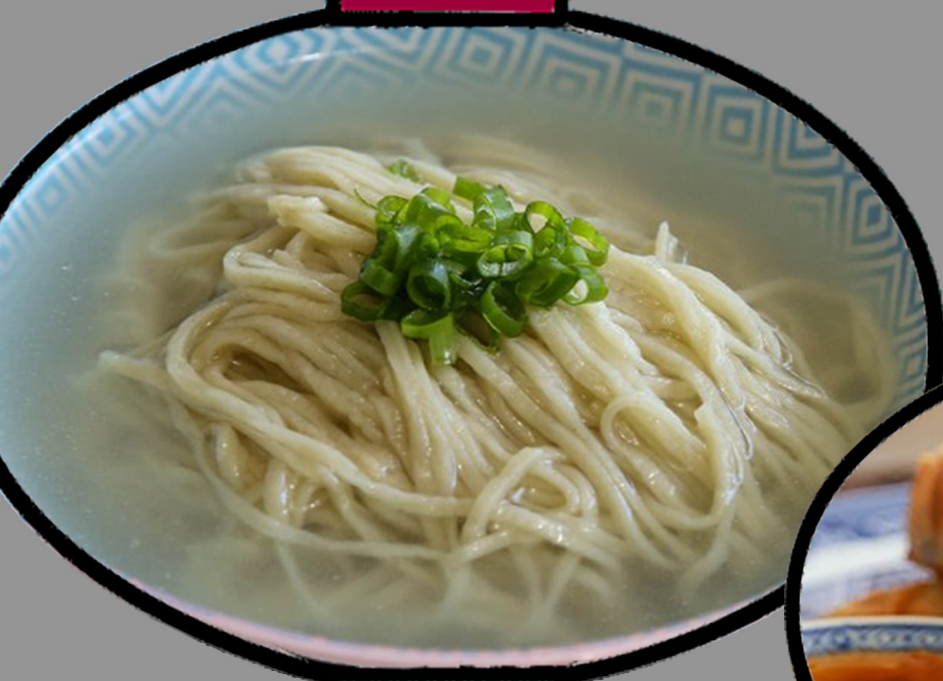


Chinese New Year Cookbook

2016 Edition



EST 2011

YI RESERVATION

MY AUTHENTIC CHINESE KITCHEN IN NYC

Chinese New Year Cookbook

2016 Edition

by Yi Reservation | authentic Chinese kitchen and beyond

A FREE e-cookbook

© 2016 by [Yi Reservation](#)

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and cer-

*To My Grandfather for
inspiring me to be a better cook
and
To Mrs. Yi Reservation
for being always supportive*

This is a FREE cookbook so feel free to forward it to your family and friends.

Actually, scratch that – **please spread the love and forward this cookbook with ANYONE** you think may benefit from this collection of authentic Chinese New Year recipes

The more the merrier!

As long as you keep the links, the names, and logos on each page intact .

Table of Contents

Introduction	5
Honey Glazed Pork Jerky	8
Coconut Rice Cake	10
Five Spiced Beef	12
Vegetable Spring Rolls	14
Cantonese Taro Cake	16
White Boiled Shrimp	20
Crispy Roasted Pork Belly	22
Chinese Broccoli with Oyster Sauce	24
Steamed Pork Ribs with Rice Flour	26
Steamed Fish	28
Soft Poached Chicken (White Cut Chicken)	30
Steamed Pork Belly w. Preserved Vegetable	32
Dumplings (Jaozi)	36
Longevity Noodles	38
Eight Treasure Rice	42
Almond Tofu	44
Tang Yuan (Sticky Rice Ball)	46
About the Author	48

Introduction

Chinese New Year, a.k.a. Chinese Lunar New Year or simply the Spring Festival, is the most celebrated festivals in Chinese community around the world. With over 1 billion people celebrating from Johannesburg to New York City and anywhere in between, Chinese New Year is arguably one of the biggest celebration in the world!

During this time, family members get together and celebrate with a big feast — the New Year's Eve dinner, where good wishes are exchanged and cash laden envelopes are given to the children.

Growing up in China, most of my fondest Chinese New Year memories occurred at the big reunion dinners where plenty of festival dishes were cooked by my grandfather and enjoyed by the whole family! Thank you grandpa, for preparing course after course of super delicious food during the New Year and being so inspirational in my cooking!

This **FREE cookbook** is a collection of Chinese New Year dishes I have always really enjoyed. Given the breadth of Chinese culinary culture, this cookbook is by no means extensive and only scratches the surface of the Chinese New Year dishes served around the world.

If you enjoyed reading and cooking these dishes, please feel free to forward it all your friends. Or better yet, send them over to YiReservation.com so they can discover the wonderful world of authentic Chinese cooking!

How to Use This Book

This easy to use cookbook is divided into 3 sections:

Appetizers and Treats

Entrees

Desserts

Each recipe features an introduction followed by ingredient list, procedures, and step-wise images. Similar to the recipes posted on my blog, these step by step images are designed to help you better visualize the whole cooking process so you can achieve the most delicious result!

Lastly, if you ever have any questions about any of the recipes in this book please feel free to send me an email at yi@yireservation.com or connect with me on social media. I look forward to meeting you!



Appetizers/ Treats

Honey Glazed Pork Jerky



Honey Glazed Pork Jerky 豬肉乾

While fine cheese and cured meat such as prosciutto are the ultimate appetizers/snacks in the Western culture, savory food such as meat jerky has always been a popular snack for the Chinese.

When it comes to Chinese New Year, there is just nothing better than munching a piece of honey glazed pork jerky also known as *Bak Kwa* in Southeast Asia.

Unlike the traditional American style jerky, *Bak Kwa* is juicy and tender with a signature sweet, smoky, and savory flavor and a finger-licking-good honey glaze.

This homemade jerky is a lot healthier than the commercial version because there is no preservatives and less sodium is used. So you can enjoy a few more strips without feeling guilty.

Ingredients:

- ◆ 2 lb ground pork

For Marinade

- ◆ 2 tbsp soy sauce
- ◆ 2 tbsp fish sauce
- ◆ 2 tbsp dark soy sauce
- ◆ ½ tsp salt
- ◆ 2 tbsp sugar
- ◆ 1 tbsp cooking wine
- ◆ 2 tbsp honey
- ◆ 1 tsp five-spice powder
- ◆ ½ tsp freshly ground pepper
- ◆ Cayenne pepper powder to your own taste (optional)

For Honey Glaze

- ◆ 2 tbsp honey
- ◆ 1 tbsp cooking wine

Step by Step:

1. In a mixing bowl, combine the ground pork and marinade ingredients.
2. Mix with a spoon or by hand until the pork turns into a paste. Cover with plastic wrap and chill in the fridge for at least 1 hour.
3. Preheat the oven at 375 F. Place a piece of parchment paper on a baking sheet. Put a few spoons of pork on a sheet of parchment paper then cover the pork with plastic wrap. Gently run a rolling pin over the wrap to flatten the pork and form a thin layer of pork.
4. Bake the pork for about 12 minutes on each side. Carefully flip it once in between.
5. Prepare the basting glaze by mixing the honey with cooking wine. Coat the pork



2 hrs



20 pc



Coconut Rice Cake



Coconut Rice Cake 椰汁年糕

Chinese rice cake, known as *Nian Gao*, which translates to a better year, is normally served around Chinese New Year to signify a better year ahead.

Similar in texture to [Japanese Mochi](#), Chinese rice cake is a traditional soft and chewy treat that can be both sweet and savory.

This version of coconut rice cake preserves the traditional texture while introduces a refreshing coconut flavor to it. Mostly of all, it is very easy to make!

You serve this rice cake as a snack or dessert, either way I guarantee it will be a crowd pleaser!

Ingredients:

- ◆ 220 g [sticky rice \(glutinous rice\) flour](#)
- ◆ 30 g wheat starch (or corn starch)
- ◆ 80 g sugar
- ◆ 40 g hot water
- ◆ 40 g whole milk
- ◆ 150 g coconut milk
- ◆ 1tsp coconut extract (optional)
- ◆ 15 g melted butter + more for coating the ramekin

 1.5 hrs

 6 pc

Step by Step:

1. Dissolve the sugar in hot water. Add milk to the mixture.
2. Combine the rice flour and corn starch in a mixing bowl. Slowly add the sugar mixture while mixing with an egg beater.
3. Slowly pour in the coconut milk and coconut extract (optional) and swirl until you have a smooth and runny batter.
4. Add 15g of melted butter to the batter and mix until incorporated.
5. Grease the ramekin with butter and lightly dust with some rice flour. Carefully fill up each ramekin with the batter. Tap the ramekin against a soft surface to remove any air bubbles on surface.
6. Steam the batter for 1 hour with lid on. Once done steaming, garnish the cake with sesame seeds or dry dates. Let cool on a rack. Remove from the ramekin and serve warm.





Five Spice Beef 五香牛肉

The five spiced beef is known for its melt-in-your mouth tender texture and the unforgettable aromatic flavor. In China, it is typically served as an appetizer right before the entrees are served.

Five spiced beef is made from slowly braising the beef in a pot of spice-infused brine and it is commonly served cold. Think it as the Chinese version of cold cut!

The name five spiced beef is slightly misleading as the number of spices involved are far more than five (think it as the Chinese version of Ras el hanout) and some recipes call for as many as 30 spices!

If you are not familiar with this dish, check out the post on the [history of this particular cooking technique called Lu](#) (aka slow braising in the spiced brine) which is the cooking method before five spiced beef.

This recipe calls for the master brine (described in the above article) which is the left over brine from the previous use. If you are making this dish for the first time, please refer to [this recipe](#) on how to start a new master brine. I know this sounds a lot of work but I promise you this dish will your best seller at your next holiday party.

Ingredients:

- ◆ 1 beef shin or any other cut of beef, about 1.5 lb
- ◆ 4 cup [Master brine](#) from the previous braising
- ◆ Sesame oil to taste
- ◆ Sesame seeds for garnish
- ◆ Additional spice mix (Chinese Ras el hanout) including cinnamon stick, star anise, cardamom, allspice, clove, Sichuan peppercorn, and etc.



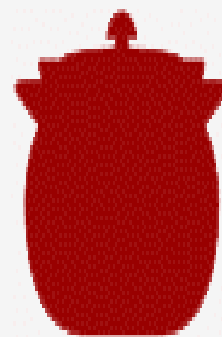
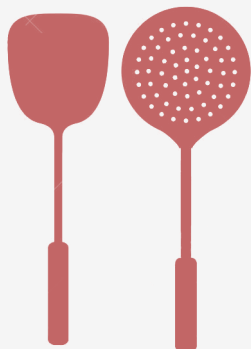
2.5 hrs



Serv. 4

Step by Step:

1. If this is your first time making this dish, please refer to my recipe on [how to create your own master brine](#) and get a list of spices needed .
2. Blanch the beef shin in boiling water for about 5 minutes. Remove from the water and rinse to clean.
3. Bring a pot of master brine to boil. Add additional spices, salt, and pepper as needed. The rule of thumb is to add a small quantity of spices each time you braise something new so you can maintain the deep flavor. Add the beef shin to the master brine and bring to boil. Let the beef simmer for about 2 hours or when it turns tender. Turn the beef every now and then.
4. Turn off the heat and let the beef sit in the brine for another hour. Remove the beef and chill in the fridge for at least 2 hours or overnight. Thinly slice the beef and brush with sesame oil and garnish with sesame seeds.



Vegetable Spring Rolls



Vegetable Spring Rolls 素春卷

As one of the most well-known Chinese dishes around the world, Spring rolls hold significant meanings during Chinese New Year. These crispy, golden-fried rolls resemble the gold bars which symbolize a prosperity year ahead.

If you were to serve these in a big party, try to make them ahead of the time and keep them handy in the freezer. If you live in the US, duck sauce (sweet plum sauce) is generally used for dipping.

Also, feel free to add all kinds of protein to the filing or keep the rolls vegetarian as this recipe intends.

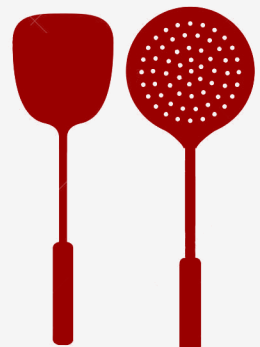
Ingredients:

- ◆ 3 shiitake mushrooms
- ◆ 1 stalk celery
- ◆ 5 pieces dried wood ear mushrooms, reconstituted
- ◆ Vermicelli, soaked in water
- ◆ 1 small carrot
- ◆ 10 napa leaves
- ◆ 1 pack Spring roll wrappers
- ◆ 1 tbsp cooking wine
- ◆ 1 tsp sesame oil
- ◆ 2 tsp Salt
- ◆ 1/2tsp white pepper powder
- ◆ 2tbsp corn starch slush



Step by Step:

1. Julienne the wood ear, shiitake mushrooms, celery, carrots, and napa.
2. Soak the vermicelli in warm water until soft. Cut into smaller segments with scissors.
3. Add 1 tbsp oil to a hot wok and stir fry all the vegetables. Add cooking wine, salt, and white pepper. Mix in the vermicelli.
4. Continue to cook until all the vegetables are soft, about 10 minutes. Add sesame oil. Thicken the vegetables with corn starch slush.
5. Place a spring roll wrapper flat on a work surface with corners pointing in four directions. Place about 1 tbsp of vegetable filling close to the lower corner.
6. Fold and roll up the skin to the mid-point.
7. Fold sides of wrapper in toward center.
8. Brush the upper corner with so egg wash or wet corn starch.
9. Roll up the wrapper to completely seal the spring roll.
10. Heat up oil in a skillet in medium heat. Fry a few spring rolls at a time until golden crispy. For about 3 minutes each.





Taro Cake



Taro Cake 芋頭糕

Taro cake is another traditional Cantonese dim sum staple served extensively around Chinese New Year.

Like many Chinese New Year dishes, all these cake dishes are supposed to bring good fortunes. The word “Cake” or “Gao” in mandarin is a homonym to the word which translates to higher level. So believe or not, whenever you eat one of these cake dishes you have unknowingly improved your chance to succeed in the New Year!

Similar to the [turnip cake](#), the taro cake is steamed soft and smooth cake flavored with savory ingredients. Although the taro cake has a denser and starchier texture than the turnip cake, it is just as addictive and not too hard to make!

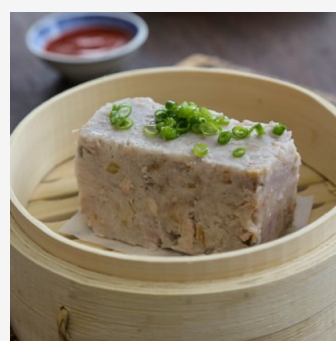
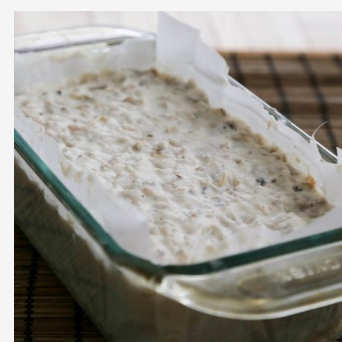
Ingredients:

- ◆ 500 g taro, skin removed
- ◆ 220 g [rice flour](#)
- ◆ 800 ml water, divided to two
- ◆ 1/2 cup [dried shrimp](#), rehydrate in water
- ◆ 2 [dried scallop aka conpoy](#), rehydrate in water
- ◆ 1/2 lb ground meat or chopped Chinese sausages
- ◆ 4 dried shiitake mushroom, rehydrate in water
- ◆ 1 shallot, finely chopped
- ◆ Seasoning
- ◆ 1 tsp five spice powder
- ◆ 1 tbsp soy sauce
- ◆ 1/2 tbsp sugar
- ◆ 1 tsp white pepper powder
- ◆ 1 tsp salt
- ◆ 1 tsp sesame oil



Step by Step:

1. Finely chop the shitake mushroom, dried scallop, and dried shrimp. Set aside.
2. Dice the taro into 1/2 inch cubes.
3. Heat up 2 tbsp of oil in a wok and stir fry the shallot, shiitake mushroom, dried shrimp, and dried scallop until aromatic. About 2 minutes.
4. Add the diced taro and continue to stir fry for another 2 minutes. Add 400ml of water to the wok. Cook for about 15 minutes or until most of the taro cubes are soft.
5. In the meantime, combine the 400ml of water with all the rice flour to form a rice batter.
6. Turn off the heat on stove and combine the rice batter with the taro. Add all the seasoning ingredients and fold the batter to incorporate .
7. Use a potato masher to smash HALF of the taro chunks. And fold several times to form a thicker batter.
8. Transfer the batter to a parchment paper covered baking pan. This recipe yields two 9-inch bread loaf pans (about 20 slices).
9. Steam the taro batter for about 60 minutes. When done steaming, test the doneness with a toothpick. If the toothpick comes out clean, the cake is ready
10. The cooked taro cake can be immediately served plain or with toppings such as [XO sauce](#).
11. Alternatively, serve it the pan-fry dim sum style. Cool down the taro cake completely and cut into 1/2 slices. Pan fry the sliced cake over low heat until both sides are golden brown.





Entrees / Main Courses



White Boiled Shrimp 白灼蝦

Seafood dishes have always holds a big role in celebratory occasions such as Chinese New Year. Although lavish delicacies such as abalone and the controversial shark fin still hold a special place in the fancy dining scenes, a simple homemade boiled live shrimp always wins my heart.

This dish is all about the freshness the sweetness of the shrimp so live shrimp is common used. And this is one of the reasons people pay top dollar to eat this dish at restaurants.

However, with this fault proof recipe, you can prepare that perfectly boiled shrimp just like the restaurant version.

Ingredients:



- ◆ 12 oz fresh shrimp (live one preferred)
- ◆ 3 slice ginger
- ◆ 1 sprig scallion
- ◆ 2 tbsp cooking wine

Ginger Vinegar Dipping Sauce

- ◆ 1 tbsp soy sauce
- ◆ 3 tbsp black vinegar
- ◆ 1/2 tbsp ginger strips

Scallion Dipping Sauce

- ◆ 1 tbsp scallion, minced
- ◆ 1 tbsp garlic, minced
- ◆ 2 tsp sugar
- ◆ 3 tbsp soy sauce

 0.5 hrs
 Serv. 4

Step by Step:

1. Rinse the shrimp in cold water and pat dry.
2. To make the scallion dipping sauce: in a small sauce pan over low heat, fry the minced scallion and garlic in 2 tbsp of oil until it turns brown. Pour the oil, scallion, garlic to a bowl and mix with soy sauce, and sugar.
3. To make the ginger sauce: mix the ginger, soy sauce, and vinegar together. Both sauces can be made ahead of the time.
4. Boil 8 cups of water with ginger and scallion in a wok or pot. Add shrimp to the boiling water and cook for 1.5 to 2 minutes. Take the shrimp out as soon as it turns white. Keep the pot of water on stove.
5. Return the shrimp back to the same pot of boiling water. Boil the shrimp for about 30 seconds – 1 minute. Take it out when it turns opaque completely. When the flesh starts to shrink it is a sign that shrimp is overcooked.



Crispy Roasted Pork Belly 脆皮豬腩

Commonly served in the form of whole hog or suckling pig at wedding banquets, crispy pork belly aka *Siu Yuk* in Cantonese is another important dish served around the New Year.

A perfectly cooked crispy pork belly has this signature golden crispy skin and very tender and flavorful belly meat. When you take a bite into the crispy skin, it literally cracks in your mouth like firecracker!

This dish is surprisingly easy to make at home and the result matches the restaurant quality. Well I'll just let [crackling speak for itself!](#)

Ingredients:

- ◆ 2 lb pork belly
- ◆ 1 tbsp white vinegar
- ◆ 1 tsp baking soda



3 hrs



Serv. 6

The Brine

- ◆ 1 tbsp salt
- ◆ 3 liter water

Pork Seasoning

- ◆ 1 tbsp salt
- ◆ 1.5 tsp five spice powder
- ◆ 1 tsp sugar
- ◆ 1/2 sand ginger powder (optional)

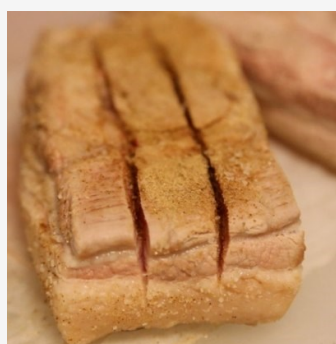
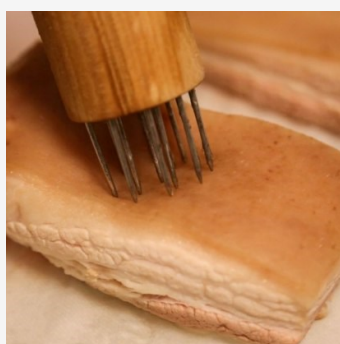
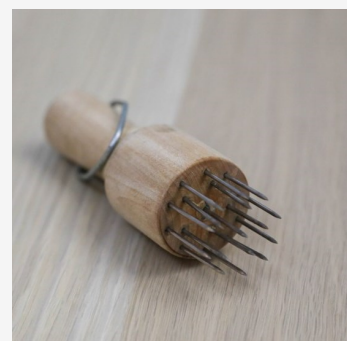
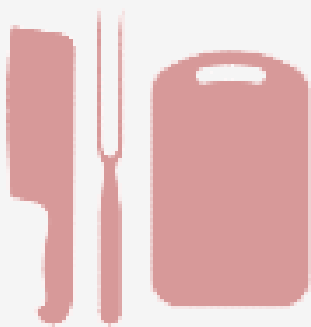


Crispy Roasted Pork Belly



Step by Step:

1. To make the brine, dissolve the salt in the water. Submerge the pork belly for at least 2 hours or keep in the fridge overnight. Blanch the pork belly in boiling water for 3 minutes or until the meat turns color and the skin contracts and hardens.
2. Pat dry the belly and poke A LOT of small holes on the belly skin using the tip of your knife or a special tool shown in the picture. Be careful not to penetrate the skin.
3. Combine all the seasoning ingredients and mix into a spice mixture.
4. Make two shallow cuts on meat side of the belly. Rub the spice mix evenly on the meat side only.
5. Lightly rub baking soda on the skin. Then evenly brush the vinegar on the skin.
6. Let the belly marinate in the fridge for 2 hours or overnight for better flavor.
7. Preheat the oven to 380F. Wrap the pork belly with aluminum foil exposing the skin.
8. Roast the pork belly for 50 minutes. Then switch to broil and broil the skin for 5 minutes or until the skin turns bubbly and crispy. To avoid burning the skin, try to move the pork around so it gets even heating.
9. Cool off the belly on a cooling rack. Scrap off any charred skin. Slice the pork to cubes and serve it warm with hoisin sauce.



Chinese Broccoli w. Oyster Sauce



Chinese Broccoli w. Oyster Sauce 蠔油芥蘭



Chinese broccoli, or *Gai Lan* in Cantonese, is a leafy green vegetable similar to broccoli rabe. Chinese broccoli is a staple in Cantonese cuisine and is often served as stir-fried or blanched.

Chinese Broccoli with oyster sauce is a very popular way to serve fresh and tender Chinese broccoli. Although not an exclusive New Year's dish, I always like to include this green dish on my menu because it's such a great balance to the heavy and meaty courses served during the New Year.

This delicious Chinese broccoli with oyster sauce dish is extremely easy to prepare at home. If you don't have access to Chinese broccoli, you can also substitute with regular broccoli.

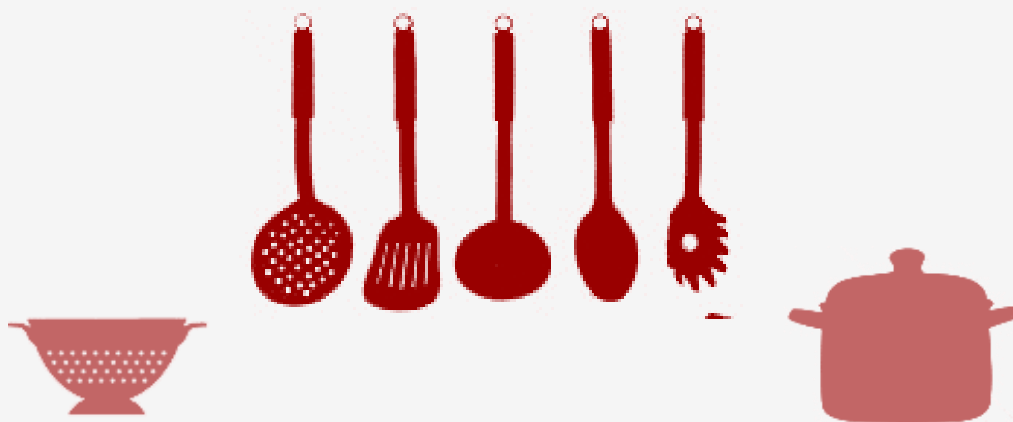
Ingredients:

- ◆ 1 bunch [Chinese broccoli](#) (*gai lan*), rinsed
- ◆ 1 tsp cooking oil
- ◆ 2 tsp salt
- ◆ 2 tbsp oyster sauce
- ◆ 1/2 tsp sugar

 0.5 hrs
 Serv. 4

Step by Step:

1. Separate the Chinese broccoli stems from the leaves. Cut the stems in half lengthwise.
2. Add the salt and oil to a pot of boiling water. Blanch the leaves for about 1 minute over high heat. Remove the excess water in a colander and transfer to a serving plate.
3. Blanch the stems separately in the same pot of boiling water for about 2 minutes until the stems are tender crisp. Remove and drain in the colander. Place on top of the blanched leaves.
4. Combine the oyster sauce with sugar in a bowl. Drizzle the oyster sauce mixture over the Chinese broccoli and serve warm.



Steamed Pork Ribs with Rice Flour 粉蒸排骨

Steamed meat with rice flour was a popular household dish in china and it was one of the dishes served in all major celebrations when I grew up in China.

There are many variations from region to region but my absolutely favorite is my grandfather's steamed pork ribs with rice flour.

Flavored with Sichuan spicy bean paste, Fresh ribs are coated in toasted spiced rice powder and steamed until they are falling-off-the-bone tender. This is a must-have dish!



2 hrs

Serv. 4-6

Ingredients:

- ◆ 1 rack of pork ribs, about 3lb
- ◆ 3 potatoes

Rib Marinade

- ◆ 2tbsp cooking wine
- ◆ 3tbsp soy sauce
- ◆ 1.5tbsp Sichuan spicy bean paste
- ◆ 1tsp sugar
- ◆ 1tsp salt

Toasted rice flour mix

- ◆ 1cup rice
- ◆ 1 star anise
- ◆ 1 sand ginger
- ◆ 1/2tsp Sichuan peppercorn

Steamed Pork Ribs with Rice Flour



Step by Step:

1. Combine all rice flour mix ingredients in a frying pan and toast over low heat until aromatic and the rice starts to turn yellow. Mix frequently to avoid uneven cooking. About 8 minutes.
2. Cool down the toasted rice mix and transfer to a small grinder. Grind the rice mix into coarse powder. This can be made ahead of the time and stored in a dry place.
3. Have your butcher cut the rack of ribs cross-wise into two halves. Then cut into 1"x2" individual pieces.
4. Mix the ribs with all marinade ingredients and let it marinate overnight.
5. When ready to cook, peel and cut potatoes into 1x1 cubes. Combine the marinated ribs and potatoes with the toasted rice mix. Mix well with a spoon.
6. In a large bowl, layer the pork ribs and fill the bowl up to 70%. Fill the remaining 30% with potato cubes.
7. Steam over medium heat for 90 minutes or steam in a pressure cooker for 30 minutes. The meat should be very tender.
8. Remove the bowl from the steamer and flip onto a plate. Serve with a side of steamed rice.



Cantonese Style Steamed Fish



Cantonese Style Steamed Fish 廣式蒸魚

Steamed fish, as many of you might know, is an obligatory dish at any Chinese New Year dinner and sometimes it is the highlight of the whole dinner.

While looking intimidating, this-easy-to-make and refreshing steamed fish dish is a great way to taste the true flavor of the ingredient. Not to mention that in Chinese, the word fish (魚) or *Yu* sounds like the word surplus or abundance. Therefore serving a fish symbolizes good wishes for abundance and prosperity, making this dish a must-have!

This simple Cantonese style steamed fish recipe breaks down all the essential steps and you'll also learn the key technique that puts that final touch to this delightful dish!

Ingredients:

- ◆ 1.5 lb fresh sea bass, cleaned and pat dry
- ◆ 2 tbsp scallion, shredded to tiny strips
- ◆ 1 tbsp ginger,
- ◆ 2 tbsp cooking oil
- ◆ 3 tbsp seafood soy sauce, see below
- ◆ several pieces of sliced ginger
- ◆ several pieces of 2 inch long scallion

Seafood Soy Sauce

- ◆ 1/3 tbsp oyster sauce
- ◆ 4 tbsp. soy sauce
- ◆ 1/2 tsp salt
- ◆ 2 tsp sugar
- ◆ 1 tbsp water
- ◆ 1 tsp cooking wine

Step by Step:

1. Slice the gingers and scallions. Cut half of the gingers and scallions to thin strips.
2. In a plate, place sliced ginger and scallion on the bottom of where fish will be place. This is to create room below the fish for even heat distribution.
3. Place the fish on the plate and steam it in boiling water for 7 to 8 minutes. If you have a bigger fish, be sure to extend the cooking time to have it fully steamed. Also, use high heat for steaming.
4. Take out the fish as soon as it is done. The fish is done when the eyes of fish are all popped out and the fins are open. Remove the excess liquid from condensation if there is any.

5. Heat the cooking oil until it gets very hot. Top the fish with seafood soy sauce and shredded ginger and scallion. Pour the hot cooking oil on top. There should be plenty of sizzling.

Seafood Soy Sauce

The seafood soy sauce is a compound soy sauce used in seafood cooking. It is available in Chinese supermarkets but you can also make it at home easily: combine all ingredients in a sauce pan, boil in low heat until it is reduced to 3 tbsp. About 4 minutes.



0.5 hrs

Serv. 4



Soft Poached Chicken (White Cut Chicken)



Soft Poached Chicken (White Cut Chicken) 白切雞

Soft Poached Chicken aka White Cut Chicken is a classic Chinese dish often served during celebrations.

Although there are many regional variations, the dish name White Cut Chicken typically refers to the Cantonese style poached chicken where the neatly chopped whole chicken is served with an aromatic ginger and scallion sauce with a side of steamed rice.

Traditionally, a live chicken is processed and poached for the best flavor however if you don't have access to live poultry, use the freshest whole chicken you can get on hand.

Ingredients:

- ◆ 1 small fresh chicken, 1.5-2lb
- ◆ 1 slice ginger
- ◆ 1 scallion
- ◆ 1tbsp oil + 1/2tsp sesame oil, mixed

Ginger Scallion Dipping Sauce

- ◆ 1tbsp minced ginger
- ◆ 1tbsp minced scallion
- ◆ 1tbsp minced shallot
- ◆ 1tsp salt
- ◆ 4tbsp oil



1 hrs



Serv. 4

Step by Step:

1. In a large deep stock pot, add 12 cups of water (or enough to cover the whole chicken), a slice of ginger and 1 stalk of scallion. Bring to boil.
2. Gently drop in the chicken and make sure the entire chicken is submerged.
3. Once the water boils again, turn down the heat to low and let boil for about 5 minutes. Turn off the heat and cover with a lid. Let the chicken poach for another 40 minutes.
4. Gently remove the chicken from the pot and immediately transfer to an ice water bath. Let the chicken cool down for a few minutes and transfer to a plate. Pat it dry with a paper towel.
5. Lightly brush oil mixture over the chicken. Chop the chicken into chunks and serve with ginger scallion sauce (see below) or other dipping sauces of your choice.
6. To make the Ginger Scallion Sauce. Combine the minced ginger, scallion, shallot, and salt in a small bowl. Mix well.
7. Heat up 4 tbsp of cooking oil until smoky. Gradually pour the hot oil onto the ginger scallion mixture and stir with a spoon. Mix well and use for dipping anything you like.



Steamed Pork Belly w. Preserved Vegetables



Steamed Pork Belly w. Preserved Vegetables 扣肉

Steamed pork belly with preserved vegetables has always been a family favorite at the Chinese New Year dinner! It is the paradise for pork lovers!

My grandfather used to cook the best steamed pork belly every Chinese New Year that no matter how much he cooked we always managed to miraculously whip it all out!

These melt-in-your-mouth pork belly slices are savory and aromatic. The richness of the pork is a perfect marriage to the preserved vegetables. Use *Ya Cai* (a preserved vegetables from Sichuan) if you have access to it. Otherwise you can use the preserved mustard greens which are more common.

The leftover persevered vegetables and sauce are a perfect topping for making the famous *dan dan noodles* so do save them!

Ingredients:

- ◆ 1 lb pork belly
- ◆ 2/3 lb preserved mustard greens, rinsed and chopped
- ◆ 2 inch ginger, thinly sliced
- ◆ 1 star anise
- ◆ 2 dry chili
- ◆ 1/2 tsp Sichuan peppercorn
- ◆ 2 tsp corn starch dissolved in 1 tbsp of water

Pork Marinade

- ◆ 1 tsp dark soy sauce
- ◆ 1 tsp sugar

Sauce

- ◆ 1 tbsp soy sauce
- ◆ 1/2 tbsp dark soy sauce
- ◆ 1 Chinese cooking wine
- ◆ 1 inch ginger, thinly sliced
- ◆ 1 tsp sugar



Step by Step:

1. In a pot of boiling water, blanch the pork belly for 2 minutes.
2. Removed the pork from the water and pat it dry.
3. Combine the sugar and soy sauce to make the pork marinade. Gently brush the marinade on the pork belly skin only. Set the pork aside for about 30 minutes.
4. Heat up 3 tbsp of cooking oil in a pot and pan fry the pork belly skin until the skin is slightly crispy. About 1 minute.
5. Submerge the pork belly immediate in an ice water bath for a few minutes. Then pat dry the pork and chill in the fridge for at last 20 minutes.
6. In a cooking pan, combine 1 tbsp of oil, the chopped preserved mustard greens, dry chili, Sichuan peppercorn, star anise and the sliced ginger. Stir fry for 3 minutes. Taste the mustard green and add salt to flavor if necessary.
7. Combine all the sauce ingredients to make the sauce for the pork belly.
8. Slice the pork belly to ¼ inch thick.
9. Line up the pork slices skin-side down on the bottom of a 7-inch bowl.
10. Pour the sauce evenly on top of the pork slices.
11. Add the pan fried mustard greens on top of pork until the pork is completely buried.
12. Steam the pork over medium heat for 1.5 hours. If your pork is thicker you need to steam for a little longer. Once the pork is done cooking, let it cool down to the temperature you can handle.
13. Place a serving plate on top of the bowl and quickly invert the bowl and plate so the plate is on the bottom holding the bowl. Tilt the bowl and plate to collect as much liquid possible. Then remove the bowl.
14. Bring the collected liquid to boil in a pan and stir in the corn starch to thicken the sauce.
15. Drizzle the sauce back onto the pork and serve the pork hot with rice.

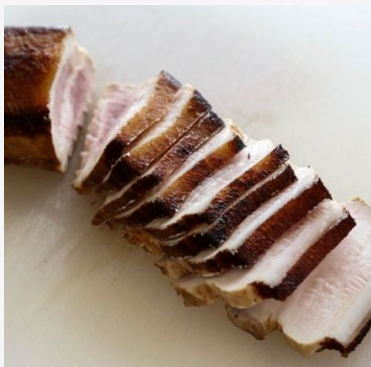


3 hrs



Serv. 4





Pork Dumplings 餃子

If there is only one Chinese New Year dish you need to eat, let it be the dumplings!

Chinese dumpling or Jiaozi has long been considered the ultimate essential dish at New Year dinner. Not only these dough-wrapped pockets are delicious to eat, the shape of Chinese dumplings also resembles the gold ingot (元寶) which means wealth and prosperity.

In many parts of China, making dumplings commands the labor of the whole family. Each member, in synchronization, would carry out one of the steps ranging from making the dough, to rolling the skins, to folding the dumplings, while chatting and watching the CCTV's Spring Festival Gala.

Fortunately, you don't need the whole family to make delicious dumplings. With this easy to make dumpling recipe, you can make killer dumplings all by yourself!

Ingredients:

- ◆ 1/2 lbs. Chinese chive
- ◆ 1 lb ground pork
- ◆ 2 tbsp soy sauce
- ◆ 1 tsp Sugar
- ◆ Salt
- ◆ 1 tsp white pepper powder
- ◆ 1 tsp sesame oil
- ◆ 2 stalk scallion
- ◆ 2 slice fresh ginger
- ◆ 2 tsp cornstarch
- ◆ 1 tbsp vegetable cooking oil
- ◆ 1 package round dumpling wrappers



3 hrs



20 pc



Step by Step:

Start with the filling:

1. Chop the Chinese chive into small pieces. About 1/8 inch long.
2. In a large bowl, combine the chopped chives with 1tsp of salt. Mix well and set aside for 20 minutes. This process lets the chive to wilt, making it easier to mix later on.
3. In the meantime, chop the ginger and scallion then mix them with 1 cup of water. The ginger scallion water will be used in flavoring the meat filling.
4. Combine the wilted chive with pork, white pepper powder, soy sauce, sugar, and 1 tbsp of salt. Mix well

using a soup spoon.

5. Slowly add ginger-scallion-water to the filling while swirling the spoon in one direction until you have a paste consistency.
6. Add sesame oil and vegetable oil and mix for one more minute. All this stirring and mixing will make the meat absorb the liquid you add to it, resulting a juicy stuffing. Set the filling aside.



To fold the dumplings:

1. First lay a dumpling wrapper flat on your palm. Then spoon about 1 tbsp of dumpling filling and place in the middle of the wrapper.
2. Dip your fingertip in water and wet the entire edge of the wrapper.
3. Make 3 pleats (or more if you want to make it fancy looking) on one side of the wrapper then fold dumpling in half to enclose filling, and pinch the two edges together tightly.
4. Place the dumplings on flour-dusted workstation. Repeat this process for the rest of the filling.



Longevity Noodles



Longevity Noodle Soup 長壽面

Longevity noodles are another symbolic dish often served in Chinese New Year dinners, birthday banquets, and other major holidays.

Longevity noodles refer to noodle dishes made with very long and thin noodles. The shape of the noodles signifies a long and healthy life, making noodles a popular dish in celebratory meals.

The good fresh noodles should be elastic and slightly chewy. Since I take my noodles really seriously, I make my own from scratch whenever I can.

This homemade version requires a pasta machine and a bit of work but these fresh noodles blow store bought dry noodles out of water every time.

Once you have the fresh noodles made, try them with one of my [noodle dish recipes](#).

Ingredients:

- ◆ 100 g all-purpose flour
- ◆ 200 g bread flour
- ◆ 2 egg
- ◆ 1 tsp baked baking soda* (alkaline)
- ◆ 80 g warm water plus extra for adjustment
- ◆ 1 tsp salt
- ◆ 1/2 cup corn starch

*Baked baking soda can be made by baking the baking soda at 320 F for 30 minutes



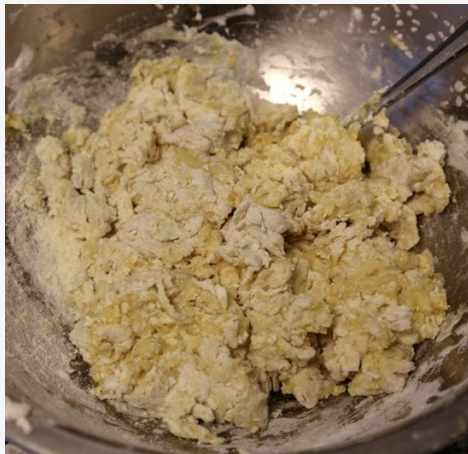
2 hrs



Serv. 4

Step by Step:

1. Dissolve the baked baking soda with warm water to form the alkaline water. Combine the alkaline water with the rest of the ingredients except the corn starch in a mixing bowl.
2. Slowly incorporate the flour with the liquid to form a firm dough. Add more water if the dough is too hard or add more flour if the dough is too soft. Knead by hand for about 10 minutes until the dough is smooth. Cover with plastic wrap and chill in the fridge for 1 hour
3. Divide the dough in half and roll out the dough to a flat rectangle .
4. Follow your pasta machine instructions and press your dough several times until it becomes a long and thin smooth dough sheet. Use the pasta machine cutter to turn the sheet into long noodles. Dust the noodles with corn starch to keep them scattered.





Desserts/Sweets

Eight-Treasure Rice 八寶飯

Eight treasure rice is a traditional sweet dessert dish served towards the end of the Chinese New Year dinner or on special occasions.

Eight treasure rice is sometimes known as eight treasure pudding but unlike the western rice pudding, this is really a sweet sticky rice dish loaded with tons of “treasures” inside, making it a perfect dish to finish the New Year’s dinner.

Feel free to choose your own eight ingredients with whatever you have on hand as long as you keep the number to eight which is a lucky number in Chinese.



3 hrs



Serv. 4

Ingredients:

- ◆ 1.5 cup glutinous rice
- ◆ 2 tbsp sugar or brown sugar
- ◆ 1 tbsp butter or lard

The 8 Treasures:

- ◆ 1 tsp goji berry
- ◆ 10 lotus seeds
- ◆ 10 dried red dates
- ◆ 2 tbsp raisins
- ◆ 3 tbsp red bean paste
- ◆ 15 candied mandarin orange
- ◆ 10 candied cherry
- ◆ candied winter melon



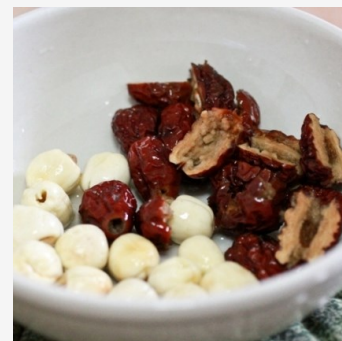
Eight Treasures Rice



YI RESERVATION

Step by Step:

1. Soak the glutinous rice overnight in water. Before steaming, drain all the water and add about 3 tbsp of water to the rice. Steam for 30 minutes with the lid on.
2. Soak the lotus seeds and dried dates in warm water for at least 2 hours. You can do this one day in advance. Cut the dates in halves.
3. While the steamed glutinous rice is still warm, mix in the butter and 1 tbsp of sugar. Taste the rice to make sure it's not too dry. Mix in some warm water if the rice is too dry.
4. Assemble the rice and treasures in a serving bowl to your liking. If you like to decorate, you'll find this step FUN. The rule of thumb is separate each layer of treasures with a layer of glutinous rice. Try to keep the pretty ingredients on the bottom and around side of the bowl. Finish the top layer with rice.
5. Steam the assembly with the serving bowl rim facing up for 30 minutes. Flip the bowl onto a serving plate. Generally remove the bowl.
6. Make syrup by combining the rest of the sugar with 1/3 cup of boiling water. Thicken the syrup with a little corn starch. Evenly pour the syrup on top of the eight treasures rice.





Almond Tofu 杏仁豆腐

Although the name tofu might suggest a savory dish, this almond tofu dessert actually offers a sweet flavor and silky texture totally unlike other well-known dishes such as the legendary [mapo tofu recipe](#).

While the notion of making your own tofu might sound scary, you'll be surprised by how easy it is to make this dish. Just need to follow the step by step instructions on the next page.

Serve this light and refreshing almond tofu dessert at the end of your Chinese New Year dinner to conclude the feast on a sweet note!

Ingredients:

- ◆ 350 ml unsweetened Soy Milk
- ◆ 250 ml water
- ◆ 300 ml milk
- ◆ 1 bag gelatin
- ◆ 50 g almond powder
- ◆ 30 g sugar
- ◆ ½ tsp almond extract or vanilla extract
- ◆ A few roast Almond or goji berry for decoration

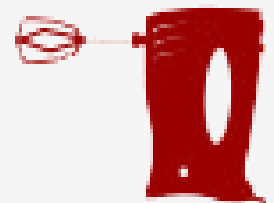


Step-by-Step:

1. In a pot, combine the soy milk and water. Bring to boil.
2. Mix in the Gelatin. Stir vigorously until the Gelatin is well dissolved. Turn off the heat.
3. Add milk, almond powder, sugar, and almond extract. Stir until everything is dissolved.
4. Run the mixture through a fine mesh strainer. Discard the solid residues.
5. Dispense the mixture into several bowls or cups. Chill in the fridge until solidified. About 1 hour.
6. Decorate with either roasted almond or goji berry.

 **1.5 hrs**

 **Serv. 4**



Black Sesame *Tang Yuan* (Sweet Rice Balls) 湯圓

Tang Yuan is another classic dish traditionally served on Lantern Festival which is on the 15th day for Lunar New Year or on solstice festivals.

Tang Yuan are boiled small balls made from glutinous rice (sticky rice) flour. It can be served without the filling but I always prefer my *Tang Yuan* loaded with my grandfather's creamy and smooth black sesame filling.

To make *Tang Yuan* and the filling from scratch does require a little patience but when you take a BIG bite into that sticky rice ball and feel the explosion of sesame heaven in your mouth you'll understand it's all worth it.



Ingredients:



2 hrs



10 pc

For Tang Yuan

- ◆ 2 cup sticky rice flour (glutinous rice flour)
- ◆ 1 cup water
- ◆ Pre-made sesame fillings

For Sesame Fillings

- ◆ 1 cup black sesame
- ◆ 2 cup sugar
- ◆ 1/2 cup Peanuts or walnuts or mix of both
- ◆ 2 stick Unsalted butter (or lard), melted
- ◆ 2 oz sweetened winter Melon, minced (optional)

Tang Yuan (Sweet Rice Balls)



Step by Step:

1. To make the black sesame filling. Roast the peanuts and coarsely grind them in a food processor.
2. Add the sesame and sugar to the food processor and grind everything into powder.
3. In a non-stick container mix the sesame mixture with sweetened winter melon.
4. Gradually add butter to pan and stir to mix. It should form a thick paste. Transfer to a glass pan or non-sticky tray and carefully flatten the surface by petting it.
5. Cut the dough into 1/2 inch grids and refrigerate until solidified. When making the tang yuan, cut each grid into 1/2 inch cubes and shape into balls. You can store the fillings in a freezer for up to one month.
6. Mix the water and the sticky rice flour to make the dough. Roll it by hands until the dough becomes sticky like play dough. Add additional flour if the dough is too wet or add water if too dry.
7. Divide the dough into 1.5 inch balls and keep them covered with a damp towel as they dry up very quickly.
8. Take a piece of dough and carefully shape it into a bowl.
9. Place a piece of sesame fillings in the middle of the dough.
10. Seal the opening carefully. Make sure the dough is not penetrated anywhere. Gently shape the balls as round as possible.
11. In a pot of boiling water cook the *Tang Yuan* until they float on the surface for at least 1 minute. It will take approximately 6 minutes to cook.

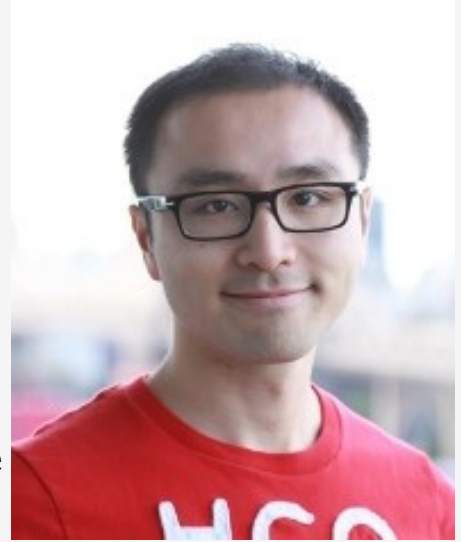


Meet The Author

My name is Yi, the author of this Chinese New Year Cookbook as well as the chef, photographer, and editor of my cooking blog YiReservation.com.

I was born and raised in Chongqing, China and moved to the States when I was 14. Currently, I work and live in New York City with my wife Mrs. Yi Reservation and two adorable kitties [Oreo and Tinkerbelle](#).

Several years ago, I was frustrated with not being able to find easy-to-follow authentic Chinese recipes online so I started Yi Reservation on premises that cooking should be fun and stress-free and authenticity and approachability shouldn't be mutually exclusive.



Yi Reservation offers a wide range of recipes spanning from century-old dishes to trendy modern meals, from 10-minute weeknight dishes to multi-day-feast-preparation, from regional Chinese dishes to world cuisines. With over 100 high quality unique recipes, there is something for everyone!

When I am not cooking and blogging, I can be found drooling over other food blogs, running, exploring New York City, and spending time with my wife and the two cats.

You can contact me at yi@yireservation.com

Thank You Very Much!

I appreciate you for taking the time to download and read this cookbook and I'd love to hear what you think about this book. Please feel free to comment on my blog or shoot me an email if you want to reach me in private.

What's Next ?

If you enjoyed the recipes found in this book, the chances are you'll love many of the recipes I post on my blog YiReservation.com. If you haven't done so, please take a minute to subscribe to my [free news letters](#) so you won't miss out on any new recipes.

Lastly, please feel free to forward this cookbook to ANYONE that may benefit from the recipes! The more the merrier!