

Baked Crab Rangoon Recipe

By [Rhonda Parkinson](#), About.com



Baked crab rangoon, with a creamy cheese and crabmeat mixture and crunchy wonton chips for dipping.

Rhonda Parkinson

Nothing beats the flavor of traditional [Crab Rangoon](#)¹. But, if you're not comfortable with deep-frying, here is an easy to make alternative in which the wonton wrappers and cream cheese are baked, and then the cream cheese is served as a dip with the crunchy wonton chips.

Ingredients:

- 24 wonton wrappers
- Five-spice powder, as needed, optional
- Cream Cheese Dip:
- 8 1/2 ounces crabmeat, drained if using canned meat, and flaked
- 8 ounces cream cheese
- 1 teaspoon chopped red onion
- 1 - 2 green onions, diced
- 1/2 teaspoon Lea and Perrins Worcestershire Sauce
- 1/2 teaspoon soy sauce
- Freshly ground black pepper, to taste

Preparation:

Preheat the oven to 350 degrees Fahrenheit (177 degrees Celsius). Spray 2 baking sheets with non-stick spray.

Combine the cream cheese and crab meat mixture. Stir in the remaining ingredients, mixing thoroughly.

Take a wonton wrapper and lightly dust it with the five-spice powder if using (about 1/8 teaspoon). Cut the wonton diagonally so that it forms 2 triangles. Continue with the rest of the wrappers. (Cover the remaining wrappers with a damp cloth so that they don't dry out). Arrange the wonton wrappers on the baking sheets. Place in the stove on the middle rack, and bake until they turn brown (5 to 6 minutes). Remove and cool.

Place the cream cheese in a medium sized baking dish. Bake until the cream cheese is heated through and just starting to bubble (18 to 20 minutes). Remove and serve immediately with the wonton chips for dipping. If desired, also serve hot mustard and/or sweet and sour sauce.

Szechuan Guacamole

By [Rhonda Parkinson](#), About.com

Szechuan and Mexcian cuisine come together in this spicy appetizer

Yields about 1 cup

Prep Time: 10 minutes

Ingredients:

- 1 large ripe avocado, pitted and peeled
- 1 clove garlic, minced or pressed
- 1/2 teaspoon minced ginger
- 1/4 teaspoon five-spice powder
- 1/4 to 1/2 teaspoon Sichuan hot bean sauce or Oriental chili paste
- 1/2 teaspoon sesame oil
- 1/2 teaspoon soy sauce
- 1 teaspoon lemon juice
- 2 tablespoons chopped cilantro
- 1 teaspoon sesame seeds, toasted
- Salt, to taste
- 2 tablespoons diced tomato or red bell pepper
- 2 tablespoons finely chopped red onion

Preparation:

Place peeled avocado on a rimmed plate with garlic, ginger, five-spice powder, hot bean sauce, sesame oil, soy sauce, lemon juice, and cilantro. Coarsely mash avocado with a fork or potato masher, incorporating seasonings. Add salt to taste. Stir in the tomato and chopped red onion. Serve with shrimp chips.

Chinese Tea Leaf Eggs



Rated: ★★★★★

Submitted By: SOYGIRL2

Photo By: Caroline C

Prep Time: 20 Minutes

Cook Time: 3 Hours

Ready In: 11 Hours 20 Minutes

Servings: 8

"One of my favorite dishes when I head back home; it combines hard-boiled eggs with the subtle flavor of anise and the deep brown hues of black tea and soy. The cracked patterns from the broken shells make these quite attractive! I eat these sliced in quarters and chilled as a side dish, appetizer, or snack. Recipe courtesy of Mom."

INGREDIENTS:

8 eggs
1 teaspoon salt

3 cups water
1 tablespoon soy sauce
1 tablespoon black soy sauce

1/4 teaspoon salt
2 tablespoons black tea leaves
2 pods star anise
1 (2 inch) piece cinnamon stick
1 tablespoon tangerine zest

DIRECTIONS:

1. In a large saucepan, combine eggs and 1 teaspoon salt; cover with cold water. Bring to a boil, reduce heat, and simmer for 20 minutes. Remove from heat, drain, and cool. When cool, tap eggs with the back of a spoon to crack shells (do not remove shells).
2. In a large saucepan, combine 3 cups water, soy sauce, black soy sauce, salt, tea leaves, star anise, cinnamon stick, and tangerine zest. Bring to a boil, then reduce heat, cover, and simmer for 3 hours. Remove from heat, add eggs, and let steep for at least 8 hours.

Overnight Chinese Daikon Radish Pickles

Rated:



Submitted By: MARBALET

Prep Time: 20 Minutes

Ready In: 8 Hours 50 Minutes

Servings: 2

"You can make this dish and 24 hours later eat the pickles."

INGREDIENTS:

1 1/2 cups chopped daikon
3/4 teaspoon salt
1 tablespoon rice vinegar
1/4 teaspoon ground black pepper
1/4 teaspoon sesame oil (optional)

DIRECTIONS:

1. In a mixing bowl, toss daikon with salt. Cover, and refrigerate until 1 to 2 tablespoons of water is released, about 30 minutes.
2. Drain and rinse daikon, removing as much salt as possible. Pat dry with a paper towel, and return to bowl. Stir in rice vinegar, black pepper and, if desired, sesame oil. Cover, and refrigerate at least 8 hours.

Thai Chicken with Basil

Get authentic Thai flavor in only 20 minutes. Fish sauce, chiles, fresh basil, fresh mint and peanuts give this dish exotic flavor. From *eatbetteramerica*.

Prep Time: 20 min

Start to Finish: 20 min

makes: 4 servings

- 4 boneless skinless chicken breasts (about 1 1/4 lb)
 - 1 tablespoon canola or soybean oil
 - 3 cloves garlic, finely chopped
 - 2 red or green jalapeño chiles, seeded, finely chopped
 - 1 tablespoon fish sauce or reduced-sodium soy sauce
 - 1 teaspoon sugar
 - 1/4 cup chopped fresh basil leaves
 - 1 tablespoon chopped fresh mint leaves
 - 1 tablespoon chopped unsalted dry-roasted peanuts, if desired
1. Cut each chicken breast into 4 pieces.
 2. Spray 12-inch skillet with cooking spray. Add oil; heat over medium-high heat. Cook chicken, garlic and chilies in oil 8 to 10 minutes, stirring occasionally, until chicken is no longer pink in center. Stir in fish sauce and sugar. Sprinkle with basil, mint and peanuts.

Chinese Recipe : Shrimp Toast (Appetizer)

Ingredients:

- 1/2 lb. shrimp, shelled and deveined
- 2 green onions, cut into 1/2 inch pieces
- 1 egg
- 1 tbsp. dry sherry
- 1 tbsp. cornstarch
- 1/2 tsp. salt
- 1/8 tsp. pepper
- 1/4 c. minced water chestnuts
- 1 1/2 tsp. minced ginger root
- 6 slices day old bread, crust removed
- 2 c. cooking oil

Directions:

1. Place shrimp, onions, egg, sherry, cornstarch, salt and pepper in food processor or blender and whirl until smooth paste is formed.
2. Remove to bowl and stir in water chestnuts and ginger root. Spread 2 tbsp. shrimp mixture on each slice of bread.
3. Freeze 15 minutes or until bread can be easily cut. Cut diagonally in quarters.
4. In medium skillet, heat oil and add a few pieces shrimp side down. Fry over medium high heat. Turn and fry; remove from skillet and drain on paper towels. Serve hot or at room temperature.

Tofu-Sesame Dip - serves 2

- 2 ounce firm-style tofu
- 1 tbsp each sesame paste and chopped green onion
- 2 tsp ketchup
- 1 tsp each [lemon juice](#) and [soy sauce](#)
- 1/2 [garlic clove](#), chopped

- 1 tsp sesame seed, toasted
- 2 small pitas, heated and cut into quarters

In blender combine all ingredients except sesame seed and pitas and process until pureed, about 1 minute. transfer to serving bowl. Sprinkle with sesame seed and serve with pitas.

Sesame Beef Balls

Source: The Heritage of Chinese Cooking

Active Time: 20 Minutes

Total Time: 40 Minutes Serves 6



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Sesame seeds, known as hu ma ("foreign hemp") originated in the Mediterranean and in ancient Persia (Iran) and were introduced into China probably pre-Tang dynasty (AD 618). Reports of Iranian street vendors in China selling steamed sesame seed bread date from Tang times.

INGREDIENTS

- 1 pound finely ground beef sirloin (topside), rump or steak
- 1 clove garlic, minced
- 1 teaspoon minced (finely chopped) fresh ginger
- 1/4 teaspoon pepper
- 1 tablespoon Shaoxing rice wine (available at Chinese stores) or dry sherry
- 1 tablespoon light soy sauce
- A little egg
- 2 tablespoons cornstarch
- 4 cups groundnut peanut oil, for deep-frying
- For the Sauce:
- 1 tablespoon vinegar
- 1 tablespoon sugar
- 2 tablespoons tomato ketchup
- 1/2 teaspoon chili sauce
- 3 tablespoons lightly toasted sesame seeds

DIRECTIONS

In a bowl, combine the ground beef with the garlic, ginger, pepper, rice wine, soy sauce, egg, and the cornstarch. Pound the mixture into the sides of the bowl several times. This technique helps to expel air, resulting in a sticky homogenous mixture. Divide the beef mixture to make about 18 meatballs.

In a wok, heat the oil to about 350 degrees F. Add about 6 meatballs at a time and deep-fry until golden brown. Remove and drain.

Mix the sauce ingredients together and set aside.

Drain off the oil from the wok, wipe out with a paper towel and pour the sauce mixture into the wok. Stir over low heat for a few seconds, then add the meatballs and sesame seeds to the sauce. Stir well for 1 minute for the sauce to coat the meatballs. Transfer the meatballs to a serving plate and serve.

Won Ton Snacks



Rated: ★★★★★

Submitted By: PBJXWHITE

Photo By: Cheri

Prep Time: 20 Minutes

Cook Time: 12 Minutes

Ready In: 32 Minutes

Servings: 48

"These are yummy pork and vegetable filled won ton cups, made in a mini-muffin pan. They present beautifully on any party tray, and can be served with a variety of Asian sauces."

INGREDIENTS:

2 pounds ground pork
2 stalks celery
2 carrots
2 cloves garlic

1 small onion
1 (8 ounce) can water chestnuts
1/2 cup prepared Thai peanut sauce
1 (14 ounce) package round wonton wrappers

DIRECTIONS:

1. In a food processor, finely chop the celery, carrots, garlic, onion, and water chestnuts. The pieces should be small and fairly uniform, but not liquid.
2. In a large skillet, combine the ground pork and chopped vegetables. Cook over medium heat until the vegetables are soft, and the pork is no longer pink. Increase the heat to high, and let the moisture evaporate, then stir in peanut sauce and cook for 5 more minutes before removing from heat.
3. While the pork mixture is cooking, preheat the oven to 350 degrees F (175 degrees C). Press one wonton wrap into each cup of a mini muffin pan, with the edges flared out to the sides. Place one scoop of the meat mixture into each cup.
4. Bake for about 12 minutes in the preheated oven, or until the outer wrappers are crisp and golden. Allow to cool slightly in the pan before removing to a serving tray.

Spicy Shrimp Wrapped in Snow Peas Bon Appétit | December 1997

Asian flavors accent this do-ahead appetizer.

Yield: Makes 20

ingredients

20 uncooked large shrimp, peeled, deveined
1 tablespoon minced fresh ginger
2 teaspoons vegetable oil
1 large garlic clove, pressed
1/2 teaspoon Chinese five-spice powder

20 large snow peas, stringed
1 teaspoon oriental sesame oil
1/2 teaspoon sesame seeds, toasted

2 tablespoons reduced-sodium soy sauce

20 small wooden skewers or toothpicks

preparation

Combine shrimp, ginger, vegetable oil, garlic and five-spice powder in medium bowl; toss to blend. Cover and refrigerate at least 1 hour and up to 4 hours. Bring medium pot of salted water to boil. Add snow peas; cook just until crisp-tender, about 45 seconds. Drain. Rinse with cold water. Drain; pat dry. Transfer to bowl. Drizzle sesame oil and sesame seeds over; toss to coat. Set aside.

Heat large nonstick skillet over medium-high heat. Add shrimp mixture and sauté 3 minutes. Add soy sauce; stir until shrimp are just opaque in center and liquid evaporates, about 1 minute. Transfer to plate and cool completely.

Wrap 1 snow pea lengthwise around each shrimp from head to tail. Secure with skewers. (Can be prepared 6 hours ahead. Cover and refrigerate.) Serve slightly chilled or at room temperature.

Shrimp Rolls with Spicy Vietnamese Dressing SELF | August 2005

by Nina Simonds, author of *Spices of Life* (Knopf), Salem,

ingredients

1 1/2 lb medium shrimp, peeled and deveined
1 tbsp minced ginger
1/3 cup rice wine or sake
1 1/2 tsp toasted sesame oil
Juice from 6 limes (about 1 cup)

1/2 cup sugar
1/2 cup Splenda Granulated
1/3 cup light soy sauce
1 1/2 tbsp minced fresh garlic
1 tsp red pepper flakes
2 heads Boston, or butterhead, lettuce
2 cups fresh basil leaves
3 medium carrots, peeled and finely grated (about 1 1/2 cups)
1/3 lb rice stick noodles, softened in boiling water and drained thoroughly

preparation

In a bowl, toss shrimp with ginger, wine, and oil. Cover with plastic wrap and refrigerate 20 minutes.

For dressing:

Mix lime juice, sugar, Splenda, soy sauce, garlic, and pepper flakes in a bowl; set aside. Core lettuce and separate leaves; rinse and dry them. Cook shrimp with its marinade in a medium pan or wok over medium-high heat, turning shrimp until opaque, 2 or 3 minutes.

To make wraps:

Place 3 shrimp inside each lettuce leaf along with 2 or 3 basil leaves, 1 tbsp carrots and a small handful of noodles and roll up. Divide dressing among 4 small dishes for dipping.

Vietnamese Sticky Chicken with Daikon and Carrot Pickle **Gourmet | March 2005**

The chicken and pickled vegetables are meant to be wrapped up in lettuce leaves and eaten with your hands.

Yield: Makes 4 servings

Active Time: 30 min

Total Time: 35 min

ingredients

For chicken

2 garlic cloves, minced
3 tablespoons sugar
1 1/2 tablespoons Asian fish sauce
1 1/2 tablespoons vegetable oil
1 tablespoon fresh lime juice
1 1/2 teaspoons Sriracha or other Asian hot chile sauce

1 1/2 lb skinless boneless chicken breasts, cut crosswise into 1/4-inch-thick slices

For pickle

2 medium carrots, peeled

1/2 lb daikon radish, peeled

1/2 cup rice vinegar (not seasoned)

1/4 cup sugar

1 teaspoon salt

Special equipment: a Japanese Benriner* or other adjustable-blade slicer; a well-seasoned ridged grill pan

Accompaniments: at least 8 large red- or green-leaf lettuce leaves; about 8 fresh mint, basil, and/or cilantro sprigs; Sriracha or other Asian hot chile sauce

preparation

Marinate chicken:

Whisk together garlic, sugar, fish sauce, oil, lime juice, and hot sauce in a large bowl until sugar is dissolved. Add chicken and toss to coat, then marinate 15 minutes.

Make pickle while chicken marinates:

Cut carrots and radish into 1/8-inch-thick matchsticks (2 inches long) with slicer. Whisk together vinegar, sugar, and salt in a bowl until sugar is dissolved, then add vegetables and toss to combine. Let stand, tossing occasionally, until wilted, about 15 minutes.

Grill chicken:

Heat grill pan over moderately high heat until hot, then grill chicken in 4 batches, turning over once with tongs, until just cooked through, about 1 minute total per batch. Transfer chicken to a plate as grilled and keep warm, covered with foil. Serve with pickle and accompaniments.

*Available at Asian markets, cookware shops, and Uwajimaya (800-889-1928).

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Grilled Five-Spice Chicken Epicurious | August 2001

by Mai Pham

Pleasures of the Vietnamese Table

Ga Ngu Vi Huong

The best five-spice chicken I have had in Vietnam was made by a street food vendor in the port town of Hoi An in the central region. The vendor used a spice mix of freshly toasted star anise and turmeric. When she grilled the chicken, the whole neighborhood was perfumed with the most enticing fragrance. This is my version of that dish.

Yield: Makes 4 servings

ingredients

- 1 whole chicken (about 2 1/2 pounds), preferably free range, rinsed
- 3 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 3 tablespoons minced ginger
- 2 tablespoons minced garlic
- 2 tablespoons sugar
- 2 teaspoons ground turmeric
- 1 teaspoon Chinese five-spice powder
- 1/2 tablespoon sea salt
- 4 whole star anise, lightly toasted in a dry pan for 3 minutes, pounded or ground into a fine powder
- 1/2 cup [Soy-Lime Dipping Sauce](#)

preparation

1. Cut the chicken into 6 pieces and make 1 or 2 slashes in each piece for faster cooking. Trim and discard any excess fat. Pat the chicken dry.
2. In a bowl, combine the oil, soy sauce, ginger, garlic, sugar, turmeric, five-spice powder and salt. Stir well to blend. Add the chicken pieces and turn several times to coat them

evenly. Marinate in the refrigerator for at least 4 hours.

3. Start a charcoal grill or preheat a gas grill to moderate heat. (You can also use a broiler.) Thirty minutes before cooking, add the freshly toasted star anise powder to the marinated chicken, turning so the meat is coated evenly.

Ginger-Garlic Hummus Bon Appétit | January 2006

Serve with cucumber rounds, red bell pepper strips, and sticks of jicama.

Yield: Makes about 2 1/2 cups

ingredients

- 1 garlic clove, peeled
- 1 1-inch-long piece peeled fresh ginger
- 2 cups garbanzo beans (chickpeas; from two 15-ounce cans), drained, 3 tablespoons liquid reserved
- 1/4 cup cashew butter
- 3 tablespoons unseasoned rice vinegar
- 1 1/2 teaspoons soy sauce
- 1/2 teaspoon chili-garlic sauce*
- 1/2 teaspoon freshly ground star anise
- 1/4 cup chopped fresh cilantro
- 1 green onion, chopped
- 2 whole star anise (optional)

preparation

Using on/off turns, mince garlic and ginger in processor. Add beans, reserved bean liquid, cashew butter, rice vinegar, soy sauce, chili-garlic sauce, and ground star anise. Process mixture to coarse puree. Add cilantro and green onion; process to combine. Transfer to bowl; garnish with whole star anise, if desired.

*Available in the Asian foods section of many supermarkets and at Asian markets