



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Teahouse Inspirations

Host:
Martin Yan



Simple Steamed Tofu

Yield: 4

INGREDIENTS:

Sauce

- 1 tbsp soy sauce
- 2 tsp sesame oil
- 1 tsp chili garlic sauce
- 1 tsp sugar

Tofu

- 1 x 16 oz package soft tofu
- 1 x green onion, thinly sliced diagonally
- 2 tsp furikake or sliced nori and toasted sesame seeds

DIRECTIONS:

Sauce

1. Combine sauce ingredients in a small bowl.

Tofu

1. Drain tofu and cut into 1/2-inch thick slices. Place in a wide shallow bowl.
2. Prepare stir-fry pan for steaming. Place bowl in stir-fry pan, cover, and steam over high heat until heated through, 3 to 4 minutes. Spoon off liquid in bowl. Pour sauce over tofu.
3. Sprinkle with green onion and furikake and serve.



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Cold Tea Somen Noodles

Yield: 4

INGREDIENTS:

Cold Tea Somen Noodles

- 6 cups water
- 6 bag oolong tea
- 8 oz dried somen noodles
- 1 1/2 tsp sesame oil
- 3/4 cup shredded carrot
- 1 cup bean sprouts
- 1/2 cup julienned smoked ham

Dressing

- 2 tsp sesame seeds
- 2 tbsp soy sauce
- 2 tsp sesame oil
- 1 tsp wasabi paste
- 1/2 tsp sugar

Garnish

- 1 x piece nori, cut crosswise into thin strips

DIRECTIONS:

Cold Tea Somen Noodles

1. In a large pot, bring water to a boil. Turn off heat and add tea bags; let brew for 2 minutes. Remove 1/4 cup tea and set aside for dressing. Bring remaining tea to a boil, add noodles, and cook according to package directions. Drain, rinse with cold water, and drain again. Return noodles to pot; add sesame oil and toss to coat. Add carrot, bean sprouts, and ham; toss to mix. Place on a serving plate; cover and refrigerate until ready to serve.

Dressing

1. Place sesame seeds in a small frying pan over medium heat; cook, shaking pan frequently, until lightly toasted, 3 to 4 minutes. Immediately remove from pan to cool and place in a small bowl. Add the 1/4 cup reserved tea, soy sauce, sesame oil, wasabi paste, and sugar; mix well.

Garnish

1. Just before serving, pour dressing over noodles and toss. Garnish with nori.



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Wine-Steamed Clams

Yield: 4

Recipe Courtesy Martin Yan from cookbook, ?Martin Yan?s Quick and Easy?

INGREDIENTS:

Wine-Steamed Clams

- 2 lb. small hard shell clams
- 1 x lemon, thinly sliced
- 4 sprigs cilantro
- 1 tbsp minced ginger
- 1/2 cup chicken broth
- 3 tbsp Chinese rice wine or dry sherry
- 1 tbsp butter

DIRECTIONS:

Wine-Steamed Clams

1. Scrub clams under cold running water and discard any with open shells that don't close when tapped.
2. Prepare a stir-fry pan for steaming. Place lemon slices and cilantro in a heat-proof dish. Place clams on top. Sprinkle ginger, broth, and wine on clams. Dot with butter. Place dish in stir-fry pan, cover, and steam over high heat until shells open, about 6 minutes.
3. Place lemon slices and cilantro in a heat-proof dish. Place clams on top. Sprinkle ginger, broth, and wine on clams. Dot the mixture with butter. Place dish in stir-fry pan, cover, and steam over high heat until shells open, about 6 minutes.
4. Transfer clams to a serving plate; discard any unopened clams. Discard lemon slices and cilantro. Pour cooking liquid into a small bowl and serve with clams.



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Episode:
A Meal to Impress

Host:
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Glass Noodle Bok Choy Soup

Yield: 4

INGREDIENTS:

Glass Noodle Bok Choy Soup

- 2 x 1 1/2 oz bundles dried bean thread noodles
- 6 cups chicken broth or vegetable broth
- 2 cups sliced bok choy
- 1/4 cup shredded carrot
- 2 tbsp fish sauce
- 1/4 tsp salt
- 2 x green onions, thinly sliced
- 1/4 cup chopped mint leaves

DIRECTIONS:

Glass Noodle Bok Choy Soup

1. In a medium bowl, soak noodles in warm water to cover until softened, about 10 minutes. Drain and cut roughly into 2-inch lengths.
2. In a large saucepan, bring broth to a boil. Add noodles, bok choy, carrot, fish sauce, and salt. Reduce heat and simmer until noodles are translucent, about 5 minutes
3. Ladle soup into bowls and garnish with green onions and mint.



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Sichuan Garlic Lamb

Yield: 4

INGREDIENTS:

Marinade

- 2 tsp dark soy sauce
- 2 tsp cornstarch
- 1/4 tsp Chinese five-spice powder

Lamb

- 1 lb. tender boneless lamb (leg or loin), thinly sliced across the grain
- 1 tbsp vegetable oil
- 3 cloves garlic, minced
- 1 x fresh jalapeno chili, seeded and chopped
- 2 tbsp hoisin sauce
- 1 tbsp chili garlic sauce
- 2 tbsp coarsely chopped fresh mint

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a medium bowl. Add lamb and stir to coat. Let stand for 10 minutes.

Lamb

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic and chili; cook, stirring, until fragrant, about 15 seconds. Add lamb and stir-fry until barely pink, 2 to 3 minutes. Add hoisin sauce and chili garlic sauce; cook for 30 seconds. Remove pan from heat, stir in mint and serve.



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Yan's Cocktail Nuts

Yield: 5

INGREDIENTS:

Yan's Cocktail Nuts

- Seasoning Salt
- 2 tsp salt
- 1 tsp sugar
- 1/4 tsp Chinese five-spice powder
- 1/4 tsp cayenne pepper
- 1/8 tsp white pepper
- 5 cup unsalted mixed nuts: walnuts, Spanish peanuts, unblanched almonds, and raw cashews
- 1/3 cup vegetable oil

DIRECTIONS:

Yan's Cocktail Nuts

1. Preheat oven to 375 degrees F
2. In a small bowl, combine seasoning salt ingredients; mix well. Place nuts in a foil-lined baking pan. Drizzle with oil and stir to coat. Sprinkle seasoning salt over nuts and stir to evenly coat.
3. Bake, stirring once or twice, until nuts are toasted, 12 to 15 minutes.
4. Let cool, then store in airtight container for up to 1 month.



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Episode:
Feasts

Host:
Martin Yan



Stuffed Jumbo Garlic Prawns

Yield: 4

INGREDIENTS:

Filling

- 3 tbsp minced garlic
- 1 x green onion, minced
- 2 tbsp vegetable oil
- 1 tsp chili garlic sauce
- 1 tsp fish sauce
- 1/2 tsp sesame oil
- 1/2 tsp salt
- 1/4 tsp white pepper

Shrimp

- 16 x jumbo prawns, in shell

DIRECTIONS:

Filling

1. Combine filling ingredients in a small bowl; mix well.

Shrimp

1. Using kitchen scissors, cut the legs from the prawns and cut through each shell, along the underside of prawn to make a pocket. Fill each prawn with about 1 teaspoon of filling; arrange prawns in a heat-proof dish.
2. Prepare a stir-fry for steaming. Cover and steam prawns over high heat until they turn pink, 5 to 6 minutes.
3. Serve in the shell.



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Black Pepper Butter Crab

Yield: 2

INGREDIENTS:

Sauce

- 1/2 cup chicken broth
- 1/4 cup Chinese rice wine or 1/4 cup dry sherry
- 2 tsp fish sauce
- 1/4 tsp black pepper

Crab

- 1 x whole raw Dungeness crab, cleaned and cracked
- Cornstarch, for dusting
- 2 tbsp vegetable oil
- 1 tbsp butter
- 4 x quarter-size slices ginger, lightly crushed

DIRECTIONS:

Sauce

1. In a small bowl, combine sauce ingredients and mix well. With a wooden mallet or rolling pin, lightly crush crab claws and legs. If using raw crab, dust with cornstarch.

Crab

1. To cook raw crab, place a stir-fry pan over high heat until hot. Add 4 tablespoons oil and butter. When butter melts, add ginger and crab; cook, stirring, until crab turns red. Add sauce. Reduce heat, cover, and simmer for 4 minutes.
2. To prepare cooked crab, place a stir-fry pan over high heat until hot. Add 2 tablespoons oil and butter. When butter melts, add ginger; cook, stirring, until fragrant, about 30 seconds. Add crab and stir-fry for 1 minute. Add sauce and cook for 1 minute to heat through.
3. Place crab and pan juices in a large bowl and serve. Use pan juices for dipping.



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Fragrant Chicken

Yield: 4

INGREDIENTS:

Marinade

- 1 tbsp soy sauce
- 1 tsp dark soy sauce
- 2 tsp Chinese rice wine or 2 tsp dry sherry
- 2 tsp cornstarch

Sauce

- 1/3 cup chicken broth
- 2 tbsp Chinese rice wine or 2 tbsp dry sherry
- 1 tbsp oyster-flavoured sauce
- 1/2 tsp black bean garlic sauce

Chicken

- 1 lb. boneless, skinless chicken, cut into 1-inch cubes
- 1 cup vegetable oil
- 6 cloves garlic, peeled
- 3 x small shallots, peeled
- 1 tsp cornstarch dissolved in 2 teaspoons water

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a medium bowl. Add chicken and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small bowl.

Chicken

1. Place oil in a small saucepan and place over high heat. When surface of oil begins to shimmer, add garlic and shallots. Cook, stirring, until golden brown, about 1 minute. Remove with a slotted spoon and drain on paper towels.
2. Place a stir-fry pan over high heat until hot. Add 1 tablespoon of shallot oil, swirling to coat sides. Add chicken; stir-fry until it is no longer pink in the centre, about 4 minutes. Add shallots, garlic, and sauce; bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens.
3. Place on a serving platter and serve.



Courtesy of:
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Episode:
East Meets West

Host:
Martin Yan



Cool Shrimp with Chili Dipping Sauce

Yield: 4

INGREDIENTS:

Shrimp

- 2 cup water
- 1 cup dry white wine
- 4 x quarter-size slices ginger, lightly crushed
- 2 tsp fish sauce
- 2 tsp ponzu sauce
- 1 lb. large raw shrimp, shelled and deveined, with tails intact
- 4 cup ice cubes

Dipping Sauce

- 1/2 cup mayonnaise
- 1 1/2 tbsp soy sauce
- 1 tbsp sweet chili sauce
- 1 1/2 tsp chili garlic sauce
- 1 tsp rice vinegar

Garnish

- Pickled ginger for garnish

DIRECTIONS:

Shrimp

1. Combine water, wine, ginger, fish sauce, and ponzu sauce in a medium saucepan and bring to a boil. Add shrimp and cook until they begin to curl and turn pink, 1 1/2 to 2 minutes. Remove pan from heat and immediately add ice to pan to cool liquid. When liquid is cool, drain shrimp and pat dry with paper towels. Arrange on a serving plate.

Dipping Sauce

1. In a small bowl, combine dipping sauce ingredients; mix well.

Garnish

1. Garnish shrimp with pickled ginger and serve with dipping sauce.



Courtesy of:
Martin Yan - Quick And
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Episode:
East Meets West

Host:
Martin Yan



Seared Five-Spice Duck Breast with Snow Peas & Watercress

Yield: 4

INGREDIENTS:

Dressing

- 3 tbsp rice vinegar
- 2 tbsp vegetable oil
- 1 tbsp soy sauce
- 2 tsp sesame oil
- 1 tbsp grated ginger
- 1 tsp sugar
- 1/2 tsp salt

Duck

- 1 tsp salt
- 1/2 tsp Chinese five-spice powder
- 3/4 lb. boneless duck breasts, skin scored

watercress

- 1 bunch watercress, about 4 ounces
- 2 cups snow peas, thinly sliced
- 2 cups shredded napa cabbage

DIRECTIONS:

Dressing

1. Combine dressing ingredients in a small bowl; mix well.

Duck

1. Combine salt and five-spice powder; sprinkle over duck. Place a nonstick frying pan over high heat until hot. Place duck in pan, skin-side down, and cook until golden brown, about 3 minutes. Turn breasts, reduce heat to medium, and cook until medium rare, 6 to 7 minutes. Remove duck from pan, place on a cutting board, and let rest for 5 minutes. Do not cover so duck skin will stay crisp.

watercress

1. In a large bowl, combine watercress, snow peas, and cabbage. Pour dressing over and toss to coat. Divide salad among 4 serving plates. Cut duck into diagonal slices; arrange slices on each salad and serve.



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Episode:
East Meets West

Host:
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Caramelized Asian Pears over Coconut Ice Cream

Yield: 4

INGREDIENTS:

Caramelized Asian Pears over Coconut Ice Cream

- 4 tbsp unsalted butter
- 1/4 cup packed brown sugar
- 1/4 tsp Chinese five-spice powder
- 2 x Asian pears, peeled, cored and thinly sliced
- 1/4 cup light rum
- 1 pt coconut ice cream

DIRECTIONS:

Caramelized Asian Pears over Coconut Ice Cream

1. Place a wide frying pan over medium heat until hot. Add butter, brown sugar, and five-spice powder; cook, stirring occasionally, until sugar has dissolved. Increase heat to high; add pears and cook until tender, about 2 minutes. Remove pan from heat and pour in rum. Return pan to heat and set rum aflame (not beneath an exhaust fan or near flammable items). Cook for another 2 minutes; spoon evenly over ice cream and serve.



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Episode:
Sweet and Savory

Host:
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Sesame Orange Beef

Yield: 3

INGREDIENTS:

Marinade

- 2 tsp cornstarch
- 2 tsp soy sauce
- 3/4 lb. beef tri-tip, thinly sliced across the grain

Sauce

- 1/4 cup fresh orange juice
- 2 tbsp oyster-flavoured sauce
- 1 tbsp honey
- 2 tbsp cornstarch

Sesame Orange Beef

- 2 x oranges
- 1 tbsp sesame seeds
- 2 tbsp vegetable oil
- 1 tsp minced ginger
- 1/2 cup pineapple chunks

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add beef and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small bowl and stir until honey dissolves.

Sesame Orange Beef

1. Segment oranges by cutting away the peel and white pith; cut and lift out segments.
2. Place sesame seeds in a small frying pan over medium heat; cook, shaking pan frequently until lightly toasted, 3 to 4 minutes. Immediately remove from pan to cool.
3. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add ginger and cook, stirring, until fragrant, about 10 seconds. Add beef and stir-fry until caramelized on edges and slightly pink in centre, 2 to 3 minutes. Add sauce; cook, stirring, until sauce boils and thickens slightly. Stir in orange segments and pineapple chunks, cook for 30 seconds to heat through.
4. Transfer to serving plate and sprinkle with sesame seeds.



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Episode:
Sweet and Savory

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Mirin Ginger Crab

Yield: 4

INGREDIENTS:

Sauce

- 1/2 cup chicken broth
- 1/4 cup sweet cooking rice wine (mirin)
- 1 tbsp black bean garlic sauce
- 1 tsp fish sauce
- 1 tsp soy sauce

Mirin Ginger Crab

- 1 tbsp vegetable oil
- 1 tbsp minced ginger
- 1 1/2 lb. cooked snow crab claws
- 1 tsp cornstarch dissolved in 1 tablespoon water
- 1 tbsp chopped basil

DIRECTIONS:

Sauce

1. Combine sauce ingredients in a small bowl; mix well.

Mirin Ginger Crab

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add ginger; cook, stirring, until fragrant, about 15 seconds. Add crab claws and sauce; stir to coat. Cover pan and cook for 2 to 3 minutes to heat crab through. Lift claws from sauce and place on a serving plate. Add cornstarch solution to pan and cook, stirring, until sauce boils and thickens.
2. Pour sauce over crab and sprinkle with basil, or serve sauce in a small bowl for dipping.



Courtesy of:
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Episode:
Tea Flavours

Host:
Martin Yan



Black Tea Braised Short Ribs

Yield: 4

INGREDIENTS:

Marinade

- 1/4 cup dark soy sauce
- 2 tbsp regular soy sauce
- 2 tsp cornstarch
- 2 lb. beef short ribs

Black Tea Braised Short Ribs

- 1 tbsp vegetable oil
- 4 x quarter-size slices ginger, lightly crushed
- 2 x green onions, cut into 2-inch lengths
- 4 cups chicken broth
- 6 x black tea bags
- 1/4 cup Chinese rice wine or dry sherry
- 1/3 cup packed brown sugar
- 1 x whole star anise
- 2 x cinnamon sticks
- 1 lb. daikon, peeled and cut into 1-inch cubes
- 2 x medium carrots, roll-cut

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a large bowl; add short ribs and stir to coat. Let stand for 10 minutes.

Black Tea Braised Short Ribs

1. Place a large saucepan over high heat until hot. Add oil, swirling to coat bottom. Add ginger and green onions; cook, stirring, until fragrant, about 10 seconds. Reduce heat to medium. Add broth, tea bags, wine, brown sugar, star anise, cinnamon sticks, and beef. Bring to a boil; reduce heat, cover, and simmer until meat is tender, about 1 hour. Add daikon and carrots; cover and simmer until vegetables are tender, about 20 minutes.



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Episode:
Tea Flavours

Host:
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Tea-Smoked Salmon 2

Yield: 3

INGREDIENTS:

Marinade

- 1/4 cup soy sauce
- 1/4 cup Chinese rice wine or dry sherry
- 1 tbsp minced ginger
- 2 tsp sugar
- 1 lb. salmon fillets, cut crosswise into 1- inch wide pieces

Smoking Mixture

- 1/2 cup packed brown sugar
- 1/3 cup uncooked long-grain rice
- 1/4 cup black or oolong tea leaves
- 2 x whole star anise
- 1/2 tsp cornstarch dissolved in 2 teaspoons water

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add salmon and turn to coat. Let stand for 10 minutes.

Smoking Mixture

1. Line a stir-fry pan or frying pan and the inside of pan lid with foil. Combine smoking mixture and spread evenly in pan. Set a round cake rack over smoking mixture. Remove fish from marinade and place on rack. Pour marinade into a small saucepan and set aside.
2. Place pan, uncovered, over high heat. When mixture begins to smoke, cover pan; reduce heat to medium-low and smoke until salmon turns a rich deep colour, about 10 minutes. Turn off heat; let stand for 5 minutes or longer before removing lid.
3. Bring reserved marinade to a boil; add cornstarch solution and cook, stirring, until sauce thickens.
4. Serve fish hot with sauce or serve without sauce at room temperature.



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Simple Sesame Noodles

Yield: 4

INGREDIENTS:

Sauce

- 1/4 cup chicken broth
- 2 tbsp soy sauce
- 2 tsp sesame oil

Simple Sesame Noodles

- 2 tbsp sesame seeds
- 8 oz fresh Chinese egg noodles
- 1 tsp sesame oil
- 2 tsp vegetable oil
- 1/2 medium onion, thinly sliced
- 2 cups shredded napa cabbage or 2 cup regular head cabbage
- 1 cup bean sprouts
- 1/2 cup shredded carrot
- 1/4 cup packed cilantro leaves

DIRECTIONS:

Sauce

1. Combine sauce ingredients in a small bowl.

Simple Sesame Noodles

1. Place sesame seeds in a small frying pan over medium heat; cook, shaking pan frequently, until lightly toasted, 3 to 4 minutes. Immediately remove from pan to cool. Set aside.
2. In a large pot of boiling water, cook noodles according to package directions; drain, rinse with cold water, and drain again. Place noodles in a large bowl; add the 1 teaspoon sesame oil and stir to coat.
3. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add onion and cook, stirring, until it begins to wilt and is fragrant, about 1 minute. Add cabbage, bean sprouts, and carrot; stir-fry until cabbage is tender-crisp, about 2 1/2 minutes. Add sauce and noodles; toss until all ingredients are evenly distributed.
4. Place on serving plate, garnish with sesame seeds and cilantro, and serve.



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Episode:
No Fuss, No Muss

Host:
Martin Yan



Fried Shallots

Yield: 4

INGREDIENTS:

Fried Shallots

- 1 cup vegetable oil
- 8 x walnut-sized shallots, thinly sliced

DIRECTIONS:

Fried Shallots

1. Heat oil in a small saucepan over medium-high heat to 375 degrees F. In small batches, cook, stirring, until shallots are golden brown, 3 to 4 minutes. Remove with slotted spoon, drain on paper towels and cool. Store in an airtight container for up to a month.



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Easy

Episode:
No Fuss, No Muss

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3-Minute Baby Bok Choy

Yield: 4

INGREDIENTS:

Sauce

- 1/3 cup chicken broth
- 2 tbsp Chinese rice wine or dry sherry
- 1/2 tsp sesame oil
- 1 tsp cornstarch
- 1 tsp black bean garlic sauce
- 1/4 tsp white pepper

Bok Choy

- 1 lb. baby bok choy
- 1 tbsp vegetable oil
- 1 x or 2 cloves garlic, minced

DIRECTIONS:

Sauce

1. Combine the sauce ingredients in a small bowl; stir to dissolve cornstarch.

Bok Choy

1. Quarter each bok choy lengthwise. Rinse in cold water to loosen any dirt between leaves.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic and cook, stirring, until fragrant, about 10 seconds.
3. Add bok choy; stir-fry, until tender-crisp, 1 1/2 to 2 minutes. Add sauce and cook, stirring, until the sauce thickens slightly and lightly coats bok choy, about 30 seconds.
4. Arrange on serving plate and serve.



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Episode:
Light & Delicious

Host:
Martin Yan



Grilled Beef and Cabbage Salad

Yield: 4

INGREDIENTS:

Dressing

- 1/3 cup fresh lemon juice
- 3 tbsp soy sauce
- 2 tbsp vegetable oil
- 1 1/2 tsp sweet chili sauce
- 1 stalks lemongrass, bottom 4-inches, minced
- 1/2 cup thinly sliced shallots
- 1/3 cup chopped cilantro
- 1/3 cup chopped mint
- Zest from 1 lemon
- 1 tbsp sugar

Grilled Beef

- 3/4 lb. flank steak
- 2 tsp soy sauce
- 1/2 tsp black pepper
- 1 tsp vegetable oil

Cabbage Salad

- 4 cups shredded napa cabbage
- 1 1/2 cups thinly sliced fresh shiitake mushrooms (about 3 1/2 ounces)

DIRECTIONS:

Dressing

1. In a small bowl, combine dressing ingredients; mix well. Let stand for 5 minutes for flavours to blend.

Grilled Beef

1. Season beef with soy sauce and pepper. Place a grill pan over medium-high heat until hot. Brush pan with oil. Place meat in pan and cook, turning once, until browned on both sides but still pink in the centre, 3 to 4 minutes on each side. Remove from pan, place on a cutting board, and cover with foil shiny side down. Let stand for 10 minutes then cut meat across the grain into thin slanting slices.

Cabbage Salad

1. Place cabbage and mushrooms in a large bowl. Reserve 2 tablespoons of the dressing; pour remaining dressing over cabbage mixture and toss. Place on serving plate.
2. In the same bowl, toss meat slices with the remaining dressing. Spoon over cabbage and serve.



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Vegetable and Tofu Green Curry

Yield: 4

INGREDIENTS:

Vegetable and Tofu Green Curry

- 1 x 14 oz package firm tofu
- 1/2 cup water
- 3 tbsp green curry paste
- 1 x 13 1/2 oz can unsweetened coconut milk
- 1 tbsp fish sauce
- 2 tsp fresh lime juice
- 2 tbsp sugar
- 1/2 tsp salt
- 1 x medium Asian eggplant, cut diagonally into 1/2-inch thick slices
- 1/2 lb. green beans, cut into 2-inch lengths
- 1 x medium tomato, cut into bite size pieces
- 1/4 cup sliced bamboo shoots
- 1 tsp cornstarch dissolved in 2 teaspoons water

Steamed White Rice

- 2 cups long grain rice
- 3 cups cold water

DIRECTIONS:

Vegetable and Tofu Green Curry

1. Drain tofu and cut into 3/4-inch cubes. Set aside.
2. Bring water to a boil in a 3-quart saucepan; whisk in curry paste. Reduce heat and simmer for 1 minute. Add coconut milk, fish sauce, lime juice, sugar, salt, eggplants, and green beans; simmer until green beans are tender-crisp, 8 to 10 minutes.
3. Add tofu, tomato, and bamboo shoots; cook until tofu is heated through and eggplants is tender, 2 to 3 minutes. Add cornstarch solution and cook, stirring until sauce boils and thickens.
4. Serve over steamed rice.



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Tropical Beef

Yield: 4

INGREDIENTS:

Marinade

- 1/4 cup pineapple juice
- 1 tbsp soy sauce
- 1 tbsp cornstarch
- 3/4 lb. flank steak, cut into 1/2-inch cubes

Sauce

- 1/4 cup pineapple juice
- 1 tbsp oyster-flavoured sauce
- 1 tbsp sweet chili sauce

Beef

- 1 tbsp vegetable oil
- 1/2 cucumber, peeled, seeded, and cut into 1/2-inch cubes
- 1 x roma tomato, cut into 1/2-inch cubes
- 1/2 medium onion, cubed
- 1/2 cup pineapple chunks
- 1/2 medium mango, peeled and cut into 1/2 inch cubes
- 1 tsp cornstarch dissolved in 1 tablespoon water

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add beef and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small bowl; mix well.

Beef

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add beef and stir-fry, until seared, about 1 minute. Add cucumber, tomato, and onion; cook, stirring, until cucumber is tender-crisp, about 1 1/2 minutes. Add pineapple, mango, and sauce; bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens.



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Steamed White Rice

Yield: 5

INGREDIENTS:

Steamed White Rice

- 2 cups long grain rice
- 3 cups cold water

DIRECTIONS:

Steamed White Rice

1. Place the rice in a 3-quart saucepan with a tight-fitting lid. Add water and bring to a boil over high heat. Cook until crater-like holes begin to form, about 6 to 8 minutes. Reduce heat to low, cover and simmer for 10 minutes. Remove from heat and let the rice stand covered for a few minutes. Remove the cover and fluff the rice with a fork.



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Episode:
Cantonese Flavours

Host:
Martin Yan



Coconut Custard

Yield: 4

INGREDIENTS:

Coconut Custard

- 2/3 cup unsweetened flaked coconut
- 4 x large eggs
- 1 x 13 1/2 oz can unsweetened coconut milk
- 1/2 cup sugar

DIRECTIONS:

Coconut Custard

1. Place a nonstick frying pan over medium-high heat until hot. Add coconut and cook, stirring, until coconut is lightly toasted, about 2 minutes. Immediately remove from pan and let cool.
2. In a blender, combine eggs, coconut milk, 1/3 cup of the toasted coconut, and sugar; blend briefly to combine. Pour mixture into a glass pie dish; cover dish with plastic wrap.
3. Prepare a stir-fry pan for steaming. Place dish in steamer; steam over medium heat until custard is set, 20 to 25 minutes. Carefully remove dish from steamer and discard plastic wrap. Sprinkle the remaining 1/3 cup toasted coconut over flan.
4. Scoop into bowls and serve warm.



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Martin Yan



Gingery Chicken Broth with Wonton Ravioli

Yield: 6

INGREDIENTS:

Gingery Chicken Broth with Wonton Ravioli

- 8 x scallions
- 2 qt quarts chicken stock, preferably homemade
- 1 x 4 inch piece fresh ginger, peeled and thickly sliced
- 5 x garlic cloves, peeled and smashed with the side of a knife
- 1 x boneless, skinless chicken breast half, about 6 ounces, cut into ½-inch cubes
- 1 tbsp crushed ice
- 6 tbsp heavy cream
- 1/2 tsp freshly grated lemon zest
- 3/4 tsp kosher salt
- Cornstarch as needed
- 36 x round wonton skins, preferably Japanese gyoza skins
- Chopped fresh cilantro for garnish
- Kosher salt and freshly ground black pepper to taste

DIRECTIONS:

Gingery Chicken Broth with Wonton Ravioli

1. Trim off all but 1 inch of the scallion greens, chop the greens, and reserve for garnish. Cut each of the scallions into 4 pieces. Combine the stock, scallion pieces, ginger and garlic in a large pot. Bring to a boil over high heat. Reduce the heat to medium and simmer for 20 minutes or longer. Strain and discard the solids. (The broth can be made a day ahead. Keep refrigerated until ready to serve.)
2. Place the chicken in a food processor and pulse several times to grind finely. Add the ice and process until the ice is absorbed. With the blade in motion, add the cream. Pulse in the lemon zest and salt to blend. Chill for 1 hour. Sprinkle a sheet pan with cornstarch to hold the wontons before cooking.
3. Working with a few wontons at a time and keeping the remaining wonton skin covered, mound 1 tablespoon of the chicken mixture in the centre of each skin. Moisten the edges with water and place another wonton on top. Press on the edges to seal completely. Repeat until the entire filling is used. As they are done, transfer to the sheet pan.
4. Just before serving, bring a large pot of salted water to a boil over high heat. Working in 2 batches, drop the ravioli into the boiling water, reduce the heat to medium, and simmer until tender and the chicken mixture is thoroughly cooked, 3 to 5 minutes. Bring the water back to a boil before proceeding with the final batch. Remove the wontons with a slotted spoon and arrange 3 in the centre of each serving bowl. (The wontons are best if used just before boiling. Place them right into the serving bowls. If they cool, the hot broth will keep them warm.)
5. Reheat the broth almost to boiling, season with salt and pepper to taste, and ladle over the wontons. Garnish with the cilantro and chopped scallion greens.
6. Serve right away.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Soy Galore

Host:
Martin Yan



Martin Yan Miso Soup

Yield: 4

INGREDIENTS:

Miso Soup

- 6 cups Japanese soup stock (dashi) or chicken broth
- 1 tbsp grated ginger
- 1/2 cup shredded carrot
- 1/4 cup sliced bamboo shoots
- 4 x fresh shiitake mushrooms, stems discarded, caps thinly sliced
- 1/3 cup mirin (Japanese sweet cooking wine)
- 1/3 cup white miso (fermented soybean paste)
- One-half 16-ounce package soft or regular tofu, drained and cut into 1/4-inch cubes
- 1 cup cooked rice noodles, cut into 2-inch lengths
- 2 x green onions, cut into 1/2-inch lengths

DIRECTIONS:

Miso Soup

1. In a medium saucepan, bring stock and ginger to a boil. Add carrot, bamboo shoots, mushrooms, and mirin. Reduce heat, cover, and simmer until carrot is tender, about 5 minutes.
2. Stir in miso; blend until smooth. Add tofu, noodles and green onions. Simmer until tofu is heated through, about 2 minutes.
3. Ladle soup into individual bowls.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Cantonese Flavours

Host:
Martin Yan



Simply Gai Lan

Yield: 4

INGREDIENTS:

Blanching Water

- 8 cups water
- 2 tsp vegetable oil
- 1 tsp salt

Simply Gai Lan

- 1 lb. Chinese broccoli or regular broccoli
- 2 tsp vegetable oil
- 2 tsp minced ginger
- 2 tbsp Chinese rice wine or dry sherry
- 1 tsp soy sauce
- 1/4 tsp salt

Simply Gai Lan

1. If using Chinese broccoli, leave whole. If using regular broccoli, remove broccoli florets from stems and cut florets into bite-size pieces. Peel all stems and cut into diagonal slices.
2. In a large pot, bring blanching water to a boil. Add broccoli and cook until tender-crisp, about 4 minutes. Drain, rinse with cold water, and drain again.
3. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add ginger and cook, stirring, until fragrant, about 10 seconds. Add broccoli, wine, soy sauce, and salt; stir-fry until liquid has reduced by half, about 1 minute. Remove from pan and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Soy Galore

Host:
Martin Yan



Wok Tossed Pork with Miso Glaze

Yield: 4

INGREDIENTS:

Wok Tossed Pork with Miso Glaze

- 1 lb. boneless pork, thinly sliced
- 1 tsp soy sauce
- 1 tsp cornstarch
- 1 tbsp vegetable oil
- 1/2 medium onion, cut into 1/2-inch cubes

Sauce

- 1/2 cup chicken broth
- 1 1/2 tbsp white miso (fermented soybean paste)
- 1 tbsp Chinese rice wine or dry sherry
- 1 tbsp sweet chili sauce

DIRECTIONS:

Wok Tossed Pork with Miso Glaze

1. In a medium bowl, combine pork, soy sauce, and cornstarch; mix well.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add onion; cook, stirring, until fragrant, about 20 seconds. Add pork and stir-fry until it is no longer pink, about 2 1/2 to 3 minutes. Add sauce, bring to a boil, and cook until sauce thickens slightly, about 30 seconds. Remove from heat and serve.

Sauce

1. Combine sauce ingredients in a small bowl; mix well.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Soy Galore

Host:
Martin Yan



Soybean Fried Rice

Yield: 4

INGREDIENTS:

Soybean Fried Rice

- 1 cup shelled soybeans
- 2 tsp vegetable oil
- 2 cloves garlic, minced
- 4 cups cold cooked long grain rice
- 2 tbsp chicken broth
- 1 1/2 tbsp oyster flavoured sauce
- 2 x eggs, lightly beaten
- 2 tsp Furikake or shredded nori

DIRECTIONS:

Soybean Fried Rice

1. In a small saucepan of boiling water, cook soybeans for 3 minutes; drain.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic and cook until fragrant, about 10 seconds. Add rice, separating grains with back of a spoon. Stir in soybeans and cook until rice is heated through, 2 to 3 minutes. Add broth and oyster-flavoured sauce; stir to combine. Make a well in the centre of rice; add eggs and gently stir eggs until they form soft curds, about 1 minute. Stir to mix eggs into rice.
3. Sprinkle with Furikake and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Taiwanese Influences

Host:
Martin Yan



Twin Ginger Shortbread Cookies

Yield: 24

INGREDIENTS:

Twin Ginger Shortbread Cookies

- 1 cup unsalted butter (2 sticks), room temperature
- 1/2 cup sugar
- 1/2 cup chopped glazed walnuts
- 1/3 cup chopped crystallized ginger
- 1 tbsp grated ginger
- 2 cups flour
- 1/4 tsp salt

DIRECTIONS:

Twin Ginger Shortbread Cookies

1. Preheat oven to 350 degrees F.
2. In large bowl of an electric mixer, beat butter and sugar until light and fluffy, about 2 minutes.
3. Add crystallized ginger, ginger, and glazed walnuts; mix until incorporated. Add flour and salt; mix on low speed until mixture forms a dough.
4. Using hands, make 1 1/2 inch balls and place 2 inches apart on an ungreased baking sheet. Using fingers press balls into 1/3 inch thick circles. Bake until lightly browned, about 20 minutes.
5. Let cool on baking sheet for 5 minutes, then transfer to a rack and let cool completely. Store in an airtight container.
6. Yield: about 2 dozen cookies.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Cilantro, Ginger and
Mushrooms

Host:
Martin Yan



Cilantro Chicken

Yield: 4

INGREDIENTS:

Cilantro Chicken

- 3/4 lb. boneless, skinless chicken, cut into 1-inch cubes
- 1 tbsp vegetable oil
- 1 x walnut-size shallot, cut into quarters
- 2 cups bean sprouts
- 1/2 cup shredded carrot
- 1/3 cup chopped cilantro leaves and stems
- 1/3 cup shelled pistachios

Marinade

- 1 tbsp soy sauce
- 2 tsp Chinese rice wine or dry sherry
- 2 tsp cornstarch
- 3/4 tsp ground coriander
- 2 tsp minced ginger

DIRECTIONS:

Cilantro Chicken

1. Combine marinade ingredients in a bowl. Add chicken and stir to coat. Let stand for 10 minutes.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add shallot and cook, stirring, until fragrant, about 20 seconds. Add chicken; stir-fry until it no longer pink in the centre, 3 to 4 minutes. Add bean sprouts and carrot; cook, stirring until beans sprouts begin to wilt, about 1 minute. Add cilantro and pistachios; stir well and toss to coat.
3. Yield: 4 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Workman's Lunch

Host:
Martin Yan



Marbled Tea Eggs

Yield: 8

INGREDIENTS:

Marbled Tea Eggs

- 8 eggs
- 1 green onion, coarsely chopped
- 2 tsp minced ginger
- 1/4 cup regular soy sauce
- 1/4 cup dark soy sauce
- 4 bag black tea
- 2 tbs packed dark brown sugar
- 1/2 tsp Chinese five spice powder
- 3 whole star anise

DIRECTIONS:

Marbled Tea Eggs

1. Place eggs in a large saucepan, cover with cold water, and bring to a simmer. Simmer for 10 minutes. Drain; rinse eggs with cold water until cool enough to handle. Gently tap each egg all over with a spoon until hairline cracks form over the entire shell.
2. Return eggs to pan. Add remaining ingredients; add extra water, if necessary, to completely cover eggs. Simmer, covered, over low heat for 15 minutes or for as long as 1 hour. Remove pan from heat; let eggs cool in the liquid, then refrigerate (still in the liquid) overnight or for up to 1 week.
3. Just before serving, peel eggs and place in a serving bowl.
4. Yield: 8 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Cilantro, Ginger and
Mushrooms

Host:
Martin Yan



Creamy Mushroom Soup

Yield: 4

INGREDIENTS:

Creamy Mushroom Soup

- 8 x large fresh shiitake mushrooms
- 5 x large button mushrooms
- 1 tbsp vegetable oil
- 1 tbsp minced ginger
- 1/2 medium onion, diced
- 4 cups chicken broth
- 3 tbsp oyster flavoured sauce
- 1/8 tsp white pepper
- 1/2 pt whipping cream or half and half
- 2 tbsp cornstarch dissolved in 3 tablespoons water

DIRECTIONS:

Creamy Mushroom Soup

1. Discard shiitake mushroom stems and slice caps; reserve a few slices for garnish. Slice button mushroom caps and stems.
2. Place a large saucepan over high heat until hot. Add oil, swirling to coat bottom. Add ginger and onion; cook, stirring, until onion is translucent, about 1 minute. Add mushrooms and cook, stirring, until tender, 3 to 4 minutes. Add broth, oyster flavoured sauce, and pepper. Bring to a boil; reduce heat and simmer for 5 minutes.
3. A portion at a time, puree soup in a blender until smooth. Return soup to pan and heat to a simmer. Stir in cream and cook until soup is thoroughly hot but not boiling. Add cornstarch solution and cook, stirring, until soup bubbles and thickens slightly.
4. Ladle soup into bowls and garnish with reserved sliced mushrooms.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Japanese Flavours

Host:
Martin Yan



Homemade Ponzu Sauce

INGREDIENTS:

Homemade Ponzu Sauce

- Zest from one lemon
- 1/2 cup mirin (sweet cooking wine)
- 1/2 cup fresh lemon juice
- 6 tbsp soy sauce
- 1/2 cup sugar
- 1 tbsp minced green onion

DIRECTIONS:

Homemade Ponzu Sauce

1. Combine all ingredients in a medium bowl; stir until sugar dissolves. Place in a covered container and refrigerate for up to one month.
2. Yield: about 1 1/2 cups.



Courtesy of:
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Episode:
Japanese Flavours

Host:
Martin Yan



Sushi Rice

INGREDIENTS:

Sushi Rice

- 2 cups sushi rice
- 2 cups cold water
- 1/4 cup rice vinegar
- 2 1/2 tbsp sugar
- 1 tbsp mirin (sweet cooking rice wine)
- 3/4 tsp salt

DIRECTIONS:

Sushi Rice

1. Place rice in a bowl; add enough cold water to cover, and wash rice well by rubbing it between your hands; drain. Repeat twice more. Pour rice into a strainer, and drain.
2. Place rice and 2 cups water in a 2 to 3 quart pan. Bring to a boil; cover, reduce heat, and simmer for 20 minutes. Turn off heat and let rice stand for 10 minutes.
3. In a small pan, heat vinegar, sugar, mirin, and salt over medium heat until sugar dissolves.
4. Turn cooked rice into a large wooden or plastic bowl; pour vinegar mixture over rice. Fold liquid in with a wooden rice paddle. At the same time, fan the rice to bring out the luster of the grains. Continue folding and fanning until rice absorbs all liquid. Cover with a damp cloth and let stand until ready to use.
5. Yield: 4 cups.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Japanese Flavours

Host:
Martin Yan



Grilled Salmon Sushi Rice Bowl

Yield: 4

INGREDIENTS:

Grilled Salmon Sushi Rice Bowl

- 1 lb. centre cut salmon fillet, cut into 4 equal pieces
- 3/4 lb. asparagus, ends trimmed
- 1/2 cup Homemade Ponzu Sauce (see recipe from this episode) or purchased ponzu sauce
- 2 tbsp vegetable oil
- 2 tsp sesame oil
- 3 x green onions, chopped
- 1 x avocado
- 4 cups warm Sushi Rice
- 1 x English cucumber, cut into thin strips
- 1/4 cup sliced pickled ginger
- 4 tsp sesame seeds

Wasabi Sauce

- 1 tbsp wasabi powder
- 2 tbsp water
- 3/4 cup Homemade Ponzu Sauce (see recipe from this episode) or purchased ponzu sauce
- 1/4 cup sake (Japanese rice wine)
- 2 tbsp grated ginger

DIRECTIONS:

Grilled Salmon Sushi Rice Bowl

1. Place fish and asparagus in large baking dish. Pour ponzu sauce and oil over both fish and asparagus and turn to evenly coat. Let stand for 10 minutes.
2. Place a grill pan over medium heat until hot. Lift asparagus from marinade, place in pan, and cook, turning occasionally, until tender crisp, about 3 minutes. Transfer asparagus to a plate and cover with foil, shiny side down, to keep warm. Lift fish from marinade and cook, turning once, until it turns opaque and just begins to flake, 2 to 3 minutes on each side.
3. While fish is cooking, peel and pit avocado and cut into 1/2 inch cubes.
4. To serve, divide sushi rice among 4 bowls, top each with a piece of fish and some asparagus. Pour 1/4 cup of sauce over fish in each bowl.
5. Garnish each serving with avocado, cucumber, pickled ginger, and sesame seeds.

Wasabi Sauce

1. In a medium saucepan, combine wasabi powder and water; let bloom for 5 minutes. Add remaining ingredients; bring to a boil, reduce heat and simmer until sauce is reduced by half, about 10 minutes.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Modern Tea House

Host:
Martin Yan



Sweet Coconut Rice with Caramelized Pineapple

Yield: 6

INGREDIENTS:

Sweet Coconut Rice

- 1 cup sweetened condensed milk
- 1 x 13 1/2 oz can unsweetened coconut milk
- 1/2 cup sweetened flaked coconut
- 4 cups cooked glutinous rice

Caramelized Pineapple

- 1 x pineapple
- 1/2 cup packed light brown sugar

To Assemble

- 1/2 cup sweetened flaked coconut for garnish
- Mint sprigs for garnish

DIRECTIONS:

Sweet Coconut Rice

1. In a 2-quart pan, combine sweetened condensed milk, coconut milk, and flaked coconut; bring to a boil. Reduce heat to low, stirring once or twice; simmer for 5 minutes. Add glutinous rice and stir until it is evenly moistened. Remove pan from heat and cover.

Caramelized Pineapple

1. Cut crown from pineapple, then cut off shell. Cut pineapple lengthwise into quarters. Trim off core and cut each quarter into 3 wedges. Place in a large bowl, sprinkle with brown sugar, and toss to evenly coat. Spread pineapple on a foil-lined rimmed baking sheet. Preheat broiler. Broil pineapple 3 to 4 inches from heat, turning once, until sugar melts but does not burn, about 2 minutes.

To Assemble

1. Toast coconut for garnish: Spread coconut in a pie pan and toast in a 350 degree F oven. Stirring frequently, until lightly browned, 4 to 5 minutes.
2. To serve, scoop rice into bowls and serve with pineapple wedges. Sprinkle with toasted coconut and garnish with mint.
3. Yield: 6 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Dishes for Every Palate

Host:
Martin Yan



Crisp Apple and Shrimp Salad

Yield: 4

INGREDIENTS:

Dressing

- 1/4 cup orange juice
- 2 tbsp fresh lime juice
- 2 tbsp oyster flavoured sauce
- 2 tsp sugar
- 1 tsp minced ginger
- 1/2 tsp chili garlic sauce

Fried Shallots

- 1 cup vegetable oil
- 8 x walnut sized shallots, thinly sliced

Shrimp Salad

- 3 cups mixed salad greens
- 12 x medium cooked shrimp
- 1 x large green apple, cut into matchsticks, about 2 cups
- 1/3 cup cilantro leaves
- 1/4 cup thinly sliced fresh basil leaves
- 2 tbsp Fried Shallots

DIRECTIONS:

Dressing

1. In a medium bowl, combine dressing ingredients; stir until sugar dissolves.

Fried Shallots

1. Heat oil in a small saucepan over medium-high heat to 375 degrees F. In small batches, cook, stirring, until shallots are golden brown, 3 to 4 minutes. Remove with slotted spoon, drain on paper towels and cool. Store in an airtight container for up to a month.

Shrimp Salad

1. In a large bowl, drizzle 2 tablespoons of dressing over salad greens, toss to coat. Place greens on a serving plate. Place shrimp, apple, cilantro, and basil in the same bowl. Add the remaining dressing and toss. Spoon over dressed greens, garnish with shallots, and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Dishes for Every Palate

Host:
Martin Yan



Bold Basil Beef

Yield: 4

INGREDIENTS:

Marinade

- 1 tbsp dark soy sauce
- 1 tbsp cornstarch

Bold Basil Beef

- 1 lb. flank steak, thinly sliced across the grain
- 1 tbsp vegetable oil
- 1 x walnut size shallot, thinly sliced into rings
- 1 x fresh jalapeno chili, thinly sliced into rings
- 1/2 cup lightly packed Thai basil or regular basil leaves

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a medium bowl. Add beef and stir to coat. Let stand for 10 minutes.

Bold Basil Beef

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add shallot and chili; cook, stirring, until fragrant, about 20 seconds. Add beef and stir-fry, until barely pink in centre, 3 to 4 minutes. Remove pan from heat and stir in basil leaves.
2. Serve immediately.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Chicken Favourites

Host:
Martin Yan



Braised Chicken Taro

Yield: 4

INGREDIENTS:

Chicken and Mushrooms

- 6 x dried black mushrooms
- 1 oz boneless, skinless chicken, cut into 1-inch cubes
- 2 tbsp cornstarch

Sauce

- 1 cup chicken broth
- 1/4 cup Chinese rice wine or dry sherry
- 3 tbsp soy sauce
- 1/4 tsp white pepper

To Prepare

- 1 tbsp vegetable oil
- 5 cloves garlic, sliced
- 1 tbsp minced ginger
- 2 x Chinese sausages (2 ounces each), cut into 1/2 inch diagonal slices
- 1 lb. taro, peeled and cut into 1 inch cubes
- 2 x green onions, cut into 1 1/2 inch pieces

DIRECTIONS:

Chicken and Mushrooms

1. In a bowl, soak mushrooms in warm water to cover until softened, about 15 minutes; drain. Discard stems and cut caps in half.
2. In a medium bowl, combine chicken and cornstarch. Turn to evenly coat chicken.

Sauce

1. Combine sauce ingredients in a small bowl.

To Prepare

1. Place a 3 quart pan over high heat until hot. Add oil, swirling to coat the bottom. Add garlic and ginger; cook, stirring, until fragrant, about 15 seconds. Add chicken and Chinese sausages; stir-fry, until the chicken is lightly browned, 2 to 3 minutes. Add mushrooms, taro, green onions, and sauce. Reduce heat, cover and simmer, stirring occasionally, until taro is tender, about 15 minutes.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Chicken Favourites

Host:
Martin Yan



Orange Peel Chicken

Yield: 4

INGREDIENTS:

Marinade

- 2 tsp soy sauce
- 1 tsp cornstarch
- 1 lb. boneless, skinless chicken meat, cut into 1 inch cubes

Sauce

- 1/3 cup fresh orange juice
- 2 tbsp Chinese rice wine or dry sherry
- 1 tbsp hoisin sauce
- 2 tsp sugar
- 1 tsp chili garlic sauce

To Prepare

- 1 tbsp vegetable oil
- 3 x green onions, cut into 2 inch lengths
- Peel from 1 orange, cut into thin strips
- 2 tsp cornstarch dissolved in 1 tablespoon water

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a medium bowl. Add chicken and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small bowl and stir until sugar dissolves.

To Prepare

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add chicken, green onions, and half of the orange peel. Stir-fry, until chicken is no longer pink in centre, 3 to 4 minutes. Add sauce and bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens. Add the remaining orange peel and stir to coat.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Asian Favourites

Host:
Martin Yan



Harvest Vegetables with Curry Dip

Yield: 8

INGREDIENTS:

Curry Soy Dip

- 1 cup mayonnaise
- 1 cup sour cream
- 2 tbsp sweet chili sauce
- 1 1/2 tbsp soy sauce
- 1 tbsp curry powder
- 1/2 tsp cayenne pepper
- 1/8 tsp Chinese five-spice powder

Vegetables

- 1/2 lb. asparagus
- 2 tsp salt
- 1 x English cucumber
- 1/2 lb. sugar snap peas
- 1/2 lb. baby carrots

DIRECTIONS:

Curry Soy Dip

1. Combine dip ingredients in medium bowl and mix well. Cover and refrigerate until ready to serve.

Vegetables

1. Trim asparagus ends. Bring a large pot of water to a boil. Add asparagus and salt; cook until asparagus is tender-crisp, about 2 minutes. Drain, rinse with cold water and drain again. Pat dry with paper towels and chill until ready to serve.
2. Cut cucumber into sticks about 3 inches long and 1/2 inch wide. Arrange all vegetables on a serving platter.
3. Serve with chilled dip.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Asian Favourites

Host:
Martin Yan



Grilled Satay Chicken Tenders

Yield: 4

INGREDIENTS:

Marinade

- 2 tbsp soy sauce
- 2 tbsp fresh lemon juice
- 2 tbsp curry powder
- 1 tbsp packed brown sugar
- 1 tbsp vegetable oil
- 1/2 tsp ground cumin
- 1/4 tsp Chinese five-spice powder

Grilled Chicken Tenders

- 1 lb. chicken breast tenders

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl and mix well, add chicken and stir to coat. Let stand for 10 minutes.

Grilled Chicken Tenders

1. Place a grill pan over medium-high heat until hot. Remove chicken from marinade; pour marinade into a small saucepan. Place chicken on pan and cook, turning once, until no longer pink when cut, about 2 minutes on each side. Heat marinade to simmer, pour over chicken, and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Asian Favourites

Host:
Martin Yan



Garlicky Peanut Noodles

Yield: 6

INGREDIENTS:

Peanut Dressing

- 1/4 cup rice vinegar
- 2 tbsp fresh lemon juice
- 2 tbsp soy sauce
- 1/3 cup smooth peanut butter
- 1 tbsp chili garlic sauce
- 2 tbsp packed brown sugar
- 2 cloves garlic, minced

Noodles

- 16 oz fresh Chinese egg noodles
- 1/3 cup chopped cilantro
- 2 x green onions, thinly sliced
- 1/4 cup chopped roasted peanuts

DIRECTIONS:

Peanut Dressing

1. Combine dressing ingredients in blender then whirl until smooth.

Noodles

1. In a large pot of boiling water, cook noodles according to package instructions; drain, rinse with cold water and drain again.
2. Place noodles in a large bowl with cilantro and green onions. Pour dressing over noodles and mix well. Sprinkle peanuts over the top.
3. Serve hot or at room temperature.
4. Yield: 6 to 8 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Back to Basics

Host:
Martin Yan



Baked Black Bean Catfish

Yield: 4

INGREDIENTS:

Marinade

- 2 tbsp Chinese rice wine or dry sherry
- 1 tbsp black bean garlic sauce
- 1 1/2 tsp sesame oil
- 1 tsp sugar

Baked Black Bean Catfish

- 1 lb. catfish fillets, cut into 4 equal pieces
- 1 tbsp vegetable oil
- 1/2 medium onion, thinly sliced

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a medium bowl. Add fish and turn to coat. Let stand for 10 minutes.

Baked Black Bean Catfish

1. Preheat oven to 350 degrees F.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add onion; stir-fry until onion begins to brown on edges, about 2 minutes. Spread onion in a foil-lined baking sheet. Arrange fish over onion; drizzle with remaining marinade. Bake, uncovered, until fish is opaque and just begins to flake, about 10 minutes.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Back to Basics

Host:
Martin Yan



Fish Fried Rice

Yield: 4

INGREDIENTS:

Fish Fried Rice

- 1 tbsp vegetable oil
- 5 oz firm white fish fillet or sea scallops, cut into small cubes
- 1 cup thinly sliced baby bok choy or other leafy greens
- 4 cups cold cooked long-grain rice
- 2 tsp fish sauce
- 2 tsp soy sauce
- 2 tbsp chopped cilantro

DIRECTIONS:

Fish Fried Rice

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add fish and cook, stirring, until it turns opaque, about 1 1/2 minutes. Add rice, separating grains with back of a spoon. Add sliced greens, fish sauce, and soy sauce. Stir to combine and cook until rice is heated through, 2 to 3 minutes. Stir in cilantro and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Back to Basics

Host:
Martin Yan



Swiss Chard with Black Bean Sauce

Yield: 4

INGREDIENTS:

Seasonings

- 1 tbsp black bean garlic sauce
- 1 tbsp oyster flavoured sauce
- 1 1/2 tsp sugar

Swiss Chard with Black Bean Sauce

- 1 lb. Swiss chard
- 2 tsp vegetable oil
- 2 cloves garlic, minced
- 1/4 cup sliced water chestnuts
- 1/4 cup chicken broth

DIRECTIONS:

Seasonings

1. Combine seasoning ingredients in a small bowl.

Swiss Chard with Black Bean Sauce

1. Cut Swiss chard stems from leaves and thinly slice stems and coarsely chop leaves.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic and cook, stirring, until fragrant, about 10 seconds. Add seasonings, chard, and water chestnuts; stir. Add broth; reduce heat to medium, cover, and cook until chard is tender, about 5 minutes. Stir and serve.
3. Yield: 3 to 4 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Comfort Food

Host:
Martin Yan



Zippy Ginger Syrup

INGREDIENTS:

Zippy Ginger Syrup

- 1 cup coarsely chopped peeled ginger
- 2 cups water
- 2 cups sugar
- 1/4 tsp cayenne pepper

DIRECTIONS:

Zippy Ginger Syrup

1. In blender combine ginger and 1 cup of the water. Whirl until smooth. Pour into a heavy 2 quart pan. Add remaining ingredients; cook over low heat, stirring occasionally, until sugar dissolves, about 10 minutes. Cool and strain into an airtight container and refrigerate up to 2 months.
2. Yield: about 2 cups.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Light Dinner

Host:
Martin Yan



Sweet Soy Braised Chicken Drumettes

Yield: 4

INGREDIENTS:

Sweet Soy Braised Chicken Drumettes

- 2 cups water
- 1/2 cup dark soy sauce
- 1/3 cup regular soy sauce
- 1/3 cup packed brown sugar
- 4 x quarter size slices ginger
- 2 x green onions, chopped
- 1 x whole star anise
- 1/8 tsp Chinese five-spice powder
- 1 1/2 to 2 pounds chicken wing drumettes

DIRECTIONS:

Sweet Soy Braised Chicken Drumettes

1. In a 3 quart pan, combine water, soy sauces, brown sugar, ginger, green onions, star anise, and five spice powder. Add chicken and bring to a boil. Reduce heat; cover and simmer, stirring occasionally, until chicken is tender, 20 to 25 minutes. Remove chicken from liquid with a slotted spoon; place on a serving plate and serve.
2. If you wish, cool braising liquid then refrigerate. You can use again by adding a bit more water and soy sauce.
3. Yield: 4 to 6 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Shrimp and Chicken

Host:
Martin Yan



Cantonese Shrimp Scramble

Yield: 3

INGREDIENTS:

Cantonese Shrimp Scramble

- 5 x large eggs
- 1/2 lb. medium raw shrimp, peeled and deveined
- 1 tsp cornstarch
- 1/2 tsp salt
- 1/2 tsp fish sauce
- 1 tbsp vegetable oil
- 1 x green onion, thinly sliced

DIRECTIONS:

Cantonese Shrimp Scramble

1. Break eggs into a large bowl; beat with a fork until thoroughly blended but not frothy. Add shrimp, cornstarch, salt, and fish sauce; mix well.
2. Place a medium frying pan over high heat until hot. Add oil, swirling to coat surface. Add egg mixture and cook undisturbed until eggs are almost set, about 1 minute. Stir eggs gently with a spoon and continue cooking until shrimp turn pink and eggs form creamy curds, about 2 minutes.
3. Sprinkle with green onion and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Light Dinner

Host:
Martin Yan



Spicy Soba Noodles

Yield: 4

INGREDIENTS:

Dressing

- 2 tbsp vegetable oil
- 2 tbsp fresh lemon juice
- 2 tsp soy sauce
- 1 1/2 tsp sweet chili sauce
- 1 tsp turmeric powder
- 1 tsp grated ginger

Noodles

- 8 oz dried soba noodles
- 2 cups sliced napa cabbage
- 1/2 tsp sesame oil
- 1/4 cup sliced pickled ginger
- 2 tbsp chopped cilantro
- 2 x green onions, julienned

Noodles

1. In a large pot of boiling water, cook noodles according to package directions; drain, rinse with cold water, and drain again. Place noodles in a large bowl. Add napa cabbage and sesame oil; toss until evenly combined.
2. Combine dressing ingredients in a medium bowl; mix well. Pour dressing over noodle mixture. Add pickled ginger, cilantro, and green onions. Toss to evenly coat.
3. Serve, or cover and refrigerate for up to 3 hours.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Light Dinner

Host:
Martin Yan



Peking Sun Cocktail

Yield: 2

INGREDIENTS:

Peking Sun Cocktail

- 1/2 cup fresh orange juice
- 1/4 cup cranberry juice cocktail
- 1/4 cup vodka
- 1/4 cup club soda
- 1 tsp Zippy Ginger Syrup (see recipe from this episode)
- Crushed Ice
- 2 x orange slices

DIRECTIONS:

Peking Sun Cocktail

1. In a pitcher, combine orange juice, cranberry juice cocktail, vodka, club soda, and ginger syrup. Fill 2 glasses half full with crushed ice. Pour cocktail over ice.
2. Garnish each drink with an orange slice and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Chicken or Turkey?

Host:
Martin Yan



Citrus Turkey Stir Fry

Yield: 4

INGREDIENTS:

Marinade

- 1 tbsp oyster flavoured sauce
- 2 tsp Chinese rice wine or dry sherry
- 1 tsp cornstarch
- 3/4 lb. turkey breast strips or turkey cutlets

Sauce

- 3/4 cup fresh orange juice
- 1 tbsp honey
- 2 tsp cornstarch
- 1/2 tsp sesame oil

Citrus Turkey Stir Fry

- 2 x oranges
- 1 tbsp vegetable oil
- 2 tsp minced ginger
- 2 x green onions, cut into 2 inch lengths
- 1/2 cup dried cranberries or dried cherries
- 6 x ears baby corn, cut in half diagonally

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a medium bowl. If using turkey cutlets, cut crosswise into strips 1/2 inch wide and 2 inches long. Place strips in marinade and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small bowl and stir until honey dissolves.

Citrus Turkey Stir Fry

1. Grate the zest from 1 orange; set aside. Segment both oranges by cutting away the peel and white pith; cut and lift out segments.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add ginger and onions, cook, stirring frequently, until fragrant, about 20 seconds. Add turkey and stir-fry until not longer pink, about 2 minutes. Add dried cranberries, baby corn, and sauce; cook, stirring, for 2 minutes. Remove pan from heat; stir in orange zest and orange segments and serve.



Courtesy of:
Martin Yan - Quick And Easy

Episode:
Chicken or Turkey?

Host:
Martin Yan



Ginger Chicken

Yield: 4

INGREDIENTS:

Marinade

- 1 tbsp cornstarch
- 1 tbsp Chinese rice wine or dry sherry
- 1 tsp soy sauce
- 1 tsp dark soy sauce
- 1 lb. boneless, skinless chicken thighs, cut into 1/2 inch cubes

Ginger Chicken

- 2 tbsp vegetable oil
- 1/3 cup thickly sliced ginger
- 1/2 cup chicken broth
- 1/2 cup pineapple chunks
- 2 tsp sliced red ginger or pickled ginger

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add chicken and stir to coat. Let stand for 10 minutes.

Ginger Chicken

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add ginger; cook, stirring until ginger is crispy and oil is infused with its flavour, about 1 1/2 minutes. Add chicken and stir-fry, until it is no longer pink in centre, 3 to 4 minutes. Add broth and pineapple chunks ; cook, stirring, until sauce boils and thickens slightly.
2. Sprinkle with red ginger and serve.



Courtesy of:
Martin Yan - Quick And
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Episode:
Chicken or Turkey?

Host:
Martin Yan



Tropical Fruit with Lemon Ginger Syrup

Yield: 6

INGREDIENTS:

Syrup

- 2 cups sugar
- 1 cup water
- 1 x lemon, thinly sliced
- 6 x quarter size slices ginger, crushed
- 3 x whole star anise

Tropical Fruit with Lemon Ginger Syrup

- 1 x medium papaya
- 1 x mango, peeled and cut into cubes
- 1 x banana, peeled and sliced
- 3 x kiwi fruits, peeled and cut into wedges
- 1 tbsp chopped crystallized ginger
- Vanilla ice cream (optional)

DIRECTIONS:

Syrup

1. Combine syrup ingredients in a medium saucepan. Cook over low heat, stirring occasionally, until sugar dissolves. Simmer for 5 minutes longer to infuse flavors. Let syrup cool, then strain and discard solids. Chill until ready to use.

Tropical Fruit with Lemon Ginger Syrup

1. Peel papaya, cut in half, and scoop out seeds. Cut papaya into cubes and place in a large bowl with mango, banana, kiwi fruits, and ginger. Drizzle about 1 cup of the syrup and stir gently to coat.
2. Serve chilled, alone or with a scoop of ice cream.
3. Yield: 6 servings.



Courtesy of:
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Easy

Episode:
A Simple Meal

Host:
Martin Yan



Carrot Pineapple Rice

Yield: 4

INGREDIENTS:

Carrot Pineapple Rice

- 1 x 8 oz can crushed pineapple, packed in pineapple juice
- 1 1/3 cups water
- 1 x carrot, grated (about 1/2 cup)
- 1 cup long grain rice
- 1/2 tsp salt
- 3 x green onions, thinly sliced on diagonal
- 1/2 tsp sesame oil

DIRECTIONS:

Carrot Pineapple Rice

1. Drain pineapple juice into a 2 quart pan. Add water, carrot, rice, and salt. Bring to a boil. Reduce heat and simmer, uncovered, until craters form on surface of rice, about 6 minutes. Reduce heat to low, cover, and cook, undisturbed, for 10 minutes, or until water is absorbed.
2. Fluff rice with a fork, stir in pineapple, green onions, and sesame oil. Cover until ready to serve.



Courtesy of:
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Easy

Episode:
A Simple Meal

Host:
Martin Yan



Glazed Grilled Pork Chops

Yield: 4

INGREDIENTS:

Marinade

- 1/2 cup char siu sauce or hoisin sauce
- 2 tbsp sesame oil
- 2 tbsp Chinese rice wine or dry sherry
- 1 clove garlic, minced
- 1 x walnut size shallot, minced
- 4 x boneless loin pork chops, cut 1 inch thick

Glazed Grilled Pork Chops

- 1 tsp vegetable oil
- 1/3 cup chicken broth

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a medium bowl and mix well. Add pork chops and turn to coat. Let stand for 10 minutes or marinate in the refrigerator for up to 4 hours; turn occasionally in the marinade.

Glazed Grilled Pork Chops

1. Place a grill pan over medium-high heat until hot; brush with oil. Place pork chops in pan, reserve marinade. Cook, turning occasionally and basting with marinade, until meat is no longer pink in the centre, about 5 minutes on each side.
2. Combine remaining marinade and broth in a small saucepan. Bring to a boil; reduce heat and simmer until sauce has thickens slightly, about 3 minutes.
3. Brush sauce on pork chops and serve.



Courtesy of:
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Episode:
A Simple Meal

Host:
Martin Yan



Almond Baby Bok Choy

Yield: 4

INGREDIENTS:

Almond Baby Bok Choy

- 1/2 cup slivered almonds
- 1 lb. baby bok choy
- 1/4 cup chicken broth or vegetable broth
- 1/4 tsp sugar
- 1/8 tsp white pepper
- 1 tbsp vegetable oil
- 1 tsp minced ginger

DIRECTIONS:

Almond Baby Bok Choy

1. Place nuts in a small frying pan over medium heat; cook, shaking pan frequently, until lightly toasted, 3 to 4 minutes.
2. Cut baby bok choy lengthwise into quarters.
3. Combine broth, sugar, and pepper in a small bowl; stir until sugar dissolves.
4. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add ginger; cook, stirring, until fragrant, about 10 seconds. Add bok choy and stir-fry until tender-crisp, 2 to 3 minutes.
5. Add broth mixture and toss until bok choy is evenly coated.
6. Sprinkle with almonds and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Cooking "Fun"

Host:
Martin Yan



Rice Paper Wraps

Yield: 8

INGREDIENTS:

Sweet and Sour Shredded Carrots

- 3/4 cup rice vinegar
- 1/2 cup water
- 1/2 cup sugar
- 1/4 tsp salt
- 3 cups shredded carrots
- 1 tbsp fish sauce

Peanut Dipping Sauce

- 2 tsp oil
- 1 clove garlic, minced
- 2/3 cup chicken broth
- 1/4 cup hoisin sauce
- 3 tbsp chunky peanut butter
- 1 tbsp fish sauce
- 1 tsp chili garlic sauce
- 1/3 cup chopped roasted peanuts, 1 tablespoon reserved for garnish

Southeast Asian All Purpose Dipping Sauce

- 1/4 cup water
- 1/4 cup fish sauce
- 3 tbsp fresh lime juice
- 2 tbsp rice vinegar
- 2 tbsp sugar
- 1 clove garlic, minced
- 1 x small red chili, seeded and minced, or 1/2 teaspoon dry red chili flakes

Rice Paper Wraps

- 4 oz dried rice stick noodles
- 1/2 cup Sweet and Sour Shredded Carrots (see recipe from this episode)
- 8 x dried rice paper wrappers, each about 8 inches in diameter
- 16 x medium shelled cooked shrimp, cut in half lengthwise
- 4 x leaves red leaf lettuce, ribs removed, each leaf cut in half lengthwise
- 1 cup bean sprouts
- 1/2 cup mint leaves
- 8 sprigs cilantro

DIRECTIONS:

Sweet and Sour Shredded Carrots

1. In a small saucepan, combine vinegar, water, sugar and salt. Place over medium heat and cook, stirring occasionally, until sugar dissolves. Place carrots in a heatproof bowl and pour hot vinegar mixture over carrots. Add fish sauce, stir to combine, and let cool. Place in a covered container and refrigerate for up to a month.

Peanut Dipping Sauce

1. Heat small saucepan over medium high heat until hot. Add oil, swirling to coat bottom. Add garlic and cook until fragrant, about 10 seconds. Add broth, hoisin sauce, chunky peanut butter, fish sauce and chili garlic sauce, bring to a boil and simmer for 3 minutes. Remove from heat and stir in peanuts. Serve garnished with remaining nuts. Will last 2 weeks refrigerated.

Southeast Asian All Purpose Dipping Sauce

1. Combine all ingredients in a medium bowl; stir until sugar dissolves. Place in a covered container and refrigerate for about 2 weeks.

Rice Paper Wraps

1. In a large pot of boiling water, cook noodles until tender, about 3 minutes. Drain, rinse with cold water, and drain again. Cut into roughly 1 inch lengths. Place in bowl; add carrots and toss to combine.
2. Make each roll: Brush a rice paper wrapper with warm water. Let stand until it becomes soft and pliable, about 30 seconds. Place 4 shrimp halves in a line across wrapper 2 inches above bottom edge. Top with a piece of lettuce, about 1/2 cup of the noodle mixture, 8 to 10 bean sprouts, 2 mint leaves, and 1 sprig of cilantro. Distribute the ingredients in an even line leaving a 1 inch border on each side. Fold bottom edge of wrapper over filling; press down to make filling compact. Fold in sides, then continue rolling to completely enclose. The roll should be tight.
3. Before serving, cut each roll in half diagonally. Serve with peanut dipping sauce.
4. Yield: 8 wraps.



Courtesy of:
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Easy

Episode:
Cooking "Fun"

Host:
Martin Yan



Haihan Fun Mein

Yield: 4

INGREDIENTS:

Meat

- 1/4 lb. boneless, skinless chicken, cut into 1-inch pieces
- 1/4 lb. medium raw shrimp, peeled and deveined
- 1 tsp cornstarch
- 2 tsp oyster flavoured sauce

Sauce

- 1 cup chicken broth
- 3 tbsp oyster flavoured sauce
- 1 tbsp sweet chili sauce

Haihan Fun Mein

- 1 tbsp vegetable oil
- 2 cloves garlic, minced
- walnut sized shallot, thinly sliced
- 1 x fresh red jalapeno chili, thinly sliced
- 1 stalks celery thinly sliced diagonally
- 2 cups cooked rice stick noodles
- 1 1/2 cups cooked Chinese egg noodles
- 1 x egg, lightly beaten
- 1 tsp sesame oil

DIRECTIONS:

Meat

1. In a medium bowl, combine chicken, shrimp, cornstarch, and oyster-flavoured sauce; stir to coat.

Sauce

1. Combine sauce ingredients in a small bowl; mix well.

Haihan Fun Mein

1. Heat a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic, shallot, and chili; cook, stirring, until fragrant, about 30 seconds. Add chicken and shrimp; stir-frying until shrimp turn pink, about 2 minutes. Add celery and stir-fry for 1 minute.
2. Add noodles and sauce; cook, stirring gently until chicken is no longer pink and noodles are heated through, about 2 minutes. Push noodles toward the sides of pan and pour egg into centre; cook until egg is almost set, about 1 minute. Toss to mix egg into noodles.
3. Sprinkle with sesame oil and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Saucy Creations

Host:
Martin Yan



Eggplant in Plum Sauce

Yield: 4

INGREDIENTS:

Sauce

- 3 tbsp plum sauce
- 2 tbsp plum wine or Chinese rice wine
- 2 tsp sesame oil
- 1 tsp regular soy sauce
- 1 tsp dark soy sauce

Eggplant

- 1 lb. Asian eggplant, roll cut
- vegetable oil for deep-frying
- 3 cloves garlic, chopped

DIRECTIONS:

Sauce

1. Combine sauce ingredients in small bowl; whisk to evenly blend.

Eggplant

1. In a 3 quart saucepan heat oil for deep-frying to 350 degrees F. Deep-fry eggplant, a portion at a time, turning occasionally, until golden brown, about 3 minutes. Remove with a slotted spoon; drain on paper towels.
2. Heat a stir-fry pan over high heat until hot. Add 2 teaspoons of the deep-frying oil, swirling to coat sides. Add garlic and cook, stirring, until fragrant, about 20 seconds. Add eggplant and sauce; bring to a boil and cook, stirring, for 1 minute. Serve.



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Episode:
Saucy Creations

Host:
Martin Yan



Lemon Pepper Beef

Yield: 3

INGREDIENTS:

Marinade

- 1 tsp cornstarch
- 2 tsp fish sauce
- 3/4 lb. beef tri tip, cut into 1 inch cubes

Sauce

- 2 tbsp fresh lemon juice
- 1 tbsp black pepper
- 2 tsp sugar

Lemon Pepper Beef

- 1 tbsp vegetable oil
- 1 tsp butter
- 2 cloves garlic, thinly sliced
- 1 stalks lemongrass, bottom 4 inches minced (about 1 tablespoon)
- 2 x walnut sized shallots, thinly sliced

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add beef and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small bowl; stir until sugar is dissolved.

Lemon Pepper Beef

1. Place a stir-fry pan over high heat until hot. Add oil and butter; stir until butter melts. Add garlic, lemongrass, and cook; stirring, until fragrant, about 30 seconds. Add beef and stir-fry, until it is seared on the outside and slightly pink in centre, about 4 minutes. Add sauce and toss to evenly coat meat. Serve.



Courtesy of:
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Episode:
Timesavers

Host:
Martin Yan



Egg Flower Corn Soup

Yield: 4

INGREDIENTS:

Egg Flower Corn Soup

- 5 cups turkey or chicken broth
- 1 cup shredded cooked turkey or chicken
- 1 x 14 1/2 oz can cream style corn
- 1 cup raw corn kernels, cut from 1 large ear of corn
- 1/4 cup coarsely chopped water chestnuts
- 1 1/2 tbsp oyster flavoured sauce
- 2 tsp sesame oil
- 1/4 tsp white pepper
- 3 tbsp cornstarch dissolved in 1/3 cup water
- 2 x eggs, lightly beaten
- 1 x green onion, thinly sliced

DIRECTIONS:

Egg Flower Corn Soup

1. In a large saucepan, bring broth to a boil. Add turkey, cream-style corn, corn kernels, water chestnuts, oyster-flavoured sauce, sesame oil, and pepper. Return to a boil and cook for 3 minutes. Add cornstarch solution and cook, stirring, until soup boils and thickens slightly. Remove from heat and slowly drizzle in eggs, stirring constantly, to form egg flowers.
2. Ladle soup into bowls and sprinkle with green onion.
3. Yield: 4 to 6 servings.



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Episode:
Timesavers

Host:
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Steamed Fish with Lemongrass Oil

Yield: 4

INGREDIENTS:

Lemongrass Oil

- 3 tbsp vegetable oil
- 1 stalks lemongrass, bottom 4-inches, chopped

Steamed Fish with Lemongrass Oil

- 4 x dried black mushrooms
- 1 1/4 lb. firm white fish fillets, such as cod or red snapper, each about 3/4 inch thick
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 stalks lemongrass, bottom 4 inches lightly crushed
- 2 x green onions, julienned
- 2 tbsp minced ginger

DIRECTIONS:

Lemongrass Oil

1. Place oil in a small pan and heat until smoking. Remove from heat and add chopped lemongrass. Set aside.

Steamed Fish with Lemongrass Oil

1. In a bowl, soak black mushrooms in warm water to cover until softened, about 15 minutes; drain. Discard stems and thinly slice caps.
2. Cut fish crosswise into 4 equal pieces; sprinkle with salt and pepper. Place crushed lemongrass in centre of a heatproof dish. Lay fish fillets on top. Sprinkle mushrooms, green onions, and ginger over fish.
3. Prepare a stir-fry pan for steaming. Place dish in pan, cover, and steam over high heat until fish turns opaque and just begins to flake, 8 to 10 minutes. Strain lemongrass oil.
4. Reheat oil to smoking then pour over fish and serve.



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Episode:
Timesavers

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Savoury Jade Chicken

Yield: 4

INGREDIENTS:

Marinade

- 1 tbsp soy sauce
- 2 tsp cornstarch
- 1 lb. boneless, skinless chicken meat, cut into 1 inch pieces

Savoury Jade Chicken

- 1/4 cup vegetable oil
- 3/4 cup lightly packed mint leaves
- 1 x fresh red jalapeno chili, thinly sliced
- 1/4 cup Chinese rice wine or dry sherry
- 1 tbsp chili garlic sauce
- 2 tsp sesame oil

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add chicken and stir to coat. Let stand for 10 minutes.

Savoury Jade Chicken

1. Place a stir-fry pan over high heat; add oil and heat to almost smoking. Add 1/2 cup of the mint leaves and cook until leaves are crisp, about 30 seconds. Remove with slotted spoon and drain on paper towels.
2. Remove all but 1 tablespoon of oil from pan and return pan to high heat. Add chicken and chili; stir-fry, until chicken is no longer pink in the centre, 3 to 4 minutes. Add wine and chili garlic sauce; cook for 30 seconds. Add sesame oil and the remaining 1/4 cup fresh mint leaves. Remove pan from heat and toss to coat.
3. Place on a serving platter and garnish with fried mint.



Courtesy of:
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Easy

Episode:
Chiufin Specialties

Host:
Martin Yan



Dinner Oyster Omelette

Yield: 2

INGREDIENTS:

Spicy Soy Dipping Sauce

- 6 tbsp soy sauce
- 1/4 cup Chinese black vinegar or balsamic vinegar
- 2 tsp sesame oil
- 2 tsp chili garlic sauce

Dinner Oyster Omelet

- 10 oz shucked oysters, drained
- 4 x large eggs, lightly beaten
- 1/2 tsp cornstarch
- 1/2 tsp salt
- 1 dash white pepper
- 1 tbsp vegetable oil
- 1 clove garlic, minced
- 1/2 cup bean sprouts
- 1/4 cup shredded carrot
- 1 tbsp chopped Chinese chives
- 2 tbsp chopped cilantro
- Cilantro sprigs
- Spicy Soy Dipping Sauce, optional (see recipe from this episode)

DIRECTIONS:

Spicy Soy Dipping Sauce

1. Combine all ingredients in a medium bowl; stir until combined. Place in a covered container and refrigerate for about 3 weeks.

Dinner Oyster Omelet

1. Heat a small saucepan of water to a simmer. Add oysters and blanch for 1 minute; drain. Pat oysters dry with paper towels and cut into bite-size pieces.
2. Combine eggs, cornstarch, salt, and pepper in a medium bowl. Whisk lightly to blend.
3. Place an 8 to 9 inch nonstick frying pan over medium heat until hot. Add oil, swirling to coat sides. Add garlic and cook, stirring, until fragrant, about 10 seconds. Pour egg mixture into pan. Sprinkle oysters, bean sprouts, carrot, chives, and chopped cilantro over eggs. Cook without stirring until edges begin to set; lift with a spatula and shake or tilt pan to let egg flow beneath. When egg no longer flows freely, turn omelet over and brown slightly on the other side. Slide omelet onto a warm serving plate.
4. Garnish with cilantro sprigs and serve with Spicy Soy Dipping Sauce.



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Episode:
Chiufin Specialties

Host:
Martin Yan



Buddhist Braised Winter Squash

Yield: 4

INGREDIENTS:

Buddhist Braised Winter Squash

- 1/2 cup shredded dried wood ears (optional)
- 2 cups peeled and sliced kabocha or other firm winter squash
- 2 cups peeled and sliced sweet potatoes
- 2 cups coconut milk
- 1 cup vegetable broth
- 1 x small zucchini, thinly sliced
- 1 tbsp soy sauce
- 1/3 cup cilantro leaves
- 1/2 cup shelled pistachio nuts

DIRECTIONS:

Buddhist Braised Winter Squash

1. In a medium bowl, soak wood ears in warm water to cover until softened, about 15 minutes; drain.
2. In a large saucepan, combine squash, sweet potatoes, wood ears, coconut milk, and broth. Bring to a boil; reduce heat and simmer until sweet potatoes are tender, about 15 minutes. Add zucchini and soy sauce. Increase heat and bring to a boil and cook until zucchini is tender, about 2 minutes.
3. Garnish with cilantro and nuts and serve.
4. Yield: 4 to 6 servings.



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Episode:
Chiufin Specialties

Host:
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Oysters in Port Sauce

Yield: 4

INGREDIENTS:

Oysters in Port Sauce

- 10 oz shucked oysters, drained
- 1 tbsp cornstarch
- 1 tbsp vegetable oil
- 6 x green onions, cut into 1-inch lengths
- 3 cloves garlic, thinly sliced
- 5 x quarter size slices ginger, lightly crushed
- 1/3 cup port wine
- 1 tbsp soy sauce
- 1 tbsp oyster flavoured sauce
- 1 tbsp cornstarch dissolved in 2 tablespoons water

DIRECTIONS:

Oysters in Port Sauce

1. Combine oysters and cornstarch in a colander; mix lightly. Rinse under cold running water. Parboil oysters in a medium saucepan of boiling water for 1 minute; drain.
2. Place a 2 quart pan over high heat until hot. Add oil, swirling to coat bottom. Add green onions, garlic, and ginger; cook, stirring, until onions are fragrant and wilted, 30 to 40 seconds. Add oysters, wine, soy sauce, and oyster flavoured sauce; bring to a boil. Reduce heat, cover, and simmer for 3 minutes. Add cornstarch solution and cook, stirring, until sauce boils and thickens.



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Episode:
Teahouse Delights

Host:
Martin Yan



Asian Pear Crumble

Yield: 6

INGREDIENTS:

Topping

- 4 tbsp butter
- 3/4 cups chopped walnuts
- 1 tbsp packed brown sugar
- 1/4 tsp Chinese five spice powder
- 1 cup panko (Japanese style bread crumbs)

Asian Pear Crumble

- 1/2 cup dried cranberries
- 1 1/2 lb. Asian pears
- 1 x lemon
- 1/2 tsp Chinese five spice powder
- 1 cup water
- 2 bag jasmine tea
- 1 tbsp packed brown sugar
- 3 tbsp apricot pineapple preserves
- 1 tsp cornstarch dissolved in 2 teaspoons water

DIRECTIONS:

Topping

1. In a wide frying pan, melt butter over medium-high heat. Add nuts and cook, stirring, until they begin to brown, 2 to 3 minutes. Add brown sugar and five-spice powder; cook until sugar dissolves. Add panko and stir to evenly coat

Asian Pear Crumble

1. Preheat oven to 350 degrees F.
2. In a bowl, soak cranberries in hot water to cover until softened, about 10 minutes; drain. Peel, core, and thinly slice Asian pears. Place cranberries and pears in a 1 1/2 quart casserole.
3. Grate lemon peel, then juice lemon. Add peel, juice, and five-spice powder to fruit; stir to coat.
4. In a small saucepan, bring water to a boil; remove from heat, add tea bags, and steep for 3 minutes. Discard tea bags. Add brown sugar and preserves to tea. Return pan to medium-high and cook, stirring, until sugar dissolves and preserves are melted, about 3 minutes. Increase heat to high; add cornstarch solution and cook, stirring, until mixture boils and thickens. Pour over fruit.
5. Spoon topping evenly over fruit.
6. Bake, uncovered, until pears are tender and topping is golden brown, 25 to 30 minutes.
7. Scoop into dessert bowls and serve warm.



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Episode:
Teahouse Delights

Host:
Martin Yan



Honey Garlic Green Tea Prawns

Yield: 4

INGREDIENTS:

Marinade

- 1 tbsp cornstarch
- 2 tsp soy sauce
- 1 lb. medium raw shrimp, shelled and deveined

Sauce

- 1/3 cup chicken broth
- 2 tbsp oyster flavoured sauce
- 1 1/2 tsp honey
- 1/2 tsp sesame oil
- 1/2 tsp cornstarch

Honey Garlic Green Tea Prawns

- 1 tbsp vegetable oil
- 3 cloves garlic, minced
- 2 tsp ground green tea leaves
- 1/3 cup macadamia nuts

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add shrimp and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small bowl; stir until honey dissolves.

Honey Garlic Green Tea Prawns

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic and cook, stirring, until fragrant, about 10 seconds. Add shrimp; stir-fry until they turn pink, 1 1/2 to 2 minutes. Sprinkle green tea powder over shrimp and stir to coat. Stir sauce once, add to pan, and bring to a boil. Reduce heat and cook, stirring, until sauce thickens, 1 to 2 minutes.
2. Add nuts and serve.



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Teahouse Delights

Host:
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Lemongrass Iced Tea

INGREDIENTS:

Lemongrass Iced Tea

- 5 stalks lemongrass
- 4 cups water
- 3 bag green tea
- Sugar
- Ice cubes
- Lemon wedges

DIRECTIONS:

Lemongrass Iced Tea

1. Coarsely chop bottom 4 inches of lemongrass. Trim tops, remove outside leaves, and save for garnish.
2. In a small saucepan, bring water to a boil. Add tea bags and lemongrass, remove from heat, and steep for 10 minutes. Strain. Sweeten to taste with sugar then refrigerate until ready to serve.
3. Serve in a tall chilled glass full of ice. Garnish each glass with a lemongrass top and a lemon wedge.
4. Yield: about 1 quart.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Vegetarian

Host:
Martin Yan



Grilled Miso Glazed Eggplant

Yield: 4

INGREDIENTS:

Miso Sauce

- 1/4 cup purchased teriyaki sauce
- 3 tbsp vegetable broth
- 2 tbsp white miso (fermented soybean paste)
- 1/4 tsp red pepper flakes

Grilled Miso Glazed Eggplant

- 4 x small Asian eggplant
- 1 tsp vegetable oil

DIRECTIONS:

Miso Sauce

1. Combine sauce ingredients in a small saucepan; whisk to evenly blend. Bring to a boil over medium-high heat; reduce heat and simmer for 2 minutes.

Grilled Miso Glazed Eggplant

1. Cut eggplant lengthwise into slices about 1/3 inch thick. Heat a grill pan over medium-high heat until hot. Brush pan with oil. Place eggplant in pan and cook turning once, until tender, about 2 minutes.
2. To serve, arrange eggplant on serving plate in an overlapping pattern and drizzle with sauce.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Vegetarian

Host:
Martin Yan



Long Bean and Tofu Stir Fry

Yield: 4

INGREDIENTS:

Sauce

- 1/2 cup vegetable broth
- 1 1/2 tbsp fish sauce
- 2 tsp chili garlic sauce
- 1 tsp sugar

Long Bean and Tofu Stir Fry

- 1 x 14 oz package firm tofu, drained
- 1 tbsp vegetable oil
- 1/2 medium onion, chopped
- 3/4 lb. Chinese long beans, cut into 2 inch lengths
- 1/2 red bell pepper, cut into thin strips

DIRECTIONS:

Sauce

1. Combine sauce ingredients in a small bowl; mix well.

Long Bean and Tofu Stir Fry

1. Cut tofu into 1/2 inch cubes.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add onion; cook, stirring, until onion is slightly wilted, about 30 seconds. Add long beans; stir-fry for 2 1/2 minutes, adding a few drops of water if pan appears dry. Add bell pepper, tofu, and sauce. Cook, stirring, until beans are tender, 2 to 3 minutes. Serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Vegetarian

Host:
Martin Yan



Asian Cucumber Bisque

Yield: 4

INGREDIENTS:

Asian Cucumber Bisque

- 2 x English cucumbers or fuzzy melons
- 2 tsp vegetable oil
- 1/2 medium onion, minced
- 3 cups vegetable broth
- 1 cup unsweetened coconut milk
- 1/2 cup cooked long grain rice
- 1 tbsp oyster flavoured sauce
- 1/2 tsp salt
- 1/8 tsp white pepper
- 1 tbsp chopped cilantro
- 2 tbsp Fried Shallots (see recipe from episode 46)

Asian Cucumber Bisque

1. Peel cucumbers or fuzzy melons. Dice 1/2 cup cucumber and set aside for garnish; coarsely chop the remainder. If using fuzzy melons, coarsely chop both of them.
2. Place a large saucepan over medium-high heat until hot. Add oil, swirling to coat bottom. Add onion; cook, stirring, until fragrant, about 30 seconds. Add broth, coconut milk, rice, oyster-flavoured sauce, salt, white pepper, and fuzzy melons (if using). Bring to a boil; reduce heat and simmer for 10 minutes. If using cucumbers, add them now and remove pan from heat. A portion at a time, puree soup in a blender until smooth. Return soup to pan and heat to a simmer.
3. To serve, ladle soup into bowls and garnish with diced cucumber (if using), cilantro, and fried shallots.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Comfort Food

Host:
Martin Yan



Curried Coconut Pot Pie

Yield: 4

INGREDIENTS:

Coconut Curry Sauce

- 1 x 13 1/2 oz can unsweetened coconut milk
- 2/3 cup evaporated milk
- 1/4 cup water
- 1 1/2 tbsp soy sauce
- 2 tsp curry powder
- 1 tsp sugar
- 1 tsp turmeric powder
- 1/4 tsp white pepper
- 1 tbsp cornstarch dissolved in 2 tablespoons water

Curried Coconut Pot Pie

- 1 tbsp vegetable oil
- 1 clove garlic, minced
- 1 tsp minced ginger
- 1/2 lb. boneless, skinless chicken, cut into 1/2 inch cubes or 8 ounces pressed tofu, diced
- 8 x baby carrots, cut into 1/2 inch rounds
- 6 x medium button mushrooms, quartered
- small zucchini, quartered lengthwise and cut crosswise into 1/2 inch pieces
- 1 cup cauliflower florets, cut into bite sized pieces
- broccoli florets, cut into bite sized pieces
- 1/2 cup sliced water chestnuts
- 1 sheet purchased puff pastry
- 1 x egg, lightly beaten

DIRECTIONS:

Coconut Curry Sauce

1. In a 2 quart pan, combine all coconut curry sauce ingredients except cornstarch solution. Place pan over medium-high heat and stirring, bring to a boil. Add cornstarch solution and cook until sauce thickens slightly, about 30 seconds.

Curried Coconut Pot Pie

1. Preheat oven to 400 degrees F.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic and ginger; cook, stirring, until fragrant, about 15 seconds. Add chicken and stir-fry for 1 minute. Add all vegetables, and stir-fry, adding a few drops water if pan appears dry, until cauliflower is almost tender, about 3 minutes.
3. Spoon chicken mixture into four 1 1/2 to 2 cup ovenproof soup bowls. Pour 1/4 of coconut curry sauce into each bowl.
4. On a lightly floured surface, roll out puff pastry until it is 1/4 inch thick. Cut pastry into 4 circles, each about 1/2 inch larger than each soup bowl. Top each bowl with a circle of pastry; press edges firmly to seal. Cut a 1 inch long slit in centre of each pastry. Brush tops of pastry with egg.
5. Place bowls in a baking pan. Bake for 10 to 12 minutes or until pastry is golden brown.
6. Yield: 4 individual servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Comfort Food

Host:
Martin Yan



Salad with Asian Vinaigrette

INGREDIENTS:

Salad with Asian Vinaigrette

- 1/2 cup vegetable oil
- 1/4 cup rice vinegar
- 1 tbsp honey
- 2 tsp sesame oil
- 1 tsp grated ginger
- 1 clove garlic, minced
- 1/2 tsp prepared Chinese mustard
- 1/2 tsp salt
- 5 cups salad greens

DIRECTIONS:

Salad with Asian Vinaigrette

1. Combine all ingredients in a small bowl; whisk until honey dissolves. Place in a covered container and refrigerate for up to 3 weeks. Bring to room temperature and stir before using.
2. Yield: about 2/3 cup.



Courtesy of:
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Episode:
Comfort Food

Host:
Martin Yan



Zippy Ginger Float

Yield: 1

INGREDIENTS:

Zippy Ginger Syrup

- 1 cup coarsely chopped peeled ginger
- 2 cups water
- 2 cups sugar
- 1/4 tsp cayenne pepper

Zippy Ginger Float

- 1 cup club soda
- 2 tbsp Zippy Ginger Syrup (see recipe in this episode)
- 1 scoops vanilla ice cream

DIRECTIONS:

Zippy Ginger Syrup

1. In blender combine ginger and 1 cup of the water. Whirl until smooth. Pour into a heavy 2 quart pan. Add remaining ingredients; cook over low heat, stirring occasionally, until sugar dissolves, about 10 minutes. Cool and strain into an airtight container and refrigerate up to 2 months.

Zippy Ginger Float

1. In a tall glass, combine club soda and ginger syrup; stir to combine. Add scoop of ice cream.
2. Serve with a spoon and a straw.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Simple Food

Host:
Martin Yan



Chili-Braised Beef Noodle Bowl

Yield: 2

INGREDIENTS:

Braising Liquid

- 6 cups chicken broth
- 1/2 cup soy sauce
- 1 tbsp Chinese rice wine or dry sherry
- 1 tbsp chili bean sauce or chili garlic sauce
- 10 cloves garlic, peeled and lightly crushed
- 3 x quarter size slices ginger
- 2 x green onions, cut into 2 inch lengths
- 3 x whole star anise
- 1 tsp sugar
- 1/2 tsp black pepper
- 1/2 tsp Chinese five spice powder

Chili-Braised Beef Noodle Bowl

- 1 tbsp vegetable oil
- 2 lb. beef brisket or well marbled boneless pot roast
- 1 lb. fresh Chinese egg noodles
- 6 x baby bok choy, each cut into quarters through the core
- 2 tbsp chopped Sichuan preserved vegetable (optional)
- 2 x green onions, chopped

Chili-Braised Beef Noodle Bowl

1. Place a Dutch oven over medium-high heat until hot. Add oil, swirling to coat bottom. Place meat in pan and brown for 2 minutes on each side. Add braising liquid ingredients and bring to a boil. Reduce heat; cover and simmer until beef is tender when pierced, 2 to 2 1/2 hours.
2. Near serving time, cook noodles in a large pot of boiling water according to package directions; drain, rinse with cold water, and drain again. Divide noodles among large soup bowls.
3. In a pot of boiling water, cook bok choy until tender, 2 to 3 minutes. Drain and place over noodles in each bowl.
4. Remove meat from braising liquid and cut into chunks; place in bowls with noodles. Ladle hot broth over noodles.
5. Garnish with preserved vegetable and green onions and serve.
6. Yield: 6 to 8 servings.



Courtesy of:
Martin Yan - Quick And
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Episode:
Simple Food

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Martin Yan



Easy and Tangy Sichuan Pickled Cucumbers

INGREDIENTS:

Easy and Tangy Sichuan Pickled Cucumbers

- 1 x English cucumber, thinly sliced
- 1 tbsp salt
- 1 cup rice vinegar
- 1/4 cup soy sauce
- 1/4 cup sugar
- 1 tbsp red pepper flakes

DIRECTIONS:

Easy and Tangy Sichuan Pickled Cucumbers

1. Combine cucumbers and salt in a medium bowl; let stand 10 minutes. Rinse, drain, pat dry and place into a heat resistant bowl.
2. In a small saucepan bring remaining ingredients to a boil. Remove from heat and stir until sugar dissolves. Pour over cucumbers, stir and cover with plastic wrap. Set aside for 10 minutes. Place in a covered container and refrigerate for up to a month.
3. Yield: about 3 cups.



Courtesy of:
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Episode:
Simple Food

Host:
Martin Yan



Ho Chi Mojito

Yield: 2

INGREDIENTS:

Ho Chi Mojito

- 10 x mint leaves
- 2 tbsp Zippy Ginger Syrup (see recipe from episode 18)
- 1/4 cup light rum
- 1/4 cup Juice from 1/2 orange (about 1/4 cup)
- 1/4 cup Juice from 1/2 lime (about 1 tablespoon)
- 2 tbsp Juice from 1/2 lemon juice (about 2 tablespoons)
- Ice
- Splash of soda
- Orange slices

DIRECTIONS:

Ho Chi Mojito

1. Divide mint leaves between 2 tall glasses; pour 1 tablespoon of lemongrass syrup into each glass. With handle of a long wooden spoon, gently bruise mint leaves. Divide remaining ingredients between each glass; stir to blend.
2. Garnish each cocktail with an orange segment and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Italian Flavours

Host:
Martin Yan



Wo Ti Garlicky Romaine Salad

Yield: 4

INGREDIENTS:

Dressing

- 1/2 cup pine nuts
- 1/4 cup vegetable oil
- 1/4 cup rice vinegar
- 1 tbsp fish sauce
- 1 tbsp sesame oil
- 3 cloves garlic, peeled and lightly crushed
- 1/4 cup cilantro leaves and stems
- 1/4 tsp white pepper

Wo Ti Garlicky Romaine Salad

- 1/2 tsp salt
- 1/4 tsp Chinese five spice powder
- 8 x wonton wrappers, cut into 1/4 inch strips
- Vegetable oil for deep frying
- 1 x avocado
- 5 cups torn romaine lettuce, about 10 ounces
- 2 tbsp Fried Shallots (see recipe from episode 46)

DIRECTIONS:

Dressing

1. Place pine nuts in a small frying pan over medium heat; cook, shaking pan frequently, until lightly browned, 3 to 4 minutes. Place nuts in a blender with remaining ingredients. Whirl until thoroughly combined.

Wo Ti Garlicky Romaine Salad

1. In a small bowl, mix salt and five-spice powder.
2. In a 2 quart saucepan, heat 2 inches of oil for deep-frying to 350 degrees F. Deep-fry wonton strips, a few at a time, until golden brown, about 30 seconds. Remove with a slotted spoon, drain briefly on paper towels, then place in large bowl, sprinkle salt mixture over strips and toss gently to coat.
3. To assemble salad, peel, pit, and dice avocado. Place in a large bowl with lettuce, shallots, and garlic. Pour half of the dressing over the lettuce and toss to coat.
4. Garnish salad with wonton strips and pass remaining dressing at the table.



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Martin Yan - Quick And
Easy

Episode:
Italian Flavours

Host:
Martin Yan



Great Wall Hoisin Pizza

INGREDIENTS:

Pizza Sauce

- 1/4 cup hoisin sauce
- 1/4 cup tomato paste
- 1 tsp sesame oil
- 1 tsp grated ginger

Quick Char Siu

- 1/3 cup hoisin or char siu sauce
- 1/4 cup Chinese rice wine or dry sherry
- 3 tbsp honey
- 2 tbsp sesame oil
- 1 clove garlic, finely minced
- 1 tsp grated ginger
- 1/2 tsp Chinese five spice powder
- 1 lb. boneless pork butt or other marbled pork cut

Great Wall Hoisin Pizza

- 1 1/2 cups Quick Char Siu (see recipe from this episode) or shredded roasted chicken
- 1 tbsp hoisin sauce
- 1/2 tsp sesame oil
- 1/8 tsp Chinese five spice powder
- 3 x fresh shiitake mushrooms, stems removed, caps thinly sliced
- 1/2 red bell pepper, thinly sliced
- 1/4 cup chopped cilantro
- 2 x 9 inch Italian pizza crusts
- 1 cup (4 ounces) shredded mozzarella cheese

DIRECTIONS:

Pizza Sauce

1. Combine pizza sauce ingredients in a small bowl; mix well.

Quick Char Siu

1. Combine marinade ingredients in a medium bowl; mix well. Cut meat into strips 1/2 inch thick and about 2 inches wide. Place in marinade and turn to coat. Let stand for 10 minutes; for a richer flavour, cover and refrigerate overnight.
2. Preheat broiler.
3. Place a rack in a foil-lined baking pan. Arrange meat strips in a single layer on the rack; reserve marinade. Broil, 3 to 4 inches from heat, basting twice with marinade, until meat is no longer pink in centre, about 7 minutes on each side.
4. Place remaining marinade in a small saucepan. Bring to a boil. Brush marinade over cooked Char Siu.

Great Wall Hoisin Pizza

1. Preheat oven to 400 degrees F.
2. Combine pizza sauce ingredients in a small bowl; mix well.
3. In a medium bowl, combine pork or chicken, hoisin sauce, sesame oil, and five-spice powder; stir to coat meat.
4. Spread half of pizza sauce on each crust; top each with half the mushrooms, bell pepper, meat, and cilantro. Sprinkle half the cheese over each pizza.
5. Bake on a foil-lined baking sheet until cheese is bubbly, about 10 minutes.
6. Let stand for 10 minutes before slicing.
7. Yield: 2 pizzas.



Courtesy of:
Martin Yan - Quick And
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Episode:
Italian Flavours

Host:
Martin Yan



Five Spice Pineapple Banana Split

Yield: 4

INGREDIENTS:

Pineapple Topping

- 1 x 8 oz can crushed pineapple, undrained
- 1/4 cup water
- 1 tbsp sugar
- 1 tsp grated ginger
- 1/4 tsp Chinese five spice powder

Five Spice Pineapple Banana Split

- 3 x ripe bananas, peeled and quartered lengthwise
- 1 pt vanilla or coconut ice cream
- Purchased chocolate syrup
- 1/3 cup Zippy Ginger Syrup (see recipe from episode 18)
- Whipped cream
- 1/2 cup purchased glazed walnuts

DIRECTIONS:

Pineapple Topping

1. Combine pineapple topping ingredients in a small saucepan. Cook over medium heat, stirring occasionally, until sugar dissolves and syrup thickens slightly, about 5 minutes.

Five Spice Pineapple Banana Split

1. Assemble each dessert: Divide bananas among 4 bowls. Top each one with a scoop of ice cream, 1/4 of the warm pineapple topping, a few tablespoons of the chocolate and ginger syrups, and a dollop of whipped cream. Sprinkle glazed walnuts over the top and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Spicing Up Rice

Host:
Martin Yan



Turmeric Rice

Yield: 4

INGREDIENTS:

Turmeric Rice

- 2 cups long grain rice
- 3 cups water
- 1 tbsp vegetable oil
- 1/2 tsp turmeric powder
- 1 1/2 tsp minced garlic
- 1 1/2 tsp sugar
- 1 tsp salt

DIRECTIONS:

Turmeric Rice

1. Combine all ingredients in a 2 quart saucepan; mix well. Bring to a boil over medium-high heat; reduce heat and simmer for 6 minutes. Cover and continue cooking, undisturbed, for 10 minutes or until all water is absorbed.
2. Fluff with a fork and serve.
3. Yield: 4 to 6 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Spicing Up Rice

Host:
Martin Yan



Golden Fried Rice

Yield: 4

INGREDIENTS:

Golden Fried Rice

- 2 tbsp vegetable oil
- 1/3 cup diced onion
- 1 tbsp minced ginger
- 1 tbsp minced garlic
- 2 x eggs, lightly beaten
- 2 x 2 oz Chinese sausages, thinly sliced diagonally
- 1/4 lb. medium raw shrimp, peeled and deveined
- 3 cup cold cooked Turmeric Rice or cooked, long-grain rice
- 1 tbsp chili garlic sauce
- 1 tbsp fish sauce
- 1/2 cup pineapple chunks

DIRECTIONS:

Golden Fried Rice

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add onion, ginger, and garlic; cook, stirring, until fragrant, about 15 seconds. Add eggs, Chinese sausages, and shrimp; cook, without stirring, for 30 seconds, to allow eggs to set slightly. Stir to break up eggs, and cook eggs until firm and shrimp turn pink, about 2 minutes.
2. Add rice, chili garlic sauce, fish sauce, and pineapple chunks. Stir to combine and cook until rice is heated through, 2 to 3 minutes.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Dishes for Every Palate

Host:
Martin Yan



Mango Macadamia Chicken

Yield: 4

INGREDIENTS:

Marinade

- 2 tsp cornstarch
- 1 tsp soy sauce
- 3/4 lb. boneless, skinless chicken, cut into 1/2 inch cubes

Sauce

- 1/3 cup chicken broth
- 1 tbsp fresh lemon juice
- 2 tsp fish sauce
- 1 1/2 tbsp sugar

Mango Macadamia Chicken

- 2 tsp vegetable oil
- 2 cloves garlic, minced
- 1/2 tsp red pepper flakes
- 1 tsp cornstarch dissolved in 1 tablespoon cornstarch
- 1 x small mango, peeled and cut into cubes
- 1/3 cup chopped macadamia nuts

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add chicken and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small bowl; stir until sugar dissolves.

Mango Macadamia Chicken

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic and red pepper flakes; cook, stirring, until fragrant, about 15 seconds. Add chicken; stir-fry until it is no longer pink in centre, 3 to 4 minutes. Add sauce and bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens. Add mango and toss to coat with sauce.
2. Place chicken on a serving plate and sprinkle with nuts.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Home Cooking

Host:
Martin Yan



Coconut Squash Soup

Yield: 4

INGREDIENTS:

Coconut Squash Soup

- 5 cups chicken broth
- 2 cups diced peeled butternut squash
- 1 cup unsweetened coconut milk
- 1/2 medium onion, diced
- 1 tbsp grated ginger
- 8 x snow peas, ends trimmed
- 2 tbsp soy sauce
- 1/8 tsp white pepper
- 1 tbsp chopped cilantro

DIRECTIONS:

Coconut Squash Soup

1. In a medium saucepan, combine broth, squash, coconut milk, onion, and ginger. Bring to a boil; reduce heat and simmer until squash is tender, about 10 minutes.
2. Add snow peas, soy sauce, and pepper. Cook until snow peas are tender-crisp, about 1 1/2 minutes.
3. Ladle soup into bowls and sprinkle with cilantro.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Home Cooking

Host:
Martin Yan



Pan Fried Noodles

Yield: 2

INGREDIENTS:

Pan Fried Noodles

- 16 oz fresh Chinese egg noodles
- 1 tsp sesame oil
- 2 tbsp vegetable oil

DIRECTIONS:

Pan Fried Noodles

1. In a large pot of boiling water, cook noodles according to package directions; drain, rinse with cold water, and drain again. Return noodles to pot and toss with sesame oil.
2. Place a wide nonstick frying pan over medium heat until hot. Add 1 tablespoon of the oil, swirling to surface. Spread half of noodles (about 2 cups) evenly in pan. Cook, turning once until noodles are golden brown, about 5 minutes on each side. As noodles cook, swirl pan once or twice to prevent noodles from sticking. Place noodle pancake on a large heatproof serving platter; keep warm in a 200 degree F oven and cook remaining noodles, using the remaining tablespoon of oil.
3. Yield: 2 noodle pancakes.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Home Cooking

Host:
Martin Yan



Black Pepper Beef

Yield: 4

INGREDIENTS:

Marinade

- 1 tbsp regular soy sauce or dark soy sauce
- 2 tsp cornstarch
- 1 tsp black pepper
- 2 cloves garlic, minced
- 1 tsp minced ginger
- 3/4 lb. flank steak, thinly sliced across the grain

Sauce

- 1/4 cup chicken broth
- 2 tbsp hoisin sauce
- 2 tsp soy sauce
- 2 tsp sesame oil

Black Pepper Beef

- 1 tbsp vegetable oil
- 2 x small dried red chilies
- 1/2 medium onion, cubed
- 1 x medium carrot, thinly sliced diagonally

DIRECTIONS:

Marinade

1. Combine marinade ingredients in bowl. Add beef and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a bowl; mix well.

Black Pepper Beef

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add chilies and cook, stirring, until very lightly browned, about 45 seconds. Add beef, onion, and carrot, stir-fry until onion begins to brown, about 2 minutes. Add sauce; cook, stirring, until carrot is tender-crisp and meat is cooked, 2 to 3 minutes.



Courtesy of:
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Episode:
Home Cooking

Host:
Martin Yan



Braised Mushrooms

Yield: 4

INGREDIENTS:

Braised Mushrooms

- 1/2 lb. button mushrooms, about 10
- 1/4 lb. fresh shiitake mushrooms, about 8
- 1/4 lb. oyster mushrooms
- 1 x 12 oz can straw mushrooms
- 2 tsp vegetable oil
- 1 tsp butter
- 2 cloves garlic, minced
- 1/3 cup water
- 1 1/2 tbsp soy sauce
- 1 tsp sugar
- 1/8 tsp black pepper

DIRECTIONS:

Braised Mushrooms

1. Trim the button mushroom stems. Discard shiitake mushroom stems and trim base of oyster mushrooms. Drain straw mushrooms.
2. Place a stir-fry pan over high heat until hot. Add oil and butter; stir until butter melts. Add garlic and cook, stirring, until fragrant, about 10 seconds. Add all mushrooms, water, soy sauce, sugar, and pepper. Cover and cook until mushrooms are tender, about 8 minutes.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Tea Culture

Host:
Martin Yan



Edamame Appetizer

Yield: 4

INGREDIENTS:

Edamame Appetizer

- 2 x whole star anise
- 8 oz edamame (soybeans), in pods
- 1 tsp salt
- 1/2 tsp seasoned pepper
- 1/4 tsp Chinese five spice powder

DIRECTIONS:

Edamame Appetizer

1. Bring a medium saucepan of water to a boil. Add star anise and edamame; cover and remove from heat. Set aside for 3 minutes. Drain, place in a medium bowl, and sprinkle with salt, pepper, and five-spice powder. Toss until pods are evenly coated. Serve.
2. Yield: 3 to 4 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Tea Culture

Host:
Martin Yan



Poached Halibut over Soba Noodles

Yield: 4

INGREDIENTS:

Broth

- 4 cups water
- 1/4 cup Chinese rice wine or dry sherry
- 1/4 cup soy sauce
- 3 tbsp jasmine pearls
- 4 x quarter size slices ginger, lightly crushed
- 2 x green onions, cut in half and lightly crushed
- 1/2 lime, sliced
- 2 tsp sugar
- 1/8 tsp white pepper

Poached Halibut over Soba Noodles

- 1 lb. halibut fillets, cut into 4 equal pieces
- 2 tbsp cornstarch dissolved in 1/4 cup water
- 2 x green onions, chopped

Poached Halibut over Soba Noodles

1. In a large pot of boiling water, cook soba noodles according to package directions; drain, rinse with cold water, and drain again.
2. Combine broth ingredients in a deep frying pan with lid: bring to a boil. Slide fish into broth, reduce heat and simmer until fish turns opaque and just begins to flake, 7 to 8 minutes. Remove fish with a slotted spatula and place on a plate. Cover with foil, shiny side down, to keep warm.
3. Strain broth and discard solids. Return broth to pan and bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens. Reduce heat to medium, add noodles, and toss to coat.
4. Divide noodles among 4 shallow bowls, top each with a piece of fish, and pour any remaining sauce over the top.
5. Garnish with chopped green onions.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Tea Culture

Host:
Martin Yan



Toasted Sesame Greens

Yield: 3

INGREDIENTS:

Toasted Sesame Greens

- 1 tbsp sesame seeds
- 2 tsp vegetable oil
- 2 tsp chopped ginger
- 12 oz spinach or other leafy greens
- 1/4 cup vegetable broth
- 1 tsp sesame oil
- 1 tsp soy sauce

DIRECTIONS:

Toasted Sesame Greens

1. frequently, until lightly toasted, 3 to 4 minutes. Immediately remove from pan to cool.
2. Place a large pan over high heat until hot. Add oil, swirling to coat bottom. Add ginger; cook, stirring, until fragrant, about 10 seconds. Add spinach and broth; stir once, then cover. Reduce heat to medium; cook, stirring once, until greens are wilted, about 2 minutes. Add sesame oil, soy sauce, and sesame seeds. Toss to distribute seasonings and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Beef

Host:
Martin Yan



Beef and Tofu Stir Fry

Yield: 4

INGREDIENTS:

Marinade

- 1 tbsp soy sauce
- 1 tbsp Chinese rice wine or dry sherry
- 2 tsp cornstarch
- 3/4 lb. flank steak, cut into 1/2 inch cubes

Sauce

- 1/3 cup chicken broth
- 1 tbsp oyster flavoured sauce
- 1 tsp chili garlic sauce

Beef and Tofu Stir Fry

- 1 tbsp vegetable oil
- 2 tsp minced ginger
- 1/2 medium onion, chopped
- 1 x 14 oz package regular firm tofu, drained and cut into 1/2 inch cubes

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add beef and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small bowl; mix well.

Beef and Tofu Stir Fry

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add ginger and onion; cook, stirring, until fragrant, about 1 minute. Add beef and stir-fry until no longer pink, about 2 minutes. Add tofu and sauce; stirring, bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Beef

Host:
Martin Yan



Stir Fried Beef Spinach Salad

Yield: 4

INGREDIENTS:

Marinade

- 2 tbsp soy sauce
- 2 tsp cornstarch
- 3/4 lb. flank steak, thinly sliced across the grain

Sauce

- 1/4 cup chicken broth
- 2 tbsp rice vinegar
- 1 tbsp soy sauce
- 1 tbsp oyster flavoured sauce
- 1 tbsp sweet chili sauce
- 2 tsp sugar
- 1/4 tsp sesame oil

Stir Fried Beef Spinach Salad

- 1 1/2 tbsp vegetable oil
- 1 clove garlic, chopped
- 1 x medium onion, thinly sliced
- 1 x red bell pepper, thinly sliced
- 8 oz baby spinach (about 6 cups)

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add beef and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small bowl; stir until sugar dissolves.

Stir Fried Beef Spinach Salad

1. Place a stir-fry pan over high heat until hot. Add 1 tablespoon of the oil, swirling to coat the sides. Add garlic; cook, stirring, until fragrant, about 10 seconds. Add beef and stir-fry until no longer pink in centre, 2 to 3 minutes. Remove meat from pan.
2. Add remaining 1/2 tablespoon oil to pan. Add onion and bell pepper; cook, stirring, until onion is tender and begins to brown on edges, about 2 minutes.
3. Pour sauce into pan and bring to a boil. Return beef to pan; cook for 1 minute to heat through. Remove pan from heat and add spinach; toss to coat with sauce. Immediately remove from pan and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Seafood Delights

Host:
Martin Yan



Crab Puffs

Yield: 40

INGREDIENTS:

Filling

- 1 x 8 oz package cream cheese, softened
- 2 x green onions, minced
- 1 tbsp finely chopped mint
- 2 tsp minced ginger
- 1 tbsp oyster flavoured sauce
- 1 tsp sesame oil
- 1/8 tsp white pepper
- 1/2 lb. cooked crabmeat or imitation crabmeat

Crab Puffs

- 40 x wonton wrappers
- Vegetable oil for deep frying
- Purchased sweet and sour sauce

DIRECTIONS:

Filling

1. In a medium bowl, combine cream cheese, green onions, mint, ginger, oyster flavoured sauce, sesame oil, and pepper; mix well. Stir in crabmeat.

Crab Puffs

1. Make each puff: Place a rounded teaspoon filling in center of a wonton wrapper. Brush edges of wrapper with water; fold wrapper over filling to form a triangle and press edges to seal.
2. In a 2 quart saucepan, heat oil for deep-frying to 350 degrees F. Deep-fry puffs, a few at a time, turning occasionally, until golden brown, about 1 minute. Remove with a slotted spoon and drain on paper towels.
3. Serve warm with sweet and sour sauce.
4. Yield: 40 puffs.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Seafood Delights

Host:
Martin Yan



Fish and Long Bean Stir Fry

Yield: 4

INGREDIENTS:

Marinade

- 1 tsp vegetable oil
- 1 tsp cornstarch
- 1/8 tsp white pepper
- 3/4 lb. firm white fish fillet, thinly sliced

Sauce

- 1/3 cup chicken broth
- 2 tbsp oyster flavoured sauce
- 1 tbsp Chinese rice wine or dry sherry
- 1 tsp sugar

Fish and Long Bean Stir Fry

- 1/2 lb. Chinese long beans, cut in 1 inch pieces
- 2 tsp vegetable oil
- 1/2 medium onion, thinly sliced
- 2 tsp minced ginger
- 2 tsp cornstarch dissolved in 1 tablespoon water

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add fish and stir to coat.

Sauce

1. Combine sauce ingredients in a small bowl.

Fish and Long Bean Stir Fry

1. In a medium saucepan, bring 2 inches of water to boiling. Add beans; cook until tender-crisp, about 3 minutes. Drain.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add onion and ginger, cook, stirring, until fragrant, about 30 seconds. Add fish and stir-fry until it turns opaque, about 1 1/2 minutes. Add beans and sauce; bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Seafood Delights

Host:
Martin Yan



Spiced Banana Rolls

Yield: 4

INGREDIENTS:

Spiced Banana Rolls

- 3 x medium firm ripe bananas
- 2 tbsp packed light brown sugar
- 1/2 tsp Chinese five spice powder
- 12 x wonton wrappers
- Vegetable oil for deep-frying
- 1/2 cup purchased chocolate syrup
- 1/4 cup Zippy Ginger Syrup (see recipe from episode 18)
- 1 pt vanilla ice cream

DIRECTIONS:

Spiced Banana Rolls

1. Peel bananas; halve lengthwise and crosswise. Place in a bowl with brown sugar and five-spice powder; stir gently to coat.
2. To make each roll: Place a wonton wrapper on work surface. Place a piece of banana diagonally across center of wrapper. Brush edges of wrapper with water and roll to seal. Ends of roll will be open.
3. In a 2 quart pan, heat 2 inches of oil for deep-frying to 350 degrees F. Deep-fry rolls, a few at a time, turning occasionally, until golden brown, about 1 minute one each side. Remove with a slotted spoon; drain on paper towels.
4. In a small saucepan, combine chocolate syrup and ginger syrup; cook over medium heat to simmer.
5. For each sundae, place a scoop of ice cream in a bowl, top with 3 banana rolls, and drizzle 2 tablespoons chocolate-ginger syrup over the top.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Taipei Contrasts

Host:
Martin Yan



Pineapple Hot and Sour Soup

Yield: 4

INGREDIENTS:

Pineapple Hot and Sour Soup

- 6 cups chicken broth
- 1 stalks lemongrass, bottom 4 inches, cut into thirds and crushed
- 2 kaffir lime leaves, thinly sliced (optional)
- 1 small fresh red or green jalapeno chili, thinly sliced
- 1 tbsp sugar
- 1/2 lb. medium raw shrimp, shelled and deveined
- 1 small tomato, cut into wedges
- 1 cup bean sprouts
- 1 x 8 oz can pineapple chunks, in own juices
- 1/2 cup canned straw mushrooms, drained
- 2 green onions, thinly sliced diagonally
- 3 tbsp fish sauce or 2 tablespoons oyster-flavoured sauce
- 1/3 cup fresh lime juice

DIRECTIONS:

Pineapple Hot and Sour Soup

1. In a large saucepan, combine broth, lemongrass, lime leaves, chili, and sugar. Bring to a boil; reduce heat, cover, and simmer for 10 minutes. If desired, strain and discard seasonings. Return broth to pan and bring to a boil. Add shrimp, tomato, bean sprouts, undrained pineapple, and straw mushrooms; cook, stirring occasionally, until shrimp are cooked through, about 2 minutes. Remove pan from heat. Stir in green onions, fish sauce, and lime juice and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Taipei Contrasts

Host:
Martin Yan



Crunchy Apple Beef

Yield: 4

INGREDIENTS:

Marinade

- 2 tsp soy sauce
- 1 tsp cornstarch
- 3/4 lb. flank steak, cut in 1/2 inch cubes

Apple Mixture

- Zest from 1/2 lemon
- 1 tbsp fresh lemon juice
- 1/4 tsp Chinese five spice powder
- 1 Granny Smith apple, cored and cut into 1/2 inch cubes

Crunchy Apple Beef

- 1 tbsp vegetable oil
- 1/2 red bell pepper, cut into 1/2 inch dice
- 1/2 green bell pepper, cut into 1/2 inch dice
- 3 green onions, cut into 2 inch lengths

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add beef and stir to coat. Let stand for 10 minutes.

Apple Mixture

1. Combine lemon zest, lemon juice, and five-spice powder. Add apple and stir to coat.

Crunchy Apple Beef

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add beef and cook, stirring, until rare, about 2 minutes. Add apple mixture, bell peppers, and green onions; cook, stirring, until apples are tender-crisp, about 2 minutes.
2. Transfer to serving plate and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Taipei Contrasts

Host:
Martin Yan



Duck Breast à l'Orange Asian-Style

Yield: 4

INGREDIENTS:

Marinade

- 1 tbsp fish sauce
- 1 tbsp cornstarch
- 1/8 tsp salt
- 1 lb. boneless duck breasts, skin scored

Sauce

- 1/2 cup fresh orange juice
- 1 tbsp minced ginger
- 1 tsp chili garlic sauce
- 1/8 tsp Chinese five spice powder

Duck Breast à l'Orange Asian-Style

- 2 medium oranges
- 1 tbsp coarsely chopped candied ginger (optional)

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add duck and turn to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small saucepan; set aside.

Duck Breast à l'Orange Asian-Style

1. Preheat oven to 375 degrees F.
2. Segment oranges by cutting away the peel and white pith; cut and lift out segments.
3. Place a nonstick ovenproof frying pan over high heat until hot. Place duck in pan, skin side down, and cook until golden brown, about 3 minutes. Turn breasts and cook for 3 more minutes. Place pan in oven and roast until duck is medium rare, 8 to 10 minutes. Remove pan from oven and let duck rest for 5 minutes. Do not cover duck so skin will remain crisp.
4. While duck is resting, bring sauce to a boil; cook until it reduces slightly, about 2 minutes. Remove from heat and add orange segments. Slice duck and arrange on a serving plate.
5. Pour sauce over duck and sprinkle with crystallized ginger.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Family Affair

Host:
Martin Yan



Monday Night Dumpling Soup

Yield: 4

INGREDIENTS:

Marinade

- 1/3 cup hoisin or char siu sauce
- 1/4 cup Chinese rice wine or dry sherry
- 3 tbsp honey
- 2 tbsp sesame oil
- 1 clove garlic, finely minced
- 1 tbsp grated ginger
- 1/2 tsp Chinese five spice powder
- 1 lb. boneless pork butt or other marbled pork cut

Monday Night Dumpling Soup

- 24 x frozen potstickers, wontons, or other dumplings
- 1/2 lb. medium cooked shrimp, shelled and deveined
- 1 cup thinly sliced Quick Char Siu (see recipe from episode 20)
- 6 cups chicken broth
- 2 x quarter size slices ginger, julienned
- 1 cup snow peas, cut in half diagonally
- 1/4 cup sliced bamboo shoots
- 1/2 tsp sesame oil
- 1/8 tsp white pepper
- 2 green onions, thinly sliced

Monday Night Dumpling Soup

1. In a large pot of boiling water, cook dumplings according to package directions. Drain, rinse in cold water, and drain again. Place dumplings in 4 to 6 soup bowls. Divide shrimp and Char Siu among the bowls.
2. Place broth and ginger in a large pot; bring to a boil. Add snow peas, bamboo shoots, sesame oil, and pepper; cook for 1 minute.
3. Ladle soup into bowls and garnish with green onions.
4. Preheat broiler.
5. Place a rack in a foil-lined baking pan. Arrange meat strips in a single layer on the rack; reserve marinade. Broil, 3 to 4 inches from heat, basting twice with marinade, until meat is no longer pink in centre, about 7 minutes on each side.
6. Place remaining marinade in a small saucepan. Bring to a boil. Brush marinade over cooked Char Siu.
7. Let stand for 10 minutes before slicing.
8. Yield: 4 to 6 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Vietnamese Flavours

Host:
Martin Yan



Northern Style Spring Rolls

Yield: 28

INGREDIENTS:

Southeast Asian All Purpose Dipping Sauce

- 1/4 cup water
- 1/4 cup fish sauce
- 3 tbsp fresh lime juice
- 2 tbsp rice vinegar
- 2 tbsp sugar
- 1 clove garlic, minced
- 1 small red chili, seeded and minced, or 1/2 teaspoon dry red chili flakes

Northern Style Spring Rolls

- 1 x 1 1/2 oz bundle dried bean thread noodles
- 2 dried wood ears
- 3/4 lb. ground pork or ground chicken
- 1/4 cup chicken broth
- 2 walnut size shallots, minced
- 2 cloves garlic, minced
- 2 tbsp chopped cilantro
- 1 tbsp sugar
- 1 tbsp fish sauce
- 1/2 tsp black pepper
- 2 tbsp flour mixed with 1/4 cup water
- 12 spring roll wrappers, cut in half diagonally
- Vegetable oil for deep frying
- 1 heads red leaf lettuce
- 1/3 cup Southeast Asian All-Purpose Dipping Sauce (see recipe from this episode)

DIRECTIONS:

Southeast Asian All Purpose Dipping Sauce

1. Combine all ingredients in a medium bowl; stir until sugar dissolves. Place in a covered container and refrigerate for about 2 weeks.

Northern Style Spring Rolls

1. In separate bowls, soak bean thread noodles and wood ear mushrooms in warm water to cover until softened, about 5 minutes; drain. Cut noodles into 2 inch lengths; cut wood ears into thin strips.
2. In a large bowl, combine noodles, wood ears, meat, broth, shallots, garlic, cilantro, sugar, fish sauce, and pepper. Mix well.
3. Make each roll: Place a wrapper on work surface with long edge facing you. Spread 1/4 cup of filling in a band 2 inches from edge; leave a 2 inch margin at either side. Fold bottom edge over filling, then fold over right and left corners. Roll over once to enclose filling. Brush sides and tip of triangle with flour-water paste. Fold over to seal. Cover filled spring rolls to prevent drying.
4. In a 2 quart pan, heat oil for deep-frying to 350 degrees F. Deep-fry rolls, a few at a time, until golden brown and filling is cooked, 4 to 5 minutes. Remove with a slotted spoon; drain on paper towels.
5. Serve warm with lettuce and dipping sauce. To eat, place roll in lettuce, wrap lettuce around roll, dip in sauce, and eat out of hand.
6. Yield: 28 Rolls.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Vietnamese Flavours

Host:
Martin Yan



Vietnamese Egg Custard

Yield: 4

INGREDIENTS:

Vietnamese Egg Custard

- 1 x 1 1/2 oz bundle dried bean thread noodles
- 2 dried wood ears
- 1 tbsp vegetable oil
- 3 cloves garlic, minced
- 6 large eggs, lightly beaten
- 1/3 lb. ground pork
- 1/3 cup chicken broth
- 1 tsp sugar
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/4 cup cilantro leaves
- 2 fresh red jalapeno chillies, thinly sliced
- 2 tbsp soy sauce

DIRECTIONS:

Vietnamese Egg Custard

1. In separate bowls, soak bean thread noodles and wood ears in warm water to cover until softened, about 15 minutes; drain. Cut noodles into 1/2 inch lengths. Thinly slice wood ears.
2. Place a small frying pan over high heat until hot. Add oil, swirling to coat bottom. Add garlic and cook, stirring until fragrant, about 10 seconds. Set aside to cool.
3. Prepare a stir-fry pan for steaming. In a large bowl, combine eggs, bean thread noodles, wood ears, garlic oil mixture, pork, broth, sugar, salt, and pepper; mix well. Pour into a heatproof glass pie dish.
4. Place pie dish in stir-fry pan, cover, and steam over medium heat until eggs are set and pork is cooked through, 8 to 10 minutes.
5. Top with cilantro, chillies, and soy sauce and serve.



Courtesy of:
Martin Yan - Quick And
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Episode:
Vietnamese Flavours

Host:
Martin Yan



Hue Style Fried Rice

Yield: 4

INGREDIENTS:

Hue Style Fried Rice

- 2 tbsp sesame seeds
- 3 tbsp vegetable oil
- 1 stalks lemongrass, bottom 4 inches, minced (about 1 tablespoon)
- 2 walnut size shallots, coarsely chopped
- 2 cloves garlic, coarsely chopped
- 1 fresh red jalapeno chili, chopped
- 2 tsp sugar
- 1 small onion, coarsely chopped
- 4 cups cold cooked long grain rice
- 2 tbsp chicken broth
- 2 tbsp fish sauce
- 1/4 tsp black pepper
- 8 sprigs cilantro, for garnish

DIRECTIONS:

Hue Style Fried Rice

1. Place sesame seeds in a small frying pan over medium heat; cook, shaking pan frequently, until lightly toasted, 3 to 4 minutes. Immediately remove from pan to cool.
2. In a food processor, combine 1 tablespoon of the oil, lemongrass, shallots, garlic, chili, and sugar. Process to form a paste, scraping down sides as necessary.
3. Place a stir-fry pan over medium heat until hot. Add 1 tablespoon of the remaining oil, swirling to coat sides. Add lemongrass paste and cook, stirring, until fragrant, about 5 minutes. Remove paste to a small bowl.
4. Return stir-fry pan to high heat and add the remaining 1 tablespoon oil, swirling to coat sides. Add onion and cook, stirring, until fragrant, about 30 seconds. Add rice, separating grains with back of spoon. Stir-fry until rice is heated through and begins to smell toasty, 4 to 5 minutes. Stir in broth, fish sauce, pepper, and spice paste; cook, stirring, until liquid is absorbed, about 1 minute.
5. Transfer to serving plate and garnish with sesame seeds and cilantro.
6. Yield: 4 to 6 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Street Favourites

Host:
Martin Yan



Southeast Asian Meatballs

Yield: 4

INGREDIENTS:

Meatballs

- 1/2 lb. ground pork
- 1/4 lb. medium raw shrimp, shelled, deveined, and minced
- 1 tbsp chopped green onion
- 1 tsp minced garlic
- 1 egg white
- 2 tbsp soy sauce or fish sauce
- 2 tbsp water
- 1 tbsp cornstarch
- 1/4 tsp black pepper

Sauce

- 1 x 14 1/2 oz can diced tomatoes, undrained
- 1 tbsp oyster flavoured sauce
- 2 tsp sugar
- 1 1/2 tsp cornstarch dissolved in 1 tablespoon water

DIRECTIONS:

Meatballs

1. In the mixing bowl of an electric mixer, combine meatball ingredients. Using the paddle attachment, mix on medium speed until mixture is homogenous and stiff.
2. With wet hands, roll meat mixture into walnut size balls, using about 2 tablespoons for each. Arrange meatballs, without crowding, on a lightly greased heatproof plate.
3. Prepare a stir-fry pan for steaming. Steam meatballs over high heat until pork is cooked though, about 10 minutes (cut to test).

Sauce

1. Meanwhile, combine sauce ingredients in a small saucepan. Bring to a boil, stirring occasionally and cook until sauce thickens.

To Serve

1. Drizzle sauce over meatballs and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Street Favourites

Host:
Martin Yan



Grilled Beef Vietnamese Street Sandwich

Yield: 4

INGREDIENTS:

Marinade

- 2 tbsp fish sauce
- 1 tbsp soy sauce
- 2 tsp sugar
- 1 stalks lemongrass, bottom 4 inches, minced
- 2 cloves garlic, minced
- 1 tbsp chopped mint
- 1 tsp chili garlic sauce
- 3/4 lb. beef tri tip or flank steak

Seasoned Mayonnaise

- 1/2 cup mayonnaise
- 1 tbsp oyster flavoured sauce
- 1 tsp sesame oil

Make Sandwiches

- 1 tsp vegetable oil
- 4 soft French rolls, lightly toasted
- 3/4 cup cilantro stems and leaves
- 1 cup Sweet and Sour Shredded Carrots (see recipe from episode 12)
- 1 fresh jalapeno chili, thinly sliced

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Thinly slice beef diagonally across the grain. Place in marinade and stir to coat. Let stand for 10 minutes.

Seasoned Mayonnaise

1. Combine seasoned mayonnaise ingredients in a small bowl; mix well.

Make Sandwiches

1. Place a grill pan over medium-high heat until hot. Brush with vegetable oil. Place beef strips on pan and cook, turning once, until no longer pink, about 2 minutes on each side.
2. Spread seasoned mayonnaise on each roll. Dividing the beef, cilantro, carrots, and chili equally, place one side of roll. Place tops on rolls and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Street Favourites

Host:
Martin Yan



Lychee Lemonade

Yield: 5

INGREDIENTS:

Lychee Lemonade

- 1 x 20 oz can lychees with syrup
- 1 x 12 oz can frozen lemonade concentrate
- 2 1/2 cups water
- Ice cubes
- 1 lemon, thinly sliced
- 5 sprigs mint

DIRECTIONS:

Lychee Lemonade

1. Combine lychees (with syrup), lemonade concentrate, and water in blender. Whirl until smooth.
2. Serve over ice. Garnish with lemon slices and mint sprigs.
3. Yield: about 5 1/2 cups.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Mountain Cuisine

Host:
Martin Yan



Back Country Mushroom Daikon Soup

Yield: 4

INGREDIENTS:

Back Country Mushroom Daikon Soup

- 8 dried black mushrooms
- 3/4 lb. country style pork ribs, cut between the bones
- 8 button mushrooms, quartered
- 2 green onions, cut into 2 inch lengths
- 4 slices (quarter size) ginger
- 1/2 lb. daikon, peeled and cut in 1/4 inch thick rounds
- 1 tsp salt
- 1/2 tsp white pepper

DIRECTIONS:

Back Country Mushroom Daikon Soup

1. In a small bowl, soak mushrooms in warm water to cover until softened, about 15 minutes; drain. Discard stems and cut caps in half
2. In a large pot, bring broth to a boil. Place ribs in pot and cook for 3 minutes. Skim foam off top of broth. Add black and button mushrooms, green onions, ginger, dried shrimp, daikon, salt, and pepper. Bring to a boil, cover, and simmer until daikon is tender and ribs are cooked through, about 20 minutes.
3. Ladle soup into bowls and serve.
4. Yield: 4 to 6 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Mountain Cuisine

Host:
Martin Yan



Broccoli and Cauliflower Stir Fry

Yield: 3

INGREDIENTS:

Broccoli and Cauliflower Stir Fry

- 2 tsp vegetable oil
- 2 cloves garlic, minced
- 2 cups broccoli florets
- 1 cup cauliflower florets
- 3/4 cup chicken broth or vegetable broth
- 2 tbsp oyster flavoured sauce

DIRECTIONS:

Broccoli and Cauliflower Stir Fry

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic; cook, stirring, until fragrant, about 10 seconds. Add broccoli and cauliflower; stir-fry for 2 minutes. Add broth; cover and cook until tender, 3 to 4 minutes. Add oyster-flavoured sauce; toss to evenly coat. Remove from pan and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Simple Flavours

Host:
Martin Yan



Asparagus Orange Salad

Yield: 4

INGREDIENTS:

Dressing

- 1/4 cup sweet chili sauce
- 2 tbsp fresh lemon juice
- 2 tsp soy sauce
- 2 tsp sesame oil

Asparagus Orange Salad

- 1 lb. asparagus
- 1 tsp vegetable oil
- 1/2 tsp salt
- 1 orange
- 1/3 cup purchased glazed walnuts

DIRECTIONS:

Dressing

1. In a small bowl, combine dressing ingredients; mix well.

Asparagus Orange Salad

1. Trim asparagus; cut spears diagonally into 1 1/2 inch pieces. In a pan, heat 2 inches of water to boiling. Add oil, salt, and asparagus; cook until tender-crisp, 1 to 2 minutes. Drain, rinse with cold water, and drain again. Pat dry with paper towels. Chill until ready to serve.
2. Segment orange by cutting away the peel and white pith; cut and lift out segments.
3. Just before serving, pour dressing over asparagus and stir lightly to coat. Place on a serving plate and top with orange segments.
4. Sprinkle with nuts and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Simple Flavours

Host:
Martin Yan



Pan Fried Snapper with Yans Sweet and Sour Sauce

Yield: 4

INGREDIENTS:

Yans Sweet and Sour Sauce

- 2 tsp vegetable oil
- 1/2 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 fresh jalapeno chili, minced
- 1/2 red bell pepper, finely chopped
- 1 cup purchased sweet and sour sauce
- 1/3 cup chicken broth
- Salt
- White pepper

Pan Fried Snapper with Yans Sweet and Sour Sauce

- 1 1/2 lb. snapper fillets, cut into 4 equal pieces
- Flour, for dusting
- 1 egg, lightly beaten
- 2 tbsp vegetable oil

DIRECTIONS:

Yans Sweet and Sour Sauce

1. Prepare sauce: Place a small saucepan over high heat until hot. Add oil, swirling to coat bottom. Add onion, garlic, chili, and bell pepper; cook, stirring until vegetables are tender, 1 1/2 to 2 minutes. Add sweet and sour sauce, broth, and salt and pepper to taste. Bring to a boil. Remove from heat and cover to keep warm while fish cooks.

Pan Fried Snapper with Yans Sweet and Sour Sauce

1. Dust fish with flour; shake to remove excess. Dip in egg, drain briefly, then dust again with flour. Place a frying pan over medium-high heat until hot. Add oil, swirling to coat pan bottom. Place fish in pan; cook, turning once, until golden brown and opaque in centre, 4 to 5 minutes on each side.
2. Pour sauce onto a large serving plate, place fish on sauce, and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Simple Flavours

Host:
Martin Yan



Steamed Tofu Fish

Yield: 4

INGREDIENTS:

Sauce

- 1/2 cup vegetable broth
- 2 tbsp Chinese rice wine or dry sherry
- 1 tsp ground green tea leaves
- 1 tsp cornstarch

Steamed Tofu Fish

- 3 dried black mushrooms
- 1/2 16 ounce package soft tofu, drained
- 1 lb. firm white fish fillets, such as cod or halibut, cut into 4 equal pieces
- 1/4 cup sliced bamboo shoots
- 2 tsp minced ginger
- 1/2 tsp salt
- 1/4 tsp white pepper
- 3 baby bok choy, cut into quarters

DIRECTIONS:

Sauce

1. While fish is steaming, combine sauce ingredients in a small saucepan. Bring to a boil over medium-high heat and cook, stirring, until sauce thickens slightly.

Steamed Tofu Fish

1. In a bowl, soak mushrooms in warm water to cover until softened, about 15 minutes; drain. Discard stems and cut each cap into 3 slices.
2. Prepare a stir-fry pan for steaming. Cut tofu into 4 pieces and place in a heatproof dish. Arrange fish, mushrooms, and bamboo shoots over tofu. Sprinkle with ginger, salt, and pepper. Arrange bok choy around outside of fish. Place dish in stir-fry pan, cover, and steam over high heat until fish turns opaque and just begins to flake, about 7 minutes.
3. Pour sauce over steamed fish and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Hakka Delights

Host:
Martin Yan



Duck and Cabbage Soup

Yield: 4

INGREDIENTS:

Duck and Cabbage Soup

- 2/3 cup sliced bamboo shoots
- 6 cups chicken broth
- 2 cups thinly sliced napa cabbage
- 1 cup shredded roast duck meat
- 1 x 3 1/2 oz package enoki mushrooms, roots trimmed
- 4 shiitake mushrooms, stems removed and caps thinly sliced
- 2 tbsp soy sauce
- 2 green onions, thinly sliced diagonally
- 1 tsp sesame oil

DIRECTIONS:

Duck and Cabbage Soup

1. Drain bamboo shoots. In a medium saucepan, bring 1 quart water to a boil. Add bamboo shoots and cook for 1 1/2 minutes; drain.
2. In same pan, heat chicken broth to simmering. Add cabbage, duck meat, bamboo shoots, enoki, and shiitake mushrooms, and soy sauce. Simmer for 10 minutes. Add green onions and sesame oil; simmer for 1 minute.
3. Ladle soup into bowls and serve.
4. Yield: 4 to 6 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
A Meal to Impress

Host:
Martin Yan



Hakka Vegetarian Chow Fun

Yield: 4

INGREDIENTS:

Sauce

- 1/2 cup vegetable broth
- 2 tbsp soy sauce
- 1/2 tsp sugar

Hakka Vegetarian Chow Fun

- 2 dried black mushrooms
- 12 oz fresh or 8 ounces dried flat rice noodles, about 1/4 inch wide
- 2 1/2 tbsp vegetable oil
- 2 cloves garlic, minced
- 1 tsp minced ginger
- 1 cup shredded napa cabbage
- 3/4 cup shredded carrot
- 3/4 cup bean sprouts
- 1/2 cup chopped Chinese celery or 1 small celery stalk, julienned
- 1/4 cup sliced preserved vegetable or mild kim chee (optional)
- 3 green onions, cut into 1 inch lengths
- 1 egg, lightly beaten

DIRECTIONS:

Sauce

1. Combine sauce ingredients in a small bowl; stir until sugar dissolves.

Hakka Vegetarian Chow Fun

1. In a bowl, soak mushrooms in warm water to cover until softened, about 15 minutes; drain. Discard stems and thinly slice caps.
2. If using dried rice noodles, soak in warm water to cover until softened, about 15 minutes; drain.
3. Place a stir-fry pan over high heat until hot. Add 2 tablespoons of the oil, swirling to coat sides. Add noodles and stir-fry for 1 minute. Add half the sauce and stir to evenly coat noodles. Remove noodles from pan.
4. Return stir-fry pan to high heat. Add the remaining 1/2 tablespoon oil, swirling to coat sides. Add garlic and ginger; cook, stirring, until fragrant, about 30 seconds. Add mushrooms, cabbage, carrot, bean sprouts, celery, preserved vegetable, and green onions. Stir-fry until vegetables are tender-crisp, about 2 minutes. Push vegetables to side of pan, add egg, and stir-fry until egg is cooked, about 1 minute.
5. Return noodles to pan and toss gently. Add the remaining sauce, stir to evenly coat, and cook for 2 minutes. Serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
A Light Meal

Host:
Martin Yan



Ginger Sugar Snap Peas

Yield: 4

INGREDIENTS:

Sauce

- 1/4 cup Chinese rice wine or dry sherry
- 1 tbsp oyster flavoured sauce
- 1 1/2 tsp chili garlic sauce
- 1 tsp sugar
- 1/4 tsp salt

Ginger Sugar Snap Peas

- 1 lb. sugar snap peas
- 10 ears baby corn, cut in half diagonally
- 1 tbsp vegetable oil
- 3 cloves garlic, minced
- 1 tbsp minced ginger

DIRECTIONS:

Sauce

1. Combine sauce ingredients in a small bowl; stir until sugar dissolves.

Ginger Sugar Snap Peas

1. Bring a large pot of water to boil. Add sugar snap peas and baby corn; cook until sugar snap peas are bright green and tender-crisp, about 1 1/2 minutes. Drain, rinse with cold water, and drain again.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic and ginger; cook, stirring, until fragrant, about 15 seconds. Add sugar snap peas, baby corn, and sauce. Stir-fry for 1 minute to heat through.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
A Light Meal

Host:
Martin Yan



Fiery Chili Pepper Squid

Yield: 4

INGREDIENTS:

Seasoning Salt

- 1/2 tsp salt
- 1/4 tsp Chinese five spice powder
- 1/8 tsp cayenne pepper

Fiery Chili Pepper Squid

- 1 1/2 lb. squid, cleaned
- 2 tsp cornstarch
- 1 tbsp vegetable oil
- 4 cloves garlic, minced
- 2 tbsp minced ginger
- 1 fresh jalapeno chili, thinly sliced into rings
- 2 tbsp chopped cilantro

DIRECTIONS:

Seasoning Salt

1. In a small bowl, combine seasoning salt ingredients; mix well. Measure 3/4 teaspoon; discard the remainder.

Fiery Chili Pepper Squid

1. Cut squid bodies in half lengthwise; with a knife, lightly score the inside flesh in a crosshatch pattern. Place tentacles and bodies in bowl, sprinkle with cornstarch, and stir to coat.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic, ginger, and chili; cook, stirring, until fragrant, about 30 seconds. Add squid and stir-fry, until edges of squid begin to curl, 1 to 1 1/2 minutes. Sprinkle the 3/4 teaspoon seasoning salt over squid and toss to evenly coat.
3. Transfer to serving plate, sprinkle with cilantro, and serve.



Courtesy of:
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Episode:
A Light Meal

Host:
Martin Yan



Orange Pineapple Cooler

Yield: 6

INGREDIENTS:

Orange Pineapple Cooler

- 2 cups fresh orange juice
- 1 x 16 oz can pineapple chunks, in pineapple juice
- 6 quarter size slices ginger
- Ice cubes
- 1 cup club soda
- 1 orange, cut into wedges

DIRECTIONS:

Orange Pineapple Cooler

1. Combine orange juice, pineapple (with juice), and ginger in blender, whirl until smooth. Fill tall glasses with 3 or 4 ice cubes, pour 1/2 cup of club soda in each glass, fill with orange pineapple mixture, and garnish with orange wedge.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Stir Fry

Host:
Martin Yan



Shrimp in Lobster Sauce

Yield: 4

INGREDIENTS:

Marinade

- 1 tbsp cornstarch
- 1 tbsp Chinese rice wine or dry sherry
- 1/8 tsp white pepper
- 1 lb. medium raw shrimp, shelled and deveined

Sauce

- 1/4 cup chicken broth
- 3 tbsp Chinese rice wine or dry sherry
- 2 tsp fish sauce
- 2 tsp sugar

Shrimp in Lobster Sauce

- 1/4 lb. ground pork
- 2 tsp cornstarch
- 1 tbsp vegetable oil
- 1 tbsp minced ginger
- 3 cloves garlic, minced
- 1 tbsp salted black beans, rinsed and lightly crushed or 1 1/2 teaspoons black bean garlic sauce
- 2 green onions, cut into 2 inch lengths
- 1/2 medium onion, diced
- 1 tsp cornstarch dissolved in 2 teaspoons water
- 1 egg, lightly beaten

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add shrimp and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small bowl; stir until sugar dissolves.

Shrimp in Lobster Sauce

1. Combine pork and cornstarch in another bowl; mix well.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add ginger, garlic, and black beans; cook, stirring, until fragrant, about 20 seconds. Add pork and onion; cook, until meat is browned and crumbly, about 2 minutes. Add shrimp and stir-fry until they turn pink, about 1 1/2 minutes. Add sauce and bring to a boil. Add cornstarch solution and cook, stirring, until sauce boil and thickens. Stir in egg and cook just until it begins to set, about 1 minute. Serve.



Courtesy of:
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Easy

Episode:
Stir Fry

Host:
Martin Yan



Chicken Lettuce Wraps

Yield: 6

INGREDIENTS:

Chicken Lettuce Wraps

- 2 tbsp peanut oil
- 1 lb. ground dark meat chicken (ground pork or turkey can be substituted)
- 2 tsp cornstarch
- 8 green onions, white and green, minced
- 2/3 cup water chestnuts, chopped
- 1 tbsp grated fresh ginger
- 3 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 heads (large) butter lettuce, leaves separated

DIRECTIONS:

Chicken Lettuce Wraps

1. Warm the oil in a skillet or wok over medium high heat. Add the chicken, cornstarch and green onion and cook, stirring constantly until the chicken is cooked and broken into pieces, 3 to 4 minutes. Add the water chestnuts, ginger, soy sauce and oyster sauce and cook 1 minute. Remove from the heat.
2. To serve, take one leaf at a time and spoon a heaping tablespoon of the chicken mixture into the center. Wrap the lettuce around the filling. Serve.
3. © "Weir Cooking in the City" published by Simon and Schuster 2004.



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Stir Fry

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Chicken Lettuce Cups

Yield: 4

INGREDIENTS:

Sauce

- 1/4 cup hoisin sauce
- 2 tsp soy sauce
- 1 1/2 tsp chili garlic sauce
- 1 tsp sesame oil

Chicken Lettuce Cups

- 2 dried black mushrooms
- 1/2 lb. ground chicken or ground turkey
- 1 1/2 tsp cornstarch
- 2 tsp Chinese rice wine or dry sherry
- 1 tbsp vegetable oil
- 1 tsp minced ginger
- 1 clove garlic, minced
- 1/2 red bell pepper, finely chopped
- 1/2 cup finely chopped water chestnuts
- 2 tsp chopped cilantro
- 8 small iceberg lettuce cups

DIRECTIONS:

Sauce

1. In a small bowl, combine sauce ingredients; set aside.

Chicken Lettuce Cups

1. In a small bowl, soak mushrooms in warm water to cover until softened, about 15 minutes; drain. Discard stems and coarsely chop caps.
2. In a medium bowl, combine chicken, cornstarch, and wine; mix well. Let stand for 10 minutes.
3. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add ginger and garlic and cook until fragrant, about 15 seconds. Add chicken and stir-fry until crumbly and no longer pink, about 2 minutes. Add bell pepper, water chestnuts, and mushrooms; cook until bell pepper is soft, 1 to 2 minutes. Stir in cilantro.
4. To eat, spread a little sauce in a lettuce cup, spoon in some of the chicken mixture, fold lettuce around filling, and eat out of hand.



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Episode:
Stir Fry

Host:
Martin Yan



Seafood Trio in Kung Pao Sauce

Yield: 4

INGREDIENTS:

Sauce

- 2 tbsp Chinese black vinegar or balsamic vinegar
- 2 tbsp soy sauce
- 1 1/2 tbsp hoisin sauce
- 1 tbsp chili garlic sauce
- 1 tbsp water
- 2 tsp sugar

Seafood Trio in Kung Pao Sauce

- 1 lb. mixed seafood, such as shrimp, squid, and salmon or purchased mixed seafood
- 1 tsp cornstarch
- 1/8 tsp white pepper
- 1 tbsp vegetable oil
- 2 cloves garlic, minced
- 2 green onions, cut diagonally into 1/2 inch pieces
- 1/2 cup sliced bamboo shoots
- 1/2 cup roasted peanuts

DIRECTIONS:

Sauce

1. Combine sauce ingredients in a small bowl; mix well.

Seafood Trio in Kung Pao Sauce

1. Prepare seafood: shell and devein shrimp; cut squid bodies crosswise into 1/2 inch wide rings; remove skin and bones from salmon and cut fish into bite-sized pieces.
2. Place seafood in a medium bowl with cornstarch and pepper. Stir to evenly coat.
3. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic and green onions; cook, stirring until fragrant, about 30 seconds. Add bamboo shoots and seafood. Stir-fry until seafood is opaque, 2 to 3 minutes. The length of time will depend on the seafood selected. Add sauce and cook, stirring, until sauce boils.
4. Sprinkle with peanuts and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Versatile Dishes

Host:
Martin Yan



Yan Can Lo Mein

Yield: 4

INGREDIENTS:

Yan Can Lo Mein

- 8 oz fresh Chinese egg noodles
- 1 tbsp vegetable oil
- 2 cloves garlic, minced
- 1 cup shredded carrots
- 2 stalks celery, julienned
- 2 cup bean sprouts
- 1/2 cup snow peas, cut in half diagonally
- 1/2 cup julienned bamboo shoots
- 2 green onions, thinly sliced
- 2 tbsp oyster flavoured sauce
- 1 tsp sesame oil

DIRECTIONS:

Yan Can Lo Mein

1. In a large pot of boiling water, cook noodles according to package instructions; drain, rinse with cold water and drain again.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic and cook, stirring, until fragrant, about 10 seconds. Add carrots, celery, bean sprouts, snow peas, bamboo shoots, and green onions; stir-fry until vegetables wilt slightly, about 2 minutes.
3. Add noodles, oyster-flavoured sauce, and sesame oil. Toss to mix noodles with vegetables and cook until all vegetables are tender, about 2 minutes. Serve.



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Episode:
Versatile Dishes

Host:
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River Fish Dill Tomato Soup

Yield: 4

INGREDIENTS:

River Fish Dill Tomato Soup

- 6 cups chicken broth
- 1 walnut size shallot, cut into thin rings
- 2/3 lb. skinless catfish fillets, thinly sliced
- 2 medium tomatoes, each cut into 6 wedges
- 1 tbsp chopped fresh dill
- 1 1/2 tbsp fish sauce
- 1/2 tsp sugar
- 1/4 tsp black pepper
- Dill sprigs for garnish

DIRECTIONS:

River Fish Dill Tomato Soup

1. In a medium saucepan, bring broth and shallot to boil. Add fish; reduce heat and simmer for 1 minute. Skim foam off top of broth. Add tomatoes, dill, fish sauce, sugar, and pepper. Cook until fish turns opaque and tomatoes soften, 2 to 3 minutes.
2. Ladle soup into bowls and garnish with dill sprigs.
3. Yield: 4 to 6 servings.



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Episode:
Versatile Dishes

Host:
Martin Yan



Three Alarm Firecracker Chicken

Yield: 4

INGREDIENTS:

Marinade

- 2 tsp soy sauce
- 1 tsp dark soy sauce
- 1 tsp cornstarch

Sauce

- 1/3 cup ketchup
- 1/4 cup chicken broth
- 1 tbsp chili garlic sauce
- 1 tsp sugar

Three Alarm Firecracker Chicken

- 1 lb. boneless, skinless chicken breasts
- 1 tbsp vegetable oil
- 1 fresh jalapeno chili, cut into thin strips
- 8 small dried red chilies
- 1 red bell pepper, julienned
- 1/2 medium onion, thinly sliced

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Cut chicken crosswise into 1/2 inch wide strips, place in marinade, and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small bowl; mix well.

Three Alarm Firecracker Chicken

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add fresh and dried chilies; cook, stirring, until dried chilies begin to brown, about 15 seconds. Add chicken, bell pepper, and onion; stir-fry, until chicken is no longer pink in centre, 2 to 3 minutes. Add sauce and bring to a boil. Stir to evenly coat chicken and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Shrimp and Chicken

Host:
Martin Yan



Sesame Chicken Strips with Lemon Dipping Sauce

Yield: 4

INGREDIENTS:

Marinade

- 1 tbsp cornstarch
- 2 tsp fresh lemon juice
- 1 tsp soy sauce
- 1 lb. chicken tenders or boneless skinless breasts

Sauce

- 1/2 cup water
- 1/3 cup fresh lemon juice
- 2 1/2 tsp packed brown sugar
- 1/2 tsp soy sauce
- Zest from 1 lemon

Sesame Chicken Strips with Lemon Dipping Sauce

- 1 cup panko (Japanese style bread crumbs)
- 2 tbsp sesame seeds
- 1 egg, lightly beaten
- Vegetable oil for deep-frying
- 1 1/2 tsp cornstarch dissolved in 2 tablespoons

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. If using chicken breast, cut crosswise into 1 inch strips. Add chicken and stir to coat. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a small saucepan. Set aside.

Sesame Chicken Strips with Lemon Dipping Sauce

1. In a 2 quart saucepan, heat oil for deep-frying to 350 degrees F. Mix panko and sesame seeds in a shallow bowl. One at a time, dip chicken strips into egg, drain briefly, then coat with panko mixture. As the chicken strips are coated, deep-fry chicken, a few strips at a time, turning once until golden brown, 2 to 3 minutes per side. Remove with a slotted spoon and drain on paper towels.
2. Place sauce over medium-high heat and bring to a boil; cook until sugar dissolves, about 2 minutes. Add cornstarch solution and cook, stirring, until sauce boils and thickens. Pour sauce into a bowl for dipping and serve with chicken.



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Episode:
Shrimp and Chicken

Host:
Martin Yan



Shrimp and Sugar Snap Peas

Yield: 4

INGREDIENTS:

Marinade

- 1 tbsp minced ginger
- 2 tsp Chinese rice wine or dry sherry
- 2 tsp cornstarch
- 1 tsp red pepper flakes
- 1 tsp sugar
- 1/4 tsp salt
- 1/8 tsp white pepper
- 3/4 lb. medium raw shrimp, shelled and deveined

Shrimp and Sugar Snap Peas

- 1 tbsp vegetable oil
- 1/2 medium onion, thinly sliced
- 6 oz (about 2 cups) sugar snap peas, ends trimmed
- 1/4 cup chicken broth
- 1/2 tsp sesame oil

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a medium bowl. Add shrimp and stir to coat. Let stand for 10 minutes.

Shrimp and Sugar Snap Peas

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add onion and sugar snap peas; cook, stirring, until peas are tender-crisp, about 2 minutes. Add shrimp and stir-fry until they turn pink, about 1 1/2 minutes. Add broth and sesame oil. Cook, stirring, until broth boils and thickens slightly.
2. Transfer to a serving plate and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Tea & Music

Host:
Martin Yan



Tea-Flavour Chicken Walnut Soup

Yield: 4

INGREDIENTS:

Tea Flavour Chicken Walnut Soup

- 4 dried black mushrooms
- 1 cup walnuts
- 1 1/2 cups water
- 3 bag oolong tea
- 4 cups chicken broth
- 1 chicken leg and thigh, cut apart at leg joint
- 2 tbsp chopped ginger
- 2 green onions, cut into 2 inch lengths
- 1 cup shredded jicama or daikon
- 1/4 cup Chinese rice wine or dry sherry
- 3/4 tsp salt
- 1/8 tsp white pepper
- 1 tsp sesame oil

DIRECTIONS:

Tea Flavour Chicken Walnut Soup

1. In a small bowl, soak mushrooms in warm water to cover until softened, about 15 minutes; drain. Discard stems and quarter the caps.
2. In a medium saucepan, cook walnuts in boiling water to cover for 3 minutes. Drain, rinse, and drain again. Set aside.
3. In the same pan, heat the 1 1/2 cups water to a boil. Remove pan from heat, drop in tea bags, and let steep for 4 minutes. Lift out and discard tea bags. Add broth to tea infusion and heat to simmering. Add chicken and ginger; simmer for 10 minutes. Add green onions, jicama, and wine; simmer until chicken is tender, about 15 more minutes. Remove chicken from broth and let cool. Shred meat; if desired, thinly slice skin. Return chicken to broth; add walnuts salt, pepper, and sesame oil. Heat to a simmer.
4. Ladle soup into bowls and serve.
5. Yield: 4 to 6 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Tea & Music

Host:
Martin Yan



Eight Precious Fried Rice

Yield: 4

INGREDIENTS:

Eight Precious Fried Rice

- 2 tbsp vegetable oil
- 2 cloves garlic, minced
- 2 tsp oolong tea leaves
- 1 cup diced cooked meat, such as smoked ham or roasted duck
- 1/4 cup pine nuts
- 1 cup shredded napa cabbage
- 1/2 cup chopped cauliflower florets
- 1/2 cup diced Chinese long beans or green beans
- 1 egg, lightly beaten
- 5 cups cold cooked long grain rice, grains separated
- 1/2 cup canned or thawed frozen corn
- 1/4 cup golden raisins
- 1/4 cup dried cranberries
- 3 tbsp vegetable broth
- 2 tbsp oyster flavoured sauce
- 1/2 tsp salt
- 1/8 tsp white pepper

DIRECTIONS:

Eight Precious Fried Rice

1. Place a stir-fry pan over medium-high heat until hot. Add oil, swirling to coat sides. Add garlic and tea leaves; cook, stirring, until fragrant, about 20 seconds. Add meat, pine nuts, napa cabbage, cauliflower, and beans; cook, stirring, until vegetables are tender-crisp, about 2 1/2 minutes. Add egg and cook, lightly stirring, until it begins to set, about 1 minute. Add rice, separating grains with back of spoon. Add corn, raisins, dried cranberries, broth, oyster-flavoured sauce, salt, and pepper; mix well. Cook until rice is heated through, 2 to 3 minutes.
2. Place on a serving plate and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Backyard Barbeque

Host:
Martin Yan



Dynasty Burger

Yield: 4

INGREDIENTS:

Meat Patties

- 1 lb. ground beef
- 2 tbsp soy sauce
- 1 tbsp hoisin sauce
- 1 tbsp chopped cilantro
- 2 tsp sesame oil
- 1 tsp grated ginger

Hoisin Barbecue Sauce

- 1/4 cup purchased barbecue sauce
- 1/4 cup hoisin sauce
- 2 tsp chili garlic sauce
- 2 tsp sesame oil

Dynasty Burger

- 4 hamburger buns
- 4 lettuce leaves
- 1 tomato, thinly sliced
- 1 small onion, thinly sliced

DIRECTIONS:

Meat Patties

1. Combine meat patty ingredients in a medium bowl; mix well. Divide mixture into 4 equal portions; lightly shape each into a patty about 4 inches in diameter.

Hoisin Barbecue Sauce

1. Combine hoisin barbecue sauce ingredients in a small bowl; mix well.

Dynasty Burger

1. Place a grill pan over high heat until hot. Place patties on pan and cook turning once, until done to your liking, for 3 to 4 minutes on each side for medium rare. Top each burger with a tablespoon of hoisin barbecue sauce.
2. Serve patties in hamburger buns with lettuce, sliced tomato, and onion.



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Episode:
Backyard Barbeque

Host:
Martin Yan



Backyard Asian Coleslaw

Yield: 6

INGREDIENTS:

Dressing

- 2/3 cup mayonnaise
- 1/4 cup rice vinegar
- 2 tbsp soy sauce
- 2 tbsp sesame oil
- 2 tbsp honey
- 1 1/2 tbsp wasabi paste
- 1 tbsp chili garlic sauce

Backyard Asian Coleslaw

- 3 cups shredded napa cabbage
- 1 1/2 cups bean sprouts
- 1/2 cup shredded carrot
- 8 ears ears baby corn, cut diagonally into 1 inch segments
- 2 green onions, thinly sliced
- 1/3 lb. small cooked shrimp
- 2 tbsp chopped toasted walnuts

DIRECTIONS:

Dressing

1. In a medium bowl, combine dressing ingredients; whisk to evenly blend.

Backyard Asian Coleslaw

1. In a large bowl, combine cabbage, bean sprouts, carrot, baby corn, and green onions. Chill until ready to use.
2. To serve, pour dressing over the salad and toss to evenly coat. Mound shrimp in the centre and sprinkle with nuts.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
China & Korea

Host:
Martin Yan



Rustic Smashed Potatoes

Yield: 4

INGREDIENTS:

Rustic Smashed Potatoes

- 2 lb. red skinned potatoes, cut into quarters
- 1 tsp salt
- 3/4 cup milk
- 3 tsp wasabi powder mixed with 1 1/2 tablespoons water
- 2 tsp chili garlic sauce
- 1/4 tsp white pepper
- 2 tbsps butter
- 2 tsp sesame oil
- 2 green onions, thinly sliced

DIRECTIONS:

Rustic Smashed Potatoes

1. Place potatoes in a large saucepan with salt and enough water to barely cover. Bring to a boil; reduce heat, cover, and simmer until potatoes are tender, about 15 minutes. Drain and return to pan.
2. Meanwhile, in a small saucepan, heat milk until warm. Add wasabi paste, chili garlic sauce, and pepper; whisk to evenly blend. Add milk mixture to potatoes. Using a potato masher, mash until potatoes absorb liquid; potatoes should remain lumpy. Add butter and sesame oil; stir until butter melts.
3. Garnish with green onions and serve.
4. Yield: 4 to 6 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
China & Korea

Host:
Martin Yan



Korean Style Lamb Chops

Yield: 4

INGREDIENTS:

Marinade

- 1/3 cup soy sauce
- 1 tbsp sesame oil
- 1 tsp rice vinegar
- 1 1/2 tsp sugar
- 2 tsp chili garlic sauce or Korean chili paste
- 2 tsp tahini or sesame paste
- 3 cloves garlic, minced
- 1 tsp vegetable oil
- 1 rack of lamb, cut into chops (2 per serving)

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a large bowl; mix well. Add lamb and turn to coat. Let stand for 10 minutes, or cover and refrigerate for up to 4 hours.

Korean Style Lamb Chops

1. Place a grill pan over medium-high heat until hot and brush with oil. Remove meat from marinade and pour marinade into a small saucepan. Place lamb chops in pan and cook, turning once, until medium rare, about 6 minutes on each side.
2. While lamb is cooking, place saucepan over medium-high heat and bring reserved marinade to a boil. Cook, stirring, for 1 minute. Pour over lamb and serve.



Courtesy of:
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Easy

Episode:
China & Korea

Host:
Martin Yan



Flash Fried Asparagus and Long Beans

Yield: 4

INGREDIENTS:

Flash Fried Asparagus and Long Beans

- 1/2 lb. long beans
- 1 lb. asparagus
- 2 tsp vegetable oil
- 2 cloves garlic, minced
- 2 green onions, chopped
- 1/3 cup chicken broth
- 2 tsp soy sauce
- 1 tsp sugar
- 1/2 tsp red pepper flakes
- 1/2 tsp cornstarch dissolved in 2 teaspoons water

DIRECTIONS:

Flash Fried Asparagus and Long Beans

1. Cut long beans into 2 inch diagonal pieces. Trim asparagus and cut into 2 inch diagonal pieces. Place asparagus tips in a separate pile.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic and green onions; cook, stirring, until fragrant, about 20 seconds. Add long beans, stir-fry, until almost tender, about 2 minutes. Add a few drops of water if the pan appears dry. Add asparagus stems and stir-fry for 2 more minutes. Add asparagus tips, broth, soy sauce, sugar, and red pepper flakes; stir. Cover and cook until asparagus is tender-crisp, 1 to 2 minutes. Add cornstarch solution and cook, stirring, until sauce boils and thickens.
3. Transfer to serving plate and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Taiwanese Influences

Host:
Martin Yan



Meat Sauce over Rice Stick Noodles

Yield: 4

INGREDIENTS:

Marinade

- 2 tsp dark soy sauce
- 2 tsp Chinese rice wine or dry sherry
- 1 tbsp cornstarch
- 3/4 lb. ground pork, beef, or chicken

Sauce

- 3/4 cup chicken broth
- 2 tbsp oyster flavoured sauce
- 1 tbsp hoisin sauce
- 1 tbsp sesame oil
- 2 tsp dark soy sauce
- 2 tsp chili garlic sauce
- 1/8 tsp white pepper

Meat Sauce over Rice Stick Noodles

- 1 tbsp vegetable oil
- 2 tbsp minced garlic
- 2 x green onions, chopped
- 2 tsp cornstarch dissolved in 1 tablespoon water
- 4 cups cooked rice stick noodles
- Chopped cilantro
- Chopped green onions

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add ground meat and mix well. Let stand for 10 minutes.

Sauce

1. Combine sauce ingredients in a bowl; mix well.

Meat Sauce over Rice Stick Noodles

1. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic and green onions; cook, stirring, until fragrant, about 20 seconds. Add ground meat and stir-fry until browned and crumbly. Add sauce and bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens.
2. Divide cooked noodles among 4 large soup bowls. Ladle about 3/4 cup meat sauce over noodles in each bowl.
3. Garnish with cilantro and green onions and serve.



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Martin Yan - Quick And
Easy

Episode:
Taiwanese Influences

Host:
Martin Yan



Sweet Peanut Dessert Soup

Yield: 4

INGREDIENTS:

Sweet Peanut Dessert Soup

- 3/4 cup chunky peanut butter
- 3 1/2 cups water
- 1/4 cup chopped unsalted peanuts
- 1/4 cup packed brown sugar
- 1 x 6 oz can evaporated milk
- 1 tbsp cornstarch dissolved in 2 tablespoons water

DIRECTIONS:

Sweet Peanut Dessert Soup

1. Place peanut butter in a medium saucepan. Add water, a portion at a time, stirring until mixture is smooth; stir in peanuts and brown sugar. Bring to a boil over medium-high heat; reduce heat and simmer, stirring once or twice, for 15 minutes. Add evaporated milk and cornstarch solution; cook, stirring, until soup thickens slightly.
2. Serve warm.
3. Yield: 4 to 6 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Asian Flavours

Host:
Martin Yan



Citrus Rice Noodles

Yield: 4

INGREDIENTS:

Dressing

- 1 tbsp fish sauce
- 1 tbsp sesame oil
- 1 tbsp chili garlic sauce
- 2 tsp honey
- 1/2 tsp salt

Citrus Rice Noodles

- 8 oz dried rice stick noodles
- 2 oranges
- 1 grapefruit
- 1 tbsp chopped mint
- 1 tbsp chopped roasted peanuts

Citrus Rice Noodles

1. In a large pot of boiling water, cook noodles until tender, about 3 minutes. Drain, rinse with cold water, and drain again. Cut into 4 inch lengths. Place in a large bowl.
2. In a small bowl, combine dressing ingredients; mix well and pour over noodles.
3. Segment oranges and grapefruit by cutting away the peel and white pith; cut and lift out segments.
4. Add citrus to noodles and stir to evenly coat.
5. Garnish with mint and peanuts and serve.



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Episode:
Asian Flavours

Host:
Martin Yan



Chicken and Potato Yellow Curry

Yield: 4

INGREDIENTS:

Chicken and Potato Yellow Curry

- 3 medium thin skinned potatoes, unpeeled and cut into quarters
- 1 x 13 1/2 oz can unsweetened coconut milk
- 3 tbsp yellow curry paste
- 1/3 cup water
- 1 lb. boneless, skinless chicken, cut into 1 inch cubes
- 3 tbsp sugar
- 3 tbsp fish sauce
- 1/4 cup chopped cilantro, plus a few leaves for garnish
- 1 tsp cornstarch dissolved in 2 teaspoons water

DIRECTIONS:

Chicken and Potato Yellow Curry

1. In a medium saucepan, cook potatoes in boiling water to cover until tender, about 15 minutes; drain.
2. Pour 1/2 cup of the coconut milk into a medium saucepan; place over medium heat for 30 seconds. Stir in curry paste; stirring constantly, slowly bring to a boil. Add remaining coconut milk and water; bring to a boil. Add chicken and cook, stirring occasionally, until it is no longer pink in the centre, 3 or 4 minutes. Add sugar, fish sauce, and potatoes; bring to a boil and cook for 5 minutes. Add chopped cilantro and cornstarch solution; cook, stirring, until sauce boils and thickens slightly.
3. Garnish with cilantro leaves and serve.
4. Yield: 4 to 6 servings.



Courtesy of:
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Lemongrass Chicken over Rice Stick Noodles

Yield: 4

INGREDIENTS:

Marinade

- 1 stalks lemongrass, bottom 4 inches only, finely minced
- 1 tbsp soy sauce
- 1 tsp cornstarch
- 1/4 tsp black pepper
- 3/4 lb. boneless, skinless chicken, cut into 1 inch cubes

Lemongrass Chicken over Rice Stick Noodles

- 8 oz dried rice stick noodles
- 1 tbsp vegetable oil
- 2 cloves garlic, minced
- 2 fresh red jalapeno chillies, seeded and julienned
- 1 1/2 tsp sugar
- 1/4 cup chicken broth
- 3 green onions, julienned
- 1 tbsp fish sauce
- 1 tbsp fresh lemon juice
- 3 tbsp chopped fresh mint
- 1/2 cup Southeast Asian All-Purpose Dipping Sauce (see recipe from episode 12)

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add chicken and stir to coat. Let stand for 10 minutes.

Lemongrass Chicken over Rice Stick Noodles

1. In a large pot of boiling water, cook noodles until tender, about 3 minutes. Drain, rinse with cold water and drain again.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic, chillies, and sugar; cook, stirring until garlic is fragrant and sugar begins to caramelize, about 15 seconds. Add chicken and stir-fry until surface of chicken turns white, about 1 minute. Add broth; cover and cook until chicken is no longer pink in centre, 3 to 4 minutes. Add green onions, fish sauce, and lemon juice; cook for 30 seconds. Remove pan from heat and stir in mint.
3. Place noodles on a serving plate and spoon chicken mixture over the top. Serve a bowl of dipping sauce alongside.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Pacific Rim

Host:
Martin Yan



Crab and Asparagus Soup

Yield: 4

INGREDIENTS:

Crab and Asparagus Soup

- 10 spears fresh asparagus, trimmed
- 1 tbsp vegetable oil
- 2 green onions, chopped
- 1 tsp minced ginger
- 5 cups chicken broth
- 1 x 15 oz can white asparagus, drained and cut diagonally into 1/2 inch pieces
- 1/2 lb. cooked crabmeat, flaked
- 3 tbsp soy sauce
- 1/8 tsp white pepper
- 1 tbsp cornstarch dissolved with 2 tablespoons water
- 1 egg, lightly beaten
- 2 tbsp chopped cilantro

DIRECTIONS:

Crab and Asparagus Soup

1. Cut fresh asparagus into 1/2 inch pieces leaving the tips in 1 1/2 inch lengths. In a medium saucepan, parboil asparagus in boiling water until tender-crisp, 2 to 3 minutes. Drain, rinse with cold water, and drain again. Set aside tips to use as garnish.
2. Place the same pan over medium-high heat until hot. Add oil, swirling to coat bottom. Add green onions and ginger; cook, stirring, until fragrant, about 30 seconds.
3. Add broth, parboiled asparagus, white asparagus, crabmeat, soy sauce, and pepper. Bring to a boil. Add cornstarch solution and cook, stirring, until soup boils and thickens slightly. Remove pan from heat and slowly drizzle in egg, stirring constantly to form egg flowers.
4. Ladle soup into bowls, garnish with asparagus tips and cilantro, and serve.
5. Yield: 4 to 6 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Pacific Rim

Host:
Martin Yan



Sea Scallops in Sweet Chili Sauce

Yield: 4

INGREDIENTS:

Marinade

- 2 tbsp fresh lime juice
- 1 tbsp fish sauce
- 1 tsp grated ginger
- 1 lb. sea scallops

Sea Scallops in Sweet Chili Sauce

- 2 tbsp vegetable oil
- 1/4 cup sweet chili sauce
- 2 tbsp chicken broth
- Hot steamed rice
- 1/4 cup chopped cilantro

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a medium bowl. Add scallops and stir to coat. Let stand for 10 minutes. Drain scallops and pat dry with paper towels.

Sea Scallops in Sweet Chili Sauce

1. Heat a wide nonstick frying pan over medium-high heat until hot. Add oil, swirling to coat the bottom. When oil is hot, add scallops, and pan-fry, turning once, until golden brown, about 2 minutes on each side.
2. Combine sweet chili sauce and broth in a small saucepan; heat to simmering. Simmer until sauce thickens slightly, about 2 minutes.
3. Serve scallops with rice, drizzle with sauce, and garnish with cilantro.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Pacific Rim

Host:
Martin Yan



Coconut Rice

Yield: 4

INGREDIENTS:

Coconut Rice

- 1/4 cup unsweetened flaked coconut
- 2/3 cup unsweetened coconut milk, cream spooned off and save for another use
- 1 1/3 cup water
- 1 cup long grain rice
- 1 tbsp minced ginger
- 1/2 tsp salt

DIRECTIONS:

Coconut Rice

1. Place coconut in a small frying pan over medium heat; cook, stirring frequently, until lightly toasted, 3 to 4 minutes.
2. In a 2 quart pan, combine coconut milk, water, rice, ginger, and salt. Bring to a boil. Reduce heat and simmer, uncovered, until craters form on surface of rice, about 6 minutes. Reduce heat to low; cover, and cook, undisturbed, for 10 minutes or until water is absorbed.
3. Fluff rice with fork, sprinkle with coconut, and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Pacific Rim

Host:
Martin Yan



Guava Belini

Yield: 6

INGREDIENTS:

Guava Belini

- 1 x 12 oz can guava nectar or juice or mango juice
- 1 x 750 ml bottle Brut-style sparkling wine

DIRECTIONS:

Guava Belini

1. Chill juice and sparkling wine.
2. In each of six chilled champagne flutes, pour about 1/4 cup of guava nectar. This should fill glass about one third full. Fill remaining two thirds of each glass with sparkling wine and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Workman's Lunch

Host:
Martin Yan



Taiwanese Pork Chop

Yield: 8

INGREDIENTS:

Marinade

- 1 egg, lightly beaten
- 2 tbsp soy sauce
- 1 tbsp Chinese rice wine or dry sherry
- 1 tbsp ketchup
- 1 tbsp oyster flavoured sauce
- 1 1/2 tsp sesame oil
- 1 tbsp cornstarch
- 1/4 tsp white pepper
- 8 boneless pork chops, cut 1/2 inch thick

Dipping Sauce

- 2 tbsp ketchup
- 2 tbsp oyster flavoured sauce
- 2 tsp sesame oil

Taiwanese Pork Chop

- Vegetable oil for shallow-frying
- Flour for dusting

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a medium bowl; mix well. Add pork chops and stir to coat. Let stand for 20 minutes or marinate in the refrigerator for up to 4 hours.

Dipping Sauce

1. Combine dipping sauce ingredients in a small bowl. Set aside.

Taiwanese Pork Chop

1. Pour 1 inch of oil in deep-frying pan and heat to 350 degrees F. In batches, remove pork chops from marinade, drain briefly, and dust with flour; slide into hot oil. Cook, turning once, until golden brown and cooked through, about 2 minutes on each side. Remove with a slotted spoon; drain on paper towels.
2. Serve with dipping sauce.
3. Yield: 8 pork chops.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Workman's Lunch

Host:
Martin Yan



Tangy Bean Sprout Salad

Yield: 4

INGREDIENTS:

Tangy Bean Sprout Salad

- 1 lb. bean sprouts
- 1/2 English cucumber, cut into matchstick pieces
- 1 tsp salt
- 3 tbsp fresh lemon juice
- 1 1/2 tbsp honey
- 2 tsp fish sauce
- 1 tsp sesame oil
- 1 tsp toasted sesame seeds
- 1/2 tsp chili garlic sauce
- 3/4 cup shredded bamboo shoots
- 2 tbsp shredded pickled ginger
- 1/2 cup Sweet and Sour Shredded Carrots (see recipe from episode 12)

DIRECTIONS:

Tangy Bean Sprout Salad

1. In a medium bowl, combine bean sprouts, cucumber, and salt. Let stand for 15 minutes. Place in a colander, rinse well, and drain. Turn onto paper towels and pat dry.
2. In a large bowl, combine lemon juice, honey, fish sauce, sesame oil, sesame seeds, and chili garlic sauce; stir until honey is dissolved. Add bean sprouts, cucumber, bamboo shoots, and pickled ginger; toss to coat.
3. Garnish with carrots and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Saucy Creations

Host:
Christine Cushing Martin
Yan



Hot and Sour Shrimp Martin Yan

Yield: 4

INGREDIENTS:

Hot and Sour Shrimp

- 1 lb. (16 to 20) large uncooked shrimp, peeled, deveined, tail on (454 g)
- 4 tbsp dry sherry (60 ml)
- 1 tbsp grated, peeled fresh ginger (15 ml)
- 1/2 cup chicken stock (125 ml)
- 2 tbsp soy sauce or tamari (30 ml)
- 2 tbsp ketchup (30 ml)
- 1 tbsp cornstarch (15 ml)
- 3 tbsp rice vinegar (15 ml)
- Cayenne pepper, to taste
- 3 tbsp grape seed oil (90 ml)
- 2 tbsp cashews, chopped (30 ml)
- 1 yellow pepper, cut into 1 inch cubes
- 2 cloves garlic, minced
- 8 green onions, cut diagonally into 1 inch long pieces
- steamed jasmine rice, for serving
- 1/4 bunch watercress
- coriander, lime leaves, baby bell peppers (or regular red and orange peppers) for colourful garnish

DIRECTIONS:

Hot and Sour Shrimp

1. Combine the shrimp, 2 tbsp. of sherry and ginger in a large bowl. Cover and refrigerate for 30 minutes.
2. Mix the remaining 2 tbsp. of sherry, soy sauce, chicken stock, ketchup, cornstarch, rice vinegar and cayenne pepper in a small bowl.
3. Heat 2 tbsp. of vegetable oil in a large sauté pan over high heat. Add shrimp and stir-fry until they just start to curl. Add the watercress and toss for 1 minute, just to wilt. Transfer shrimp and watercress to the serving plate.
4. In the same sauté pan over high heat, add the remaining 1 tbsp. of vegetable oil. Add and yellow peppers and garlic to pan and stir-fry until peppers are just slightly soft, about 1 minute. Stir sherry and vinegar mixture and add to the pan. Cook for 2 minutes or until sauce comes to a boil and sauce is clear and thick, stirring frequently. Stir in green onions. Spoon vegetables and sauce over shrimp and watercress. Sprinkle with cashews.
5. Serve with steamed jasmine rice.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Saucy Creations

Host:
Martin Yan



Honey-Glazed Spareribs

Yield: 4

INGREDIENTS:

Marinade

- 1/4 cup hoisin sauce
- 3 tbsp soy sauce
- 3 tbsp Chinese rice wine or dry sherry
- 1 tbsp minced ginger
- 1 tbsp minced garlic
- 1 tsp Chinese five spice powder
- 2 lb. 1 side, about 2 pounds, pork spareribs

Honey Glaze

- 3 tbsp hoisin sauce
- 2 tbsp honey
- 2 tsp sesame oil

Honey-Glazed Spareribs

1. Preheat oven to 400 degrees F.
2. Cut spareribs between the bones into individual pieces. Bring a large pot of water to a boil. Add ribs and cook for 5 minutes; pour into a colander and drain.
3. In a large bowl, combine marinade ingredients. Add ribs and stir to coat. Let stand for 10 minutes; for a deeper flavour, cover and refrigerate overnight.
4. In a small bowl, combine honey glaze ingredients; set aside.
5. Lift ribs from marinade and place on a rack in a foil-lined baking pan; reserve marinade.
6. Bake for 10 minutes. Turn spareribs over, baste with reserved marinade and bake for 5 minutes. Brush with glaze and continue baking until ribs are tender, about an additional 5 minutes.
Yield: 4-6 servings
- 7.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Feasts

Host:
Martin Yan



Cantonese Lobster

Yield: 4

INGREDIENTS:

Seasonings

- 4 cloves garlic, minced
- 2 green onions, cut into 1 inch lengths
- 1 tsp minced ginger
- 2 tsp black bean garlic sauce

Cantonese Lobster

- 1 tbsp vegetable oil
- 1/3 cup chicken broth
- 1/4 cup Chinese rice wine or dry sherry
- 2 tsp cornstarch dissolved in 1 tablespoon water
- 1 tsp sesame oil
- 1 green onion, julienned

DIRECTIONS:

Seasonings

1. Combine seasonings in a small bowl.

Cantonese Lobster

1. Remove lobster meat by cutting along the inner edges of the soft undershell. Using a fork, pry out meat. Cut meat into 1 inch pieces.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add seasonings; cook, stirring, until fragrant, about 30 seconds. Add lobster and stir-fry until opaque, about 2 minutes. Add broth and wine; bring to a boil. Add cornstarch solution and cook, stirring, until sauce boils and thickens, about 30 seconds. Stir in sesame oil and green onion. Transfer to a serving plate and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
A Meal to Impress

Host:
Martin Yan



Roasted Red Snapper with Basil and Sweet Peppers

Yield: 4

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INGREDIENTS:

Roasted Red Snapper with Basil and Sweet Peppers

- 1/4 cup peanut oil
- 2 tbsp Thai fish sauce (nam pla)
- 2 cloves garlic, peeled and minced
- 2 tbsp peeled minced ginger root
- 8 Thai basil leaves, shredded
- 4 x 8 oz red snapper fillets, skin on, scales removed, pin bones removed
- Fine sea salt
- Freshly ground black pepper
- 2 sweet red peppers, stem and seeds removed, julienne thinly
- 1 cup very thinly shredded Napa cabbage
- 1 cup fish broth
- 1/2 cup shelled unsalted peanuts, coarsely crushed
- 1/2 cup unsweetened coconut milk

DIRECTIONS:

Roasted Red Snapper with Basil and Sweet Peppers

1. Put 2 tablespoons of the peanut oil, the fish sauce, garlic, ginger, and basil in a mixing bowl and stir together to make a marinade. Season the filets with salt and pepper and put them in a single layer in a baking dish or other shallow vessel, pour the marinade over them cover, and marinate in the refrigerator for 1 to 2 hours, turning the fish and basting it occasionally with the marinade.
2. Preheat the oven to 425 degrees F.
3. Put a roasting pan in the oven for 10 minutes to preheat it. Pour the remaining 2 tablespoons of oil into the pan and add the red pepper and cabbage. Set the marinated fish, skin-side up, along with the marinade, on top of the vegetables in the pan, scatter the peanuts and drizzle the broth and coconut milk over the fish, and roast until the fish is firm to the touch and the vegetables have wilted, 12 to 15 minutes.
4. Remove the pan from the oven and let the fish rest for 5 minutes.
5. Remove the fish with a spatula and put 1 piece on each of 4 plates. Spoon some red pepper, cabbage, and pan juices over the fish and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Spicing Up Rice

Host:
Martin Yan



Beef and Shiitake Satay with Mango Sauce

Yield: 4

INGREDIENTS:

Beef and Shiitake Satays with Mango Sauce

- 1 1/2 lb. flank steak, cut diagonally against the grain into strips 4 inches long and 1/4-inch thick
- 1 bunch of scallions, white and green parts, cut into 2-inch lengths
- 1/4 cup soy sauce
- 0.3333 cup red wine
- 1 tbsp sugar
- 3/4 cup grape-seed or canola oil, plus 2 tablespoons for cooking, if needed
- 1 tsp coarsely ground black pepper, plus additional to taste
- 2 cups Spicy Mango Salsa
- Kosher salt to taste
- 2 ripe mangos, halved, for garnish (optional)

DIRECTIONS:

Beef and Shiitake Satays with Mango Sauce

1. In a large bowl, combine the flank steak, shiitakes, scallions, soy sauce, red wine, sugar, 1/4 cup of the oil, and the teaspoon of coarsely ground black pepper. Set aside for 30 minutes
2. Meanwhile, in a blender, blend the salsa at high speed and drizzle in the remaining 1/2-cup of oil. Season with salt and pepper. Set aside.
3. To make the satays, thread each skewer with a length of scallion, either white or green part, a shiitake half, a strip of flank steak secured in an "S" shape, a second piece of shiitake, and a second scallion length. They should touch fairly tightly.
4. Prepare an outdoor grill and heat to hot, or preheat a grill pan or heavy sauté pan over high heat. Spray the grill grid with non-stick cooking spray, or add the 2 tablespoons of oil to the grill pan or sauté pan, and swirl to coat. Cook the satays until the meat is medium-rare, turning once, 2 to 3 minutes per side.
5. Transfer the dipping sauce to an attractive bowl, arrange the satays on a platter and serve with the sauce.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Vietnamese Flavours

Host:
Martin Yan



Southeast Asian All-Purpose Dipping Sauce

Yield: 1

INGREDIENTS:

Southeast Asian All-Purpose Dipping Sauce

- 1/4 cup water
- 1/4 cup fish sauce
- 3 tbsp fresh lime juice
- 2 tbsp rice vinegar
- 2 tbsp sugar
- 1 clove garlic, minced
- 1 small red chili, seeded and minced, or 1/2 teaspoon dry red chili flakes

DIRECTIONS:

Southeast Asian All-Purpose Dipping Sauce

1. Combine all ingredients in a medium bowl; stir until sugar dissolves. Place in a covered container and refrigerate for about 2 weeks.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Street Favourites

Host:
Martin Yan



Sweet and Sour Shredded Carrots

Yield: 3

INGREDIENTS:

Sweet & Sour Shredded Carrots

- 3/4 cup rice vinegar
- 1/2 cup water
- 1/2 cup sugar
- 1/4 tsp salt
- 3 cups shredded carrots
- 1 tbsp fish sauce

DIRECTIONS:

Sweet & Sour Shredded Carrots

1. In a small saucepan, combine vinegar, water, sugar and salt. Place over medium heat and cook, stirring occasionally, until sugar dissolves. Place carrots in a heatproof bowl and pour hot vinegar mixture over carrots. Add fish sauce, stir to combine, and let cool. Place in a covered container and refrigerate for up to a month.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Sweet and Savory

Host:
Martin Yan



Pomelo, Radish and Spinach Salad

Yield: 4

INGREDIENTS:

Dressing

- 1/4 cup vegetable oil
- 1/4 cup fresh lemon juice
- 2 tbsp fresh orange juice
- 1 tbsp sesame oil
- 1 tbsp honey
- 3/4 tsp chili garlic sauce

Salad

- 1/4 cup pine nuts
- 1 x pomelo
- 2 1/2 cup packed baby spinach
- 3 x red radishes, trimmed and thinly sliced
- 1 x 8 oz can sliced water chestnuts, drained
- 1/2 cup thinly sliced red onion
- 2 tbsp crystallized ginger

DIRECTIONS:

Dressing

1. In a small bowl, combine dressing ingredients, whisk to combine. Place pine nuts in a small frying pan over medium heat; cook, shaking pan frequently, until lightly browned, 3 to 4 minutes.

Salad

1. Segment pomelo by cutting away the thick peel and white pith; cut and lift out fruit segments.
2. In a large bowl, combine pomelo segments, spinach, radishes, water chestnuts, onion, crystallized ginger and pine nuts.
3. Pour dressing over salad and toss.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
No Fuss, No Muss

Host:
Martin Yan



Quick Rice Jook

Yield: 6

INGREDIENTS:

Quick Rice Jook

- 2 cups cooked long-grain rice
- 5 cups chicken broth
- 5 cups water
- 2 tsp minced ginger
- 1/2 lb. ground beef
- 1 tsp cornstarch
- 2 x green onions, thinly sliced diagonally
- Soy sauce
- Sesame oil

DIRECTIONS:

Quick Rice Jook

1. In a large saucepan, combine rice, broth, water, and ginger. Bring to a boil; reduce heat and simmer, stirring occasionally, until rice is soft and broth is slightly creamy, about 20 to 25 minutes.
2. In a small bowl, combine beef and cornstarch. Using a whisk, mix beef into jook. Cook until beef is no longer pink, 5 to 6 minutes.
3. Ladle into bowls and garnish with green onions, soy sauce, and sesame oil.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Japanese Flavours

Host:
Martin Yan



Refreshing Beer Drink

Yield: 2

INGREDIENTS:

Refreshing Beer Drink

- 2 tbsp fresh lime juice
- 2 tbsp sugar
- 1 cup crushed ice
- 12 oz bottle light pilsner

DIRECTIONS:

Refreshing Beer Drink

1. Divide lime juice and sugar between two tall glasses; stir until sugar dissolves. Add crushed ice to each glass and fill with beer.
2. Yield: 2 drinks.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Modern Tea House

Host:
Martin Yan



Quick Glutinous Rice

INGREDIENTS:

Quick Glutinous Rice

- 2 cups glutinous rice
- 4 cups water

DIRECTIONS:

Quick Glutinous Rice

1. Place rice in a large bowl, fill with cold water, drain water and repeat until water runs clear.
2. In a large saucepan, bring 4 cups water to a boil. Add rice, leaving the heat on high, stir once. When the water returns to a boil, boil for 2 minutes uncovered. Cover the pot with a tight fitting lid, remove from heat and let stand 2 minutes. Holding the lid in place drain the water into the sink.
3. Return the pot to low heat, and cook covered for 25 minutes. Remove from heat, stir with chopsticks and keep warm.
4. Yield: about 4 cups.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Dishes for Every Palate

Host:
Martin Yan



Poached Trout with Tangy Sauce

Yield: 3

INGREDIENTS:

Sauce

- 1/4 cup Chinese rice wine or dry sherry
- 1/4 cup rice vinegar
- 2 tbsp soy sauce
- 1 tbsp fish sauce
- 1 tbsp shredded ginger
- 1 x green onion, julienned

Poached Trout with Tangy Sauce

- 1 x whole cleaned trout, about 1 1/2 pounds
- 2 x green onions, cut in half and lightly crushed
- 5 x quarter size slices ginger, lightly crushed
- 2 tsp cornstarch dissolved in 1 tablespoon water

DIRECTIONS:

Sauce

1. While fish is cooking, combine sauce ingredients in a small saucepan. Bring to a boil, then add cornstarch solution and cook, stirring, until sauce thickens slightly.

Poached Trout with Tangy Sauce

1. Place fish on cutting board and make two 1/2 inch deep cuts that run the length of the fish along either side of the backbone.
2. Pour 2 inches of water into a pan large enough to hold fish. Add green onions and ginger; bring to a boil. Slide fish into water. Reduce heat; cover and simmer until fish turns opaque and just begins to flake, 8 to 10 minutes.
3. With a slotted spatula, remove fish from poaching liquid and place on serving plate.
4. Pour sauce over fish and serve.
5. Yield: 3 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Beef

Host:
Martin Yan



Rice Beef Soup

Yield: 4

INGREDIENTS:

Marinade

- 3 tbsp soy sauce
- 1 tbsp cornstarch
- 1/4 tsp white pepper

Rice Beef Soup

- 1/2 lb. lean ground beef
- 3 cups chicken broth
- 1 x 14 1/2 oz can beef broth
- 1 x medium onion, finely chopped
- 1 1/2 cups cooked long grain rice
- 2 tbsp Fried Shallots (see recipe from episode 46)
- 2 tbsp chopped cilantro

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a bowl. Add beef and mix well.

Rice Beef Soup

1. In a medium saucepan, bring chicken and beef broths and onion to a boil. Add beef and stir to separate. Reduce heat and simmer for 5 minutes. Add rice, stir to separate grains, and simmer until heated through, 2 to 3 minutes.
2. Ladle soup into bowls and top with fried shallots and cilantro.
3. Yield: 4 to 6 servings.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Cantonese Flavours

Host:
Martin Yan



Potstickers with Spicy Dipping Sauce

Yield: 22

INGREDIENTS:

Filling

- 1/2 lb. ground pork or ground turkey
- 2 green onions, minced
- 2 tbsp minced bamboo shoots
- 1 tsp minced ginger
- 1 tbsp cornstarch
- 2 tsp soy sauce
- 1/8 tsp white pepper

Spicy Soy Dipping Sauce

- 6 tbsp soy sauce
- 1/4 cup Chinese black vinegar or balsamic vinegar
- 2 tsp sesame oil
- 2 tsp chili garlic sauce

Potstickers

- 22 x potsticker wrappers
- 2 tbsp vegetable oil
- 2/3 cup water
- 1/3 cup Spicy Soy Dipping Sauce (see recipe from this episode)

DIRECTIONS:

Filling

1. Combine filling ingredients in a large bowl; mix well.

Spicy Soy Dipping Sauce

1. Combine all ingredients in a medium bowl; stir until combined. Place in a covered container and refrigerate for about 3 weeks.

Potstickers

1. Make each potsticker: Place a heaping teaspoon filling in center of potsticker wrapper. Brush edges of wrapper with water, fold in half, and press edges to seal. Set potsticker on work surface, seam side up, and lightly press to form a flat bottom
2. Heat a nonstick frying pan over medium high heat until hot. Add 1 tablespoon of the oil, swirling to coat bottom. Add half of potstickers, seam side up, and cook until bottoms are golden brown, about 3 minutes. Add 1/3 cup water; cover, reduce heat to low and cook until water is absorbed, about 3 minutes. Remove from pan. Cook the remaining potstickers, first adding the remaining 1 tablespoon oil to the pan.
3. Place potstickers, brown side up, on a serving plate. Serve with dipping sauce.
4. Yield: 22 potstickers.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Mountain Cuisine

Host:
Martin Yan



Rice Cooker Chicken and Mushrooms

Yield: 4

INGREDIENTS:

Rice Cooker Chicken and Mushrooms

- 6 dried black mushrooms
- 1/2 lb. boneless, skinless chicken, cut into 1 inch cubes
- 2 tbsp oyster flavoured sauce
- 1 tbsp Chinese rice wine or dry sherry
- 1/4 tsp Chinese five spice powder
- 2 tsp minced ginger
- 1 1/2 cups uncooked long grain rice
- 2 3/4 cups chicken broth
- 2 green onions, thinly sliced

DIRECTIONS:

Rice Cooker Chicken and Mushrooms

1. In a medium bowl, soak mushrooms in warm water to cover until softened, about 15 minutes ; drain. Discard stems and quarter caps.
2. In medium bowl, combine chicken, oyster-flavoured sauce, wine, five-spice powder, and ginger; mix well.
3. Place chicken in rice cooker. Add mushrooms, rice, and broth. Stir to mix. Cook according to manufacture's instructions.
4. When rice is done, sprinkle with green onions and serve.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Taiwanese Influences

Host:
Martin Yan



Quick Asian Chicken Broth

Yield: 4

INGREDIENTS:

Quick Asian Chicken Broth

- 12 cups chicken broth
- 2 green onions, cut into 2 inch pieces
- 4 slices ginger, lightly crushed
- 2 tbsp soy sauce
- 1/8 tsp white pepper
- 1/4 tsp salt

DIRECTIONS:

Quick Asian Chicken Broth

1. Combine all ingredients in a large pot. Bring to a boil, reduce heat and simmer for 10 minutes. Serve or cool and refrigerate for up to a week.
2. Yield: about 12 cups.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Family Affair

Host:
Martin Yan



Quick Char Siu

Yield: 1

INGREDIENTS:

Quick Char Siu

- Marinade
- 1/3 cups hoisin or char siu sauce
- 1/4 cup Chinese rice wine or dry sherry
- 3 tbsp honey
- 2 tbsp sesame oil
- 1 clove garlic, finely minced
- 1 tbsp grated ginger
- 1/2 tsp Chinese five-spice powder
- 1 lb. boneless pork butt or other marbled pork cut

DIRECTIONS:

Quick Char Siu

1. Combine marinade ingredients in a medium bowl; mix well. Cut meat into strips 1/2 inch thick and about 2 inches wide. Place in marinade and turn to coat. Let stand for 10 minutes; for a richer flavour, cover and refrigerate overnight.
2. Preheat broiler.
3. Place a rack in a foil-lined baking pan. Arrange meat strips in a single layer on the rack; reserve marinade. Broil, 3 to 4 inches from heat, basting twice with marinade, until meat is no longer pink in centre, about 7 minutes on each side.
4. Place remaining marinade in a small saucepan. Bring to a boil. Brush marinade over cooked Char Siu.
5. Let stand for 10 minutes before slicing.



Courtesy of:
Martin Yan - Quick And
Easy

Episode:
Modern Tea House

Host:
Martin Yan



Tangy Black Pepper Chicken

Yield: 4

INGREDIENTS:

Marinade

- 2 tsp cornstarch
- 1/4 tsp black pepper
- 1 tsp soy sauce

Chicken

- 3/4 lb. boneless, skinless chicken, cut into 1/2 inch cubes
- 1 x lemon
- 2 tbsp black pepper sauce
- 1 tbsp vegetable oil
- 2 cloves garlic, minced
- 1/2 medium onion, diced
- 1 x small red bell pepper, diced
- 1 x small green bell pepper, diced

DIRECTIONS:

Marinade

1. Combine marinade ingredients in a medium bowl. Add chicken and stir to coat. Let stand for 10 minutes.

Chicken

1. Grate the zest from the lemon and squeeze the juice. Place zest, 2 tablespoons of the juice, and black pepper sauce in a small bowl.
2. Place a stir-fry pan over high heat until hot. Add oil, swirling to coat sides. Add garlic and onion; cook, stirring, until fragrant, about 30 seconds. Add chicken; stir-fry until chicken is no longer pink in the centre, about 3 minutes. Add bell peppers; stir-fry until peppers are tender-crisp, about 2 minutes. Add black pepper lemon mixture and toss to coat.