



Double-Cooked Pork Belly

(6th Grade of 2020-2021)

Double-cooked pork belly is a popular Sichuan dish. I like to eat double-cooked pork belly because the garlic leaves and black beans make this dish extremely unique and delicious. Now, I will teach you how to make it.



Ingredients

Main Ingredients: Pork belly 2lbs;
Side Ingredients: Garlic leaves ½ lbs, bell peppers 2;
Sauce: Black beans 2 tbsp, soy sauce 2tbsp, ginger root 4 pieces, green onion 1 piece;



Procedure (1)

1. If the pork belly is in the freezer, let it defrost and wash it clean;
2. Put the pork belly into a pot filled with water. Once the water is bubbling, boil for half an hour;
3. After the pork belly is done boiling, let it cool down. While the pork belly is cooling, prepare garlic leaves, ginger, and bell peppers;
4. First, cut the ginger into thin slices, then cut the bell peppers into small squares, and then cut the garlic leaves into squares, and finally, take the pork belly and cut it into thin pieces;





Procedure (2)

- 5.** Heat up the pot and do not put oil. Dump in the pork belly and stir-fry. Flip until the pork belly starts to spill oil. If there is too much oil, scoop some out with a spoon. Once the pork belly is golden brown, put in the black beans and flip until the pork belly and black beans give off a tasty smell. Next, put in the ginger and flip, add soy sauce and flip, add bell peppers and flip until the peppers are soft, then add garlic leaves and flip until soft;
- 6.** Turn off the heat, put in the green onions, scoop into a bowl, and enjoy!





Egg Pancake

BCS 6th grade of
2020-2021



2020-2021学年六年级B班学生

妈妈经常在早晨做这个菜。这鸡蛋饼的口味是咸和香。我喜欢吃鸡蛋饼。

My mom makes these egg pancakes on some mornings. These pancakes are salty and savory. I like these foods.

鸡蛋饼



材料: 面粉 $\frac{3}{4}$ 杯, 水 $1\frac{1}{2}$ 杯, 鸡蛋 6个, 葱二棵, 盐 $\frac{3}{8}$ 茶匙, 油。

All purpose Flour $\frac{3}{4}$ cup, Water $1\frac{1}{2}$ cup, Eggs 6, Scallion 2, Salt $\frac{3}{8}$ tsp., Cooking Oil

这是怎么做鸡蛋饼。先加四分之三杯面粉。再加一杯半水。然后拌匀水和面粉。加六个鸡蛋, 再拌匀。把两颗葱切得细细的。加葱和八分之三茶匙盐。再把混合物拌匀了。加油在平底锅。等锅烧热了以后, 用小火, 把三分之一杯混合物倒在锅里。摊开混合物, 等一会儿把饼翻过来。

First mix $\frac{3}{4}$ cup Flour, $1\frac{1}{2}$ cup water and 6 eggs. Then, add chopped scallion and salt. Also, mix again. Oil a pan and preheat it. Afterwards, pour $\frac{1}{3}$ cup of the mixture on the pan, spread out the mixture and flip after a while.

My Homemade Dinner

6th Grade of 2020-2021

Kongpao Chicken



宫保鸡丁

1. Ingredients:

- Minced scallions and garlic, peeled peanuts, chicken pieces, diced potatoes and orange peppers
- Hot sauce, black bean sauce, salt, and five spice powder (Sichuan peppercorn, cinnamon, fennel seeds, star anise, and cloves)

- Kongpao Chicken is spicy
- The fried peanuts taste and smell good
- The chicken pieces and fried potatoes are delicious

Why ?
I like this dish

2. Instructions:

- Fry the peeled peanuts to golden brown, remove from stove and set aside
- Heat skillet on high heat until very hot, add scallions, hot sauce, black bean sauce, and chicken, and stir frequently until chicken is starting to brown
- Add diced potatoes and stir fry to golden brown
- Add diced orange peppers, salt, and five spice powder. Cook for a few more seconds
- Turn off the heat and stir in minced garlic plus the fried peanuts
- Transfer to a plate and serve

Fried Nián Gāo (炒年糕)

(6th grade, PHMS & BCS)

- Nián Gāo is made of rice. 年 (Nián) means year, and 糕 (Gāo) has the same pronunciation as 高 (tall/high). So, it's a wish to be successful and "higher" each year. People used to enjoy this dish to celebrate Chinese New Year.
- It's one of my favorite Chinese dishes, since it's not only delicious but also nutritious with lean pork, Nián Gāo and fresh veggies!
- You can also personalize this dish, by using any veggies you like, and adjusting the ratio among the major materials, and/or even the ingredients!





Preparation:

- ✓ Put the Nián Gāo (~1lb) in water for ~ 4 hours, then slice it ;
- ✓ Shred the pork loin (~1lb), and mix with sugar (1/2 tsp) , black pepper (1/2 tsp) , rice vinegar (1 tbsp), rice wine (1 tbsp) , soy sauce (2 tbsp) and corn starch (2 tbsp) and marinate for ~20 mins;
- ✓ Cut onion & celery, or salted tofu & sweet/spicy green pepper/Chinese cabbage (~1lb in total with any combination of the veggies you like!) ;
- ✓ Shred ginger and green onion (1 tbsp) .



Directions:

- Add a few Sichuan peppers into the heated olive oil (0.5 cup) at medium-high heat;
- Fry the shredded pork till its color turns white and then set aside, with the oil left in the pan;
- Fry the ginger and green onion then cook the veggies well;
- Add the cooked pork, drained Nián Gāo and soy sauce (~3 tbsp), continuing to stir until all the ingredients are well mixed;
- **Enjoy!**

Scrambled eggs and Tomatoes

Delicious!

6th Grade of 2020 - 2021

2. Procedure (1)

1. Ingredients

- 1 ½ tablespoons vegetable oil
- 2 big tomatoes
- 3 eggs
- 2 shallots
- 1 tablespoon of Chicken essence
- ½ tablespoon salt
- ½ tablespoon sugar

1. First wash the tomatoes;
2. Then wash the shallots;
3. Cut the tomatoes into pieces;
4. Cut the shallots into thin short pieces;
5. Then stir the eggs.

3. Procedure (2)

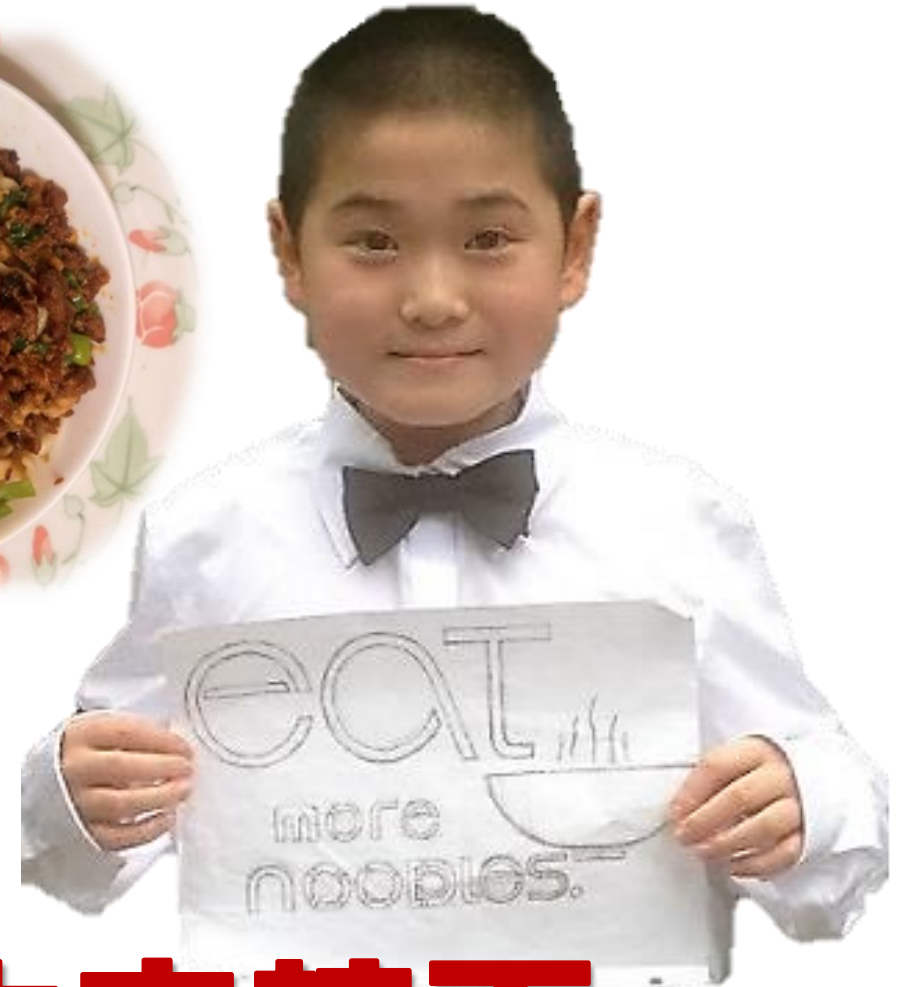
1. Open the fire and take out the pot;
2. Put the oil in the pots when the oil is hot, put the eggs in the pot and fry the egg;
3. When the eggs are cooked put tomatoes;
4. Then add some seasoning and add some shallots and its done.



Beef Hand-Pulled Noodles

6th Grade of 2020 - 2021

As a big fan of noodle especially on birthdays, I usually make spicy beef as the essential topping of my hand-pulled noodles at home. Homemade noodles don't contain any additives. The freshly made noodles taste so good! Do not get scared by the long list of ingredients, it is quite easy just with 2 main parts of cooking



牛肉拉面

1. Spicy beef mince

INGREDIENTS

- 450g beef mince;
- 1 tablespoon vegetable oil;
- 1 large onion peeled and finely diced;
- Spicy sauce (4 tablespoons red pepper paste, 8 tablespoons soy sauce, 2 bay leaves, 2 star anises, 1 tsp. Sichuan peppercorn).

INSTRUCTIONS

1. Heat the vegetable oil in a medium-sized saucepan over a medium heat;
2. Add the diced onion and fry for few minutes on a medium to low heat (do not brown the onion);
3. Add the mince and stir using a wooden spoon to help break up the mince. Continue to fry until the meat is nearly cooked (do not cook the meat fully or it may become dry);
4. Pour the spicy sauce over the mince and mix well together. Cook on a high heat for a few minutes, then let it simmer until most of the liquid has been absorbed.



2. Hand-pulled noodles



INGREDIENTS

- 250g all-purpose flour
- 1tsp salt
- 125ml water
- ½ cup cooking oil (for coating the dough)

INSTRUCTIONS

- Add flour, salt and water into the mixing bowl. Knead on low speed of stand mixer until a very smooth dough form. Thoroughly coat dough with oil, then leave it to rest for 1.5 hours;
- Place one piece of dough on a chopping board. With a rolling pin, flatten into a rectangle shape (about ½ cm thick), then cut it into 1cm wide strips. Pick up ~10 strips by holding each end gently. Pull towards opposite directions;
- Drop the pulled noodle into boiling water to cook; Transfer the noodles to a serving bowl; Add delicious spicy beef mince on hand-pulled noodles, then ENJOY!

Chinese hamburger is my favorite Chinese snack, the bread and meat are the best to eat. I'm glad I made it with my mother today.

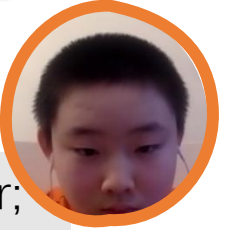


Chinese Hamburger

6th Grade of 2020-2021

Materials

- Five-flower meat, White flower, Yeast powder;
- Icing Sugar, Onion, Ginger;
- Wine, Soy sauce, Salt, Five-flavored powder.



Practice

1. Mix the flour, water, and yeast powder and ferment for two hours;
2. After twenty minutes of cooking in water, cut the meat into small pieces;
3. Heat the oil in a pan, add the icing sugar to the sugar color, put the meat in the pan, add the shallots, ginger stir-fry, add the wine, soy sauce and boiling water to simmer for an hour;
4. Add salt and juice from the fire;
5. Divide the dough into small parts and make a small round cake;
6. Put the dough in a hot pan and bake them golden on both sides;
7. Cut the prepared flowerless meat into the pancakes and it becomes a delicious sandwich.



东坡肉

2020-2021 学年
六年级A班学生



这道菜是我和我的大姨一起做的，我是在中文学校的夏令营学的，我在学的时候，越看越饿，我就去做了。这道菜是苏东坡发明的。苏轼，号东坡居士，中国北宋时著名的诗人、书画家、文学家、美食家、政治家。

I made this dish with my aunt, I learnt it at Chinese School's summer camp. When I was learning this dish, I got more and more hungry (mostly from not eating breakfast), so I proceeded to make it with my aunt. This dish was made by Su Shi, Chinese calligrapher, gastronome, painter, poet, politician, and writer of the Song dynasty.



Dongpo pork
(6th Grade of 2020-2021)

材料 (*Ingredients*):



- ~酱油 8 oz. (Soy Sauce)
- ~黑糖 2/3 cups (Black sugar)
- ~白糖 ¼ cups (White Sugar)
- ~里克糖 ¼ cups (Rock Sugar)
- ~黄糖 ¼ cups (Brown Sugar)
- ~水 8 oz. (Water)
- ~料酒 1 TBSP (Cooking Wine)
- ~香葱 3 cloves (Garlic)
- ~姜 1 slice (Ginger)
- ~五花肉 ½ lb. (Pork Belly)



步骤 (Steps):

- 1) Wash the pork belly, soak it in hot water for a minute, cut it into cubes, preferably 3 x 3 cm.
- 2) Cook the Garlic and ginger, put it in a pot
- 3) Put the pork belly onto the garlic and ginger
- 4) Add cooking wine, Soy Sauce, and all the sugar on top
- 5) Put it on medium high heat for 90 minutes
- 6) Plate, Ta-Da!!



慢着火，少着水。
火候足时它自美。

1. 将五花肉洗净。将其整个在沸水中烫一分钟并沥干。还使您可以更轻松地将五花肉切成相同大小的块。将猪肉切成3 x 3英寸的块；
2. 把香葱和姜炒一下，放在一个锅地下；
3. 把五花肉放在香葱上面；
4. 把料酒，酱油，和所有的糖放在上面；
5. 放在中高温，放在那里90分钟；
6. 放在盘子上，Ta-Da!

MaPo Tofu

6th Grade of 2020-2021

Ingredients:

A cube of tofu, one green onion, one small pack of chicken bouillon; 10 Chinese red peppers, Laoganma chili oil with black beans, salt and 2 small dry spicy red peppers.

Directions:

1. Cut the tofu into 1-inch cubes and chop the green onion;
2. Put the vegetable oil, green onions, Chinese red pepper and peppers into the pan;
3. Slide the tofu into the pan and add a little bit of salt and chicken bouillon;
4. Mix the tofu with 2 tbs of the Laoganma chili oil with black beans
5. Cook for 3-5 minutes and ready to serve.



Why do I like MaPo Tofu?

I like MaPo Tofu because I love spicy foods and it is easy to make.



Fried Rice

6th Grade of 2020-2021



Why I like it:

Fried rice is easy to make, and it does not take much time. It is delicious to eat.

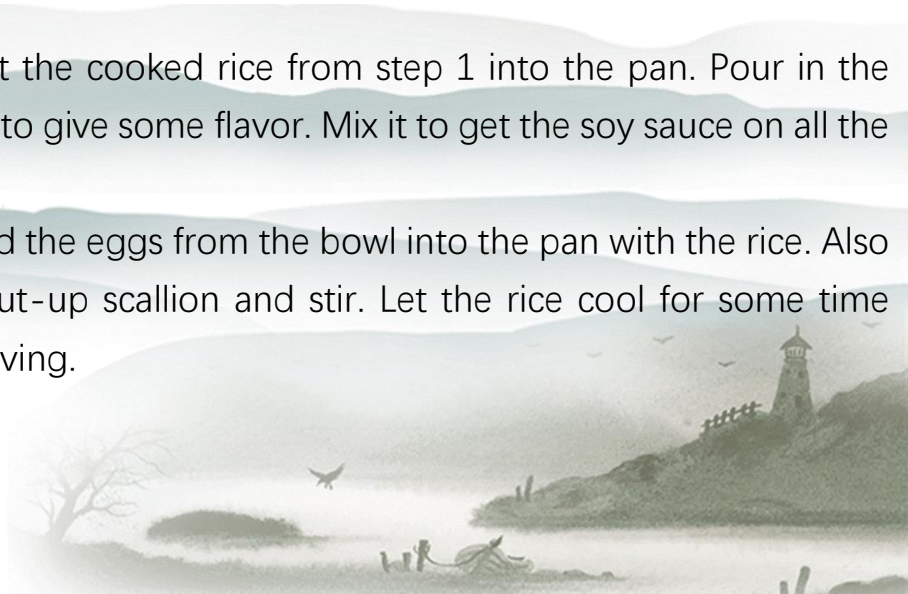
Fried rice can go with any vegetable or meat dish.

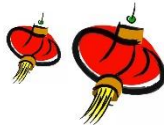
Ingredients:

- ✓ Rice, 5 eggs, and cut up scallion;
- ✓ soy sauce and oil.

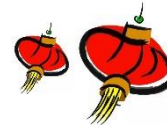
How to make it:

- ✓ **Step 1** Cook the white rice.
- ✓ **Step 2** Crack the 5 eggs in a bowl. Then use chopsticks to stir and mix the egg.
- ✓ **Step 3** Turn on the fire and pour the oil into the pan. Then dump the mixed egg into the oil. Let the egg harden/form and flip it. Break it up into small pieces. Last, dump the egg back into the bowl.
- ✓ **Step 4** Put the cooked rice from step 1 into the pan. Pour in the soy sauce to give some flavor. Mix it to get the soy sauce on all the rice.
- ✓ **Step 5** Add the eggs from the bowl into the pan with the rice. Also add the cut-up scallion and stir. Let the rice cool for some time before serving.





Chinese Dumpling



6th Grade of 2020 - 2021



Come on and taste the dumplings, I'm sure it's not hard to make and Chinese People like it ALOT, dumpling is a traditional Chinese food, dumpling is popular in the whole world.



Ingredients (90-100 Chinese Dumplings):

- Flour 2 lbs, Meat 1lb, Cabbage 2 lbs, 3 Eggs, and 6 Shrimps;
- Ginger, green onion, and sesame oil.



How to Make it:

Step 1: Roll the flour into dough, once the dough is flat and round, mix the meat egg, shrimp and cabbage together, then use chopsticks to get the mixed stuffing into the middle of the round flatten dough;

Step 2: After putting the egg, cabbage, Shrimp and meat together close the dough then boil the dumplings into the hot water to boil for 7-8 minutes after boiling take out the dumplings then let it cool, after cooling, one important thing is left! The dumpling soup drink the soup while you eat your delicious dumplings!



Why I like it:

I Like the Chinese dumplings because they are yummy and soft, plus the whole world knows dumplings, dumplings are popular in all over the world as Chinese tradition food, Dumplings are very easy to make.

My Mug Cake Recipe

6th Grade of 2020-2021




Mug Cakes are very easy to make, not only are they tasty, they also do not take long to make.

Ingredients:

- 2 Tablespoons of butter
- 1/4 Cup of flour
- 1 Large egg yolk
- 2 Tablespoon of sugar
- 1 Tablespoon of milk
- 1/4 Teaspoons of baking powder
- 1 Tablespoon of vanilla extract



How to Make:

-  1. Put the butter in a 12-ounce coffee cup, microwave for 30-45 seconds. Add the remaining ingredients, mix into batter using a fork.
2. Microwave the coffee cup containing the batter for 45-60 seconds. 
-  3. Optional: Add any sort of toppings like marshmallows, chocolate, fruit, etc.

Why I like it:

Mug cakes are extremely delicious, smell good, sweet but not that sweet, and it looks golden.