



Les Marmitons
NEW JERSEY

May 2023 Event

Traditional Chinese Meal Created by Efrain Raices

First Course: Dumplings a la Efrain

Second Course: Hot and Numbing Prawns

Family Style Main Course:

Beef with Cumin

Braised Ribs with Potatoes

Gai Lan with Oyster Sauce

Steamed Rice

Dessert: Fresh Pineapple and Chinese Cakes



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First Course: Dumplings a la Efrain

Serves 24

INGREDIENTS	
2 1/2 pounds ground pork	2 TBSP soy
24 scallions	2 TBSP hoisin
8 TBSP ginger	6 TBSP sesame oil
16 garlic cloves	4 TBSP corn starch
4 TBSP light soy	2 TBSP salt
	5 packages Northern style dumpling wrappers

DIRECTIONS

Process scallions in mini food processor.

Chop or process garlic and add to the scallions.

Mix all ingredients well.

continue to mix ingredients going either clockwise or counter for a couple of minutes.

This creates protein extraction and makes the filling "smoother" rather than "crumbly".

Make dumplings.

I've found that folding them like tortellini keeps the wrapper a little firmer, which is a nicer texture.

NOTES

Use Northern Style Dumpling wrappers.

boil for 15 minutes, then pan fry until one side is crisp.



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Second Course: Hot and Numbing Prawns

Serves 24

INGREDIENTS 6 pounds Head on Prawns 4 1/2 cup All Purpose Flour peanut oil for frying FOR THE MARINADE 3 tsp salt 6 Tbsp. Shaoxing Rice Wine	12 inch piece of Ginger unpeeled 12 scallions white and green parts FOR THE SEASONING 12 Tbsp. Peanut Oil 6 - 18 Sichuanese ground Chilis 3 -9 tsp ground toasted Sichuan Peppercorns
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DIRECTIONS

Rub the prawns with salt and wine. Slightly crush the ginger and scallions with the side of a cleaver and roughly chop them. Add to the prawns. Let marinate for 15 minutes.

Heat the oil for deep frying to 375 degrees. While its heating, remove the ginger and scallions from the marinade and drain the prawns in a colander. Toss them in the flour making sure they are evenly coated.

Fry the prawns in batches if necessary until they are crisp. Remove and drain.

When the prawns are ready, heat 2 Tbsp. of oil in a clean wok over moderate flame. Add the ground chilis and stir fry briefly until the oil is red and fragrant taking great care not to let it burn. Add the Sichuan Peppercorns and mix well. Then throw in all the prawns and toss briskly to distribute the spices evenly. Serve immediately.



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Main Course: Traditional Chinese Meal

First Dish: Beef with Cumin

Serves 24

INGREDIENTS	
72 oz beef	6 tablespoon sesame oil
6 tablespoon ginger-finely chopped	10 1/2 cups peanut oil for frying
6 tablespoon garlic-finely chopped	For the Marinade:
12 fresh red chili-seeds and stems discarded and finely chopped	6 tablespoon Shaoxing wine
6 tablespoon dried chili flakes	3 teaspoon salt
6 tablespoon ground cumin	6 teaspoon light soy
12 scallions -green parts only finely sliced	6 teaspoon dark soy
	6 tablespoon potato flour
	6 tablespoon water

DIRECTIONS

Cut the beef across the grain into thin slices.

Add the marinade ingredients and mix well. Set aside until ready.

Heat the oil to about 275 degrees. Add the beef and stir gently.

As soon as the pieces have separated, remove them from the oil, drain well and set aside.

Pour off all but about 3 tablespoons of the oil.

Over a high flame add the ginger, garlic, fresh chili, chili flakes and cumin and stir fry briefly until fragrant.

Return beef to the wok and stir well, seasoning with salt to taste. When all the ingredients are sizzlingly fragrant add the scallion greens and toss briefly. Remove from the heat, stir in the sesame oil and serve.

Second Dish: Braised Ribs with Potatoes

INGREDIENTS	
7 7 /8 lbs. ribs	4 1/2 tbsp. minced garlic
18 scallions, divided	4 1/2 tbsp. light soy sauce
9 tbsp. cooking oil	4 1/2 tbsp. Chinese cooking wine (Shaoxing wine)
9 tbsp. doubanjiang	4 1/2 tsp. rock sugar
4 1/2 tbsp. douchi (fermented black beans)	9 star anises
54 slices of ginger	salt and pepper
	4 1/2 pounds potatoes

DIRECTIONS

Place the ribs in a deep pot with enough water to cover. Add scallion in. Bring to a boiling and then cook for 1-2 minutes. Transfer out and clean with warm water. Drain and set aside.

Prepare a clay pot or stew pot, add around 2 tablespoons of oil and fry doubanjiang over slow fire until the oil turns slightly red. This is a very important step to remove the raw taste from doubanjiang.

Add ginger, garlic and fermented black beans and cook for a few minutes.

Add the ribs in and let them stay for a while until slightly browned. Add light soy sauce, cooking wine, sugar, star anise and scallion and fry for another 1-2 minutes.

Pour enough warm water to just cover and add small potatoes in or quartered potatoes, if using. Cover the lid and simmer for 20 minutes until the potatoes are well softened. Uncover and continue cooking for 10 minutes until the sauce is reduced.

Scoop braised ribs along with the juice.

Third Dish: Gai Lan Blanched Chinese Broccoli with Oyster Sauce

INGREDIENTS 40 ounces Chinese broccoli (gai lan) 4 teaspoon salt 4 teaspoon baking soda 4 slice ginger (about 1/2-inch thick)	Sauce: 12 tablespoons chicken broth or water 8 tablespoons oyster sauce 4 tablespoon Chinese rice wine or dry sherry 2 teaspoon sugar
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DIRECTIONS

Wash the Chinese broccoli. Cut off the ends if not already trimmed and cut into bite-sized pieces (about 2 inches long).

In a large saucepan, add enough water to cover the broccoli. Add the salt, baking soda and ginger. Bring to a boil.

While waiting for the water to boil, prepare the sauce. Combine the chicken broth or water, oyster sauce, rice wine or dry sherry and sugar. Bring to a boil in a pot

Turn the heat down and keep warm while blanching the broccoli.

Add the Chinese broccoli to the boiling water. Cook until the stalks are tender but crisp (3 - 4 minutes). Rinse in cold running water. Drain.

Pour the sauce over the broccoli. Serve immediately.