac{1}{4}$ cup water, and cook about 3 minutes, stirring often. Add steak mixture to vegetables and toss well to coat. Stir in 3 tablespoons cilantro. Serve on a platter with steamed white rice; garnish with remaining cilantro. *Yield: about 10 servings*

WHOLE STEAMED FISH

TOTAL TIME: 30 MINUTES; ACTIVE TIME: 15 MINUTES

This dish is quick, easy, and very healthful—your guests will get a kick out of the presentation, too.

- 1 whole tilapia (about 3 pounds) or other small, firm, white fish (such as black bass), gutted and scaled
- 2 garlic cloves, minced
- 1 2-inch piece fresh ginger, julienned
- 2 tablespoons low-sodium soy sauce
- 3 tablespoons peanut oil
- Steamed white rice
- Garnish: 3 scallions, thinly sliced at an angle

Score the fish four or five times on both sides. Rub with garlic, ginger, and soy sauce. Place in steamer basket over simmering water and steam about 15 minutes. In a separate pan, heat oil over high heat. Pour over fish. Serve on a platter with steamed white rice, and scatter scallions over top.

Yield: about 6 servings

CHINESE MUSTARD GREENS

TOTAL TIME: 15 MINUTES; ACTIVE TIME: 15 MINUTES

For good health and longevity, C.Y. says you should eat these greens on New Year's Eve and again on New Year's Day.

- 2 tablespoons peanut oil
- 2 heads Chinese mustard greens (substitute bok choy or broccolini), washed and quartered, sliced lengthwise
- Kosher or sea salt and freshly ground black pepper

In a large wok or sauté pan, heat oil to high. Add greens and sear, about 1 minute. Turn greens and add 3 tablespoons water. Cover and cook about 6 to 7 minutes, until tender. Season with salt and pepper to taste. Serve on a platter.

Yield: about 8 servings

Your guests' jaws will drop when they see your homemade fortune cookies.



FORTUNE COOKIES

TOTAL TIME: 1 HOUR; ACTIVE TIME: 1 HOUR

This is a classic tuile cookie batter that Joanne folded into a fortune cookie shape while it was still warm from the oven. Be bold and silly with the fortunes you place inside—it's a party. As with the dumplings, it may take a few tries for you to get the rhythm and the coordination. Just place any that aren't working out for you back on the baking sheet and slip into the oven for a minute or so. Then try again—they're very forgiving. Even if your cookies don't look quite like these, your guests' jaws will still drop when you present these easy-to-make wonders.

- ¾ cup sugar**
- 3 large egg whites**
- ¼ cup (½ stick) unsalted butter, melted and brought to room temperature**
- ½ cup (2½ ounces) flour**
- 1 teaspoon vanilla extract (substitute ½ teaspoon almond extract or 1 teaspoon ground ginger)**
- 30 2-by-½-inch fortune slips**

In a medium bowl, whisk together sugar and egg whites until well combined but not foamy. Whisk in butter. Add flour and vanilla and whisk until smooth. Cover and refrigerate 4 hours (or up to 2 weeks).

Heat oven to 350°. Line a baking sheet with Silpat or parchment and mist with nonstick cooking spray. Spoon about 1 tablespoon batter onto baking sheet. Spread as evenly and thinly as possible into a 4-inch circle (photo 1 above). Repeat with remaining batter, up to six cookies per sheet (photo 2). Bake until golden brown all over, about 9 minutes. Run a spatula under the outer edge of each cookie; after about 20 seconds it should come off the sheet in one piece (photo 3).

While cookie is still warm, but cool enough to handle, place fortune on one half of the circle. Fold cookie in half. Don't flatten or fully seal it—leave a pocket of air in the center. Bring the ends of the cookie together (photo 4). Repeat with remaining cookies. Let cool. *Yield: about 30 cookies*

CUPCAKES

TOTAL TIME: 1 HOUR; ACTIVE TIME: 40 MINUTES

- 1¾ cups plus 2 tablespoons sugar**
- 4 ounces unsweetened chocolate**
- 2 sticks (½ pound) unsalted butter**
- ¾ cup water**
- 1 cup milk**
- 1 teaspoon balsamic vinegar**
- 2 large eggs**
- 1 teaspoon vanilla**
- 2 cups flour**
- 2 teaspoons baking soda**
- 1 teaspoon baking powder**
- 1 teaspoon salt**
- 1 batch Vanilla Frosting**

Heat oven to 350°. In a large double boiler over simmering water, melt sugar, chocolate, butter, and water, and whisk well to combine. Let cool to room temperature. Stir in milk, vinegar, eggs, and vanilla, and set aside. In a separate bowl, whisk together flour, baking soda, baking powder, and salt. Fold into chocolate mixture.

Pour to the rim of lined muffin tins and bake 15 to 20 minutes (tops will spring back when lightly touched). Let cool completely, and top with Vanilla Frosting. *Yield: 16 cupcakes*

Adapted from Joanne Chang, Flour Bakery & Café

VANILLA FROSTING

- ½ cup sugar**
- 2 large egg whites**
- 3 sticks (¾ pound) unsalted butter, cut into 1-inch pieces**
- 2 teaspoons vanilla**
- Pinch of salt**

In a medium bowl, combine ingredients until smooth.

