

Chinese Beef Curry

INGREDIENTS:

- 2.2 lbs braising beef chopped into bitesize chunks
- 3 tbsp plain (all-purpose) flour
- ½ tsp salt
- ½ tsp pepper
- 2 tbsp oil
- 1 large onion peeled and roughly diced
- 3 cloves garlic peeled and minced
- 2 tbsp minced ginger (or ginger paste)
- 1 tsp Chinese five spice
- 2 cups + 1 tbsp beef stock
- 4 tbsp dark soy sauce
- 2 tbsp soft brown sugar
- 70z mushrooms thickly sliced

To Serve:

- egg fried rice or boiled rice
- prawn crackers
- sliced spring onions (scallions)
- chilli flakes

Instructions:

1. Preheat the oven to 325F (fan).
2. Add the chunks of beef to a bowl with the flour, salt and pepper and toss together to coat.
3. Heat the oil in a dutch oven or large, heavy-based pan over a medium-high heat. When hot, add the beef and fry for 5-6 minutes, stirring occasionally, until golden brown all over.
4. Turn the heat down to low and add the onion to the pan. Cook for 5 minutes, stirring occasionally, until the onion starts to soften.
5. Add in the garlic, ginger and five spice and stir thoroughly for 30 seconds.
6. Add the beef stock, soy sauce, brown sugar and the mushrooms. Bring to the boil, stirring a few times to release any remaining crispy bits from the bottom of the pan.
7. Place a lid on the pan and cook in the oven for 3-4 hours – stirring a couple of times during cooking – until the meat begins to fall apart. You can add a little more water or beef stock if it starts to look too dry.
8. Alternatively you could transfer to a slow cooker and cook on high for 5-6 hours or low for 7-8 hours.
9. Serve with rice and prawn crackers and top with chilli flakes and spring onions if you like.

Shrimp Fried Rice Recipe

INGREDIENTS:

- 1 pound medium-large fresh shrimp 21-25 count peeled tails removed and deveined
- 1/4-1/2 teaspoon Chinese Five Spice
- 2 tablespoons vegetable oil or canola oil
- 2 teaspoons sesame oil
- 2 large carrots peeled and finely chopped
- 1 1/4 cups frozen peas
- 3 cloves garlic minced
- 1 teaspoon fresh grated ginger
- 3 green onions chopped
- 3 large eggs
- 4 cups cooked rice chilled
- 3-5 tablespoons low sodium soy sauce
- Salt and pepper

Instructions:

1. Toss the dried shrimp lightly with Chinese Five Spice.
2. Heat 1 tablespoon vegetable oil and 1 teaspoon sesame oil in a heavy skillet or wok over medium-high heat. Add shrimp and cook until pink, flipping halfway through the cooking process, approximately 1-1 1/2 minutes per side. If necessary, work in batches. Plate, cover, and keep warm.
3. Heat 1 tablespoon vegetable oil and 1 teaspoon sesame oil in a heavy skillet or work over medium-high heat. Add chopped carrots and cook for 2-3 minutes, stirring several times. Add the peas and cook for 1-2 minutes, stirring a couple of times. Add garlic, ginger, and green onions; cook for 30 seconds. Push the veggies to the side of the pan. Add eggs and cook to scramble. Remove all of that to a plate, cover, and keep warm.
4. Add 1-1 1/2 cups cold rice to a skillet over medium-high heat in an even layer. Sprinkle with 1-2 tablespoons soy sauce. Cook undisturbed for 2-3 minutes, flipping halfway through the cooking process. Work in batches, plating, covering, and keeping warm after each batch.
5. Bring everything back to the skillet and heat on low for about 1-1 1/2 minutes, stirring several times. Season with salt and pepper to taste.

Five Spice Ginger Molasses Cookies

INGREDIENTS:

- 1 ¼ cup butter (unsalted and soften)
- 1 ½ cup sugar
- 2 large eggs
- ½ cup molasses
- 1 tablespoon vanilla extract
- 4 cups all purpose flour
- 4 teaspoons baking soda
- ½ teaspoon salt
- 2 teaspoons ground ginger
- 1 ½ teaspoon cinnamon
- 1 teaspoon Chinese five spice powder
- ½ cup sugar (for rolling)

Instructions:

1. Using a stand or hand mixer, cream together softened butter and 1 ½ cup sugar until it is a pale yellow color and fluffy. Add in eggs, one at a time and continue to mix
2. Add in molasses and vanilla extract, continue to mix until everything is well incorporated and fluffy. Make sure you are also scraping down the sides of the bowl so that everything is evenly mixed.
3. In a separate bowl, combine flour, baking soda, salt, ground ginger, cinnamon, and Chinese five spice powder and mix well.
4. Slowly add in the dry mixture in a few batches into the wet mixture and mix on low speed (so the flour doesn't fly everywhere). Remember to occasionally scrape down the bowl so you mix the dough evenly.
5. Pre-heat the oven to 350F and set your oven rack to the middle of the oven.
6. Line your cookie trays with parchment paper and set aside.
7. Scoop out 3 tablespoons of cookie dough and roll it into a ball (It should be slightly larger than a golf ball). If your hands are super warm and are finding the dough tough to work with since it is very soft, try cooling your hands down by running cold water on your wrists.
8. Roll the cookie ball in the sugar and add them to the cookie sheet with 2 inches of space between them. No need to press down the dough, keep them as balls. You will need to bake these in a few batches. I can fit about 6 cookies on each cookie sheet.
9. Bake the cookies, 1 tray at a time for 9-11 minutes.
10. Since every oven is different, start with baking it for 9 minutes and watch it. It should start to get puffy at around 8 minutes or so. It is very important not to overcook the cookies, else they will not flatten during the cooling stage.
11. I remove the cookies at 11 minutes but my gas oven runs a bit cooler than an electric oven. You should start your first batch at 9 minutes, unless you know your oven runs cooler.
12. ***IMPORTANT* Do not remove the cookies from the cookie sheets for at least 10 minutes.** Let the cookies cool on the cookie sheet and don't move it. It is still cooking from the residual heat. During this time the cookie will slowly deflate and flatten itself down. I like to have 2 cookie sheets on the go so that I can have one batch in the oven while the other batch is cooling on the cookie sheet.
13. Once the cookie has cooled for 10-15 minutes, transfer them to a cooking rack.
14. Enjoy them as is or sandwich them with some vanilla ice cream!

Source: https://pupswithchopsticks.com/chewy-five-spice-ginger-molasses-cookies/?utm_source=Pinterest&utm_medium=organic#recipe