

Cooking Delicious Chinese Food with Fresh Fruits

- Recipes with Photos

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E-Book Description

If you worry that your family isn't getting enough fresh fruits in their daily diet or if you want to add nature fragrance to your eating, it might be a good choice cooking delicious Chinese food with fresh fruits.

This 65 page photo cookbook contains 22 Chinese recipes for preparing salads, stir-fry hot dishes, soup and desserts with fresh fruits. There are 138 photos showing individual steps and making it very easy to follow.

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About the Author

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Chapter 1: Lychee Shrimp Salad

Food Materials:

Lychee (fresh or canned), Shrimp





Step 1:

Cook shrimp for 1 minute

Let it cool down

Step 2:

Mix with Lychee together

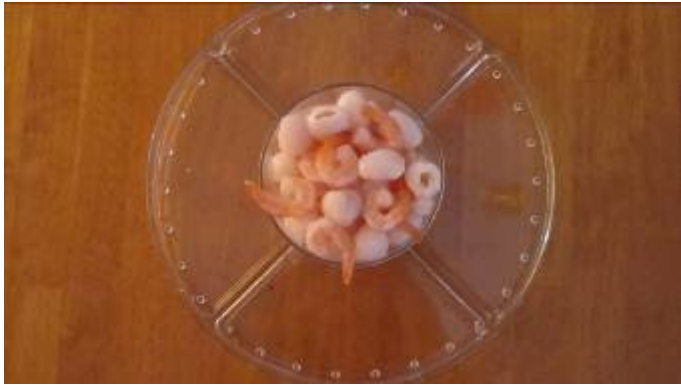


Step 3:

Store in the fridge for 20 minutes before serving

Step 4:

Enjoy!



Chapter 2: Green Papaya Salad (Sweet Spicy)

Food Materials:

Green Papaya, fresh Red Chilli

Tips: choose an unripe green papaya



Step 1:

Cutting green papaya into thin strips



Step 2:

Adding some salt to the papaya based on your flavour

Let it stand for 15 minutes

Step 3:

Cutting the red fresh chilli into very thin strips

Adding them to the papaya and mix together

Step 4:

Adding some sugar and vinegar based on your flavour

Step 5:

Placing into the fridge for 20 minutes before serving

Step 6:

Enjoy!



Chapter 3: Green Mango Salad (Sweet Spicy)

Food Materials:

Green Mango, fresh Red Chilli

Tips: choose an unripe green mango



Step 1:

Cutting green mango into thin stripes

Cutting red chilli into very thin strips

Mixing them together



Step 2:

Adding some sugar and vinegar based on your flavour

Step 3:

Placing into the fridge for 20 minutes before serving

Step 4:

Enjoy!



Chapter 4: Mango Beef Salad

Food Materials:

Ripe mango, green onion, onion, fresh red chilli, beef, Chinese parsley



Step 1:

Cutting beef into very thin slices

Cooking the beef in salted water until well done



Step 2:

Cutting other materials into long thin strips



Step 3:

Making a sauce: light soya sauce, salt, vinegar, sugar, Chinese sesame oil (4 table spoons)



Chinese sesame oil for your reference:



Step 4:

Mixing everything together



Step 5:

Enjoy!



Chapter 5: Honey Melon Seafood Salad Boat

Materials:

Honey Melon, smoked salmon fish, shrimp



Step 1:

Cutting honey melon in 1/3 lengthwise

Scooping the flesh out



Step 2:

Cutting smoked salmon fish into small pieces

Step 3:

Mixing melon, smoked salmon fish and shrimps together



Step 4:

Adding mayonnaise and mixing



Step 5:

Putting them into the honey melon



Step 6:

Placing into the fridge for 20 minutes before serving

Step 7:

Enjoy!



Chapter 6: Orange Pork Ribs (Hot Dish)

Materials:

Pork ribs, egg, orange, orange juice, coating mix powder (any kind)



Step 1:

Adding egg into the pork ribs and mixing well

Step 2:

Adding coating mix powder and salt to the rib, mixing well



Step 3:

Putting into to oven and bake it



Step 4: Making an orange sauce

Adding orange slices and sugar into orange juice, and cooking for 1 minute

Put corn starch liquid in to make the sauce thick



Step 5:

Placing the baked ribs on a plate



Step 6:

Adding the cooked orange sauce to the ribs before serving. Hot serve and enjoy!



Chapter 7: Pineapple Beef Stir-Fry

Materials:

Beef, Pineapple (fresh and canned), green onion, ginger, garlic



Step 1:

Cutting ginger, green onion and garlic into small pieces



Step 2:

Cutting beef into thin slices

Adding light soya sauce, rice cooking wine or sherry, salt, sugar, black pepper and corn starch to the beef, mixing well

Marinating for at least 30min. or overnight



Step 3:

Cutting pineapple into small pieces



Step 4:

Stir-fry ginger, green onion and garlic for 1 min.

Adding beef and stir-fry together



Step 5:

Making a sauce: light soya sauce, water, sesame oil, salt, sugar and corn starch



Step 6:

Stir-fry pineapple for 1 minute

Adding the stir-fried beef

Adding the sauce

Step 7:

Hot serve and enjoy!



Chapter 8: Dragon Fruit Boat (Stir-Fry Vegetarian)

Materials:

Fresh dragon fruit, celery, carrot, corn, roasted peanut, ginger, green onion, garlic



Step 1:

Cutting dragon fruit into halves lengthwise



Step 2:

Scoop the flesh out and cutting them into small cube

Remove any remaining flesh and keep the shell of dragon fruit



Step 3:

Stir-fry ginger, garlic and green onion for 1 min.

Adding carrots, celery, corn and dragon fruit and stir-frying with salt, light soya sauce and sugar

Adding 2 table spoons of sesame oil

Adding roasted peanut and stir-fry quickly



Step 4:

Adding all into the dragon fruit shell



Step 5:

Serve hot and enjoy!



Chapter 9: Pineapple Boat (Stir-Fry Rice Shrimps)

Materials:

Fresh pineapple, onion, egg, shrimps, ham, cooked rice



Step 1:

Cooking the rice first

Tips: cooking the rice 1 day before and placing in the fridge overnight. This will help stir-frying rice easily later.



Step 2:

Cutting pineapple into halves lengthwise



Step 3:

Cutting and scooping the flesh out

Removing any remaining flesh and keep the shell of pineapple



Step 4:

Cutting pineapple into small cubes



Step 5:

Stir-frying the pineapple cubes with some salt



Step 6:

Adding some salt to the egg and beating well



Step 7:

Stir-frying rice with some salt and light soya sauce



Step 8:

Stir-Frying onion, ham, egg, shrimps separately



Step 9:

Mixing everything and stir-frying together with 2 table spoons of sesame oil

Step 10:

Adding into the pineapple shell before serving

Step 11:

Hot serve and enjoy!



Chapter 10: Lime Chicken Stir-Fry

Materials:

Lime, green onion, chicken breast



Step 1:

Cutting chicken breast into thin slices

Seasoning with salt, light soya sauce, cooking wine or sherry, black pepper, sugar, corn starch



Step 3:

Marinating for at least 30 minutes



Step 4:

Cutting lime into thin slices



Step 5:

Stir-fry chicken breast with green onion

Step 6:

Adding lime and 1 table spoon of sesame oil and stir-fry with chicken breast for only 1 minute

Step 7:

Hot serve and enjoy



Chapter 11: Lychee Shrimp Stir-Fry

Materials:

Shrimps, green onion, lychee (fresh or canned)



Step 1:

Stir-fry green onion with salt for 1 minute

Adding shrimps and stir-fry together

Adding lychee and stir-fry with shrimps for 1 minutes

Step 2:

Hot serve and enjoy!



Chapter 12: Pineapple Chicken Stir-Fry (Spicy)

Materials:

Chicken breast, pineapple (fresh or canned), red chilli, roasted peanut, ginger, green onion, garlic



Step 1:

Cutting pineapple, garlic, ginger, green onion, red chilli into small pieces

Step 2:

Cutting chicken breast into small pieces

Seasoning with salt, light soya sauce, cooking wine or sherry, black pepper, sugar, corn starch



Step 3:

Marinating for at least 30 minutes



Step 4:

Making a sauce: light soya sauce, water, sesame oil, salt, sugar and corn starch



Step 5:

Stir fry garlic, ginger, green onion, red chilli for 1 minute

Adding chicken breast and stir-frying until well done

Adding pineapple and stir-fry with chicken breast

Adding sauce until it turns thick

Last step adding roasted peanut and stir-fry quickly

Step 6:

Hot serve and enjoy



Chapter 13: Lemon Asparagus Stir-Fry (Vegetarian)

Materials:

Lemon, Asparagus, garlic, green onion, ginger



Step 1:

Cutting asparagus and lemon into thin strips



Step 2:

Stir-fry garlic, ginger and green onion for 1 minute

Adding asparagus and salt and stir-fry together

Last step adding lemon and stir-fry quickly

Step 3:

Hot serve and enjoy



Chapter 14: Pineapple Fish (Hot Dish)

Materials:

Fish fillet, pineapple (fresh or canned), lemon



Step 1:

Cutting fish fillet into pieces



Step 2:

Seasoning fish pieces with salt, black pepper, dried oregano



Step 3:

Placing fish slices on baking plat



Step 4:

Adding some lemon slices

Putting into bake oven to back



Step 5:

Making a pineapple sauce:

Adding pineapple slices and sugar into pineapple juice, and cooking for 1 minute

Adding corn starch liquid in to make the sauce thick



Step 6:

Placing the cooked pineapple slices on a dish plate



Step 7:

Placing backed fish pieces on the top of pineapple slices



Step 8:

Adding the cooked pineapple sauce to the fish slices before serving



Step 9:

Hot serve and enjoy!



Chapter 15: Papaya Pork Soup

Materials:

Papaya, green onion, soya bean sprouts, pork (Ratio: 50% of pork, 25% of papaya, 25% of soya bean sprouts)





Step 1:

Cutting papaya into pieces



Step 2:

Seasoning pork with salt, cooking wine or sherry for at least 30 minutes

Step 3:

Stir-frying pork until well done

Step 4:

Placing stir-fried pork, soya bean sprouts, and white root parts of green onion into a soup pot
Adding salt and water, cooking 30 minutes



Step 5:

Adding papaya into the soup pot, cooking everything for 30 minutes

Step 6:

Adding green onions and 2 table spoons of sesame oil before serving

Step 7:

Enjoy!



Chapter 16: Watermelon Fruits Boat – Dessert

Materials:

Watermelon, red grapes, green grapes



Step 1:

Cutting watermelon into halves lengthwise

Scooping the flesh out from the watermelon



Step 2:

Cutting watermelon flesh into small cubes

Mixing with red grapes and green grapes

Step 3:

Placing into watermelon

Step 4:

Enjoy!



Chapter 17: Fried Peach – Dessert

Materials:

Fried Powder, fresh peach



Step 1:

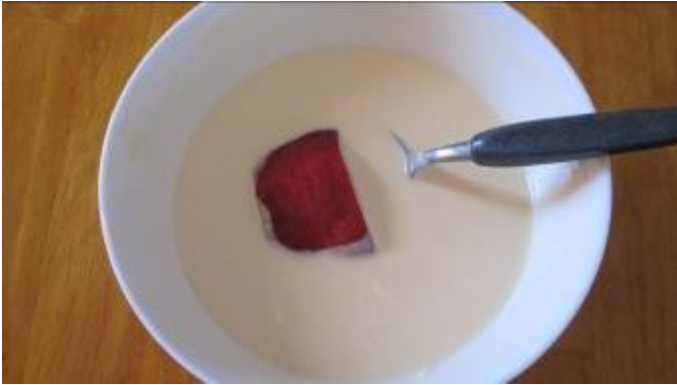
Cutting peach into small pieces



Step 2:

Making the batter as per instruction on the fried powder box

Dip the peach into the batter, letting the extra batter drip off



Step 3:

Frying the pieces until they are a nicely browned

Removing from the fryer, let the basket drip off excess oil and then place the pieces on paper towels to absorb additional oil

Step 4:

Hot serve and enjoy

Tips: You can use honey or fruit jam for the dipping sauce



Chapter 18: Fried Banana – Dessert

Materials:

Banana, Fried powder



Step 1:

Cutting banana into small pieces

Making the batter as per instruction on the fried powder box

Dip the banana into the batter, letting the extra batter drip off



Step 2:

Frying the pieces until they are a nicely browned

Removing from the fryer, let the basket drip off excess oil and then place the pieces on paper towels to absorb additional oil

Step 3:

Hot serve and enjoy!

Tips: You can use honey or fruit jam for the dipping sauce



Chapter 19: Papaya Egg Pudding – Dessert

Materials:

Papaya, egg, milk



Step 1:

Cutting papaya into small cubes

Step 2:

Adding some sugar into the egg



Step 3:

Beat the egg



Step 4:
Adding milk to the egg



Step 5:
Adding milk egg to the papaya



Step 6:
Steam for 15 minutes

Step 7:

Enjoy!



Chapter 20: Banana Walnut Egg Roll – Dessert

Materials:

Banana, egg, walnut



Step 1:

Mincing walnut



Step 2:

Cutting banana in half lengthwise (split)

Putting some minced walnut on the top



Step 3:

Using a spoon to press the minced walnut into the banana carefully



Step 4:

Closing the filled banana together



Step 5:

Beat the eggs



Step 6:

Placing a frying pan over a medium to high heat and allow it to warm through

When hot, add a little butter

Adding egg

Moving the pan around so that the egg spreads evenly over the pan (looks like an egg pancake)



Step 7:

Placing the filled with walnut banana on the top of the egg pancake



Step 8:

Rolling over the egg pancake, to wrap the banana



Step 9:

Serve with honey and enjoy!



Chapter 21: Papaya Fruits Boat – Dessert

Materials:

Fresh papaya, fresh strawberry, lychee (fresh or canned)



Step 1:

Cutting papaya into halves lengthwise

Scooping the flesh out and cutting them into small cubes



Step 2:

Cutting strawberry into small pieces

Step 3:

Mixing strawberry, papaya and lychee together

Step 4:

Placing the mixed fruits into the papaya shell

Step 5:

Cold serve and enjoy!



Chapter 22: Fried Coconut Banana – Dessert

Materials:

Banana, eggs, corn starch powder or potato starch powder, coconut powder



Step 1:

Cutting banana into pieces

Step 2:

Beat eggs

Step 3:

Dipping banana piece into egg



Step 4:

Coating the banana piece with potato or corn starch powder



Step 4:

Dipping the banana piece into egg again



Step 5:

This time coating the banana piece with coconut powder



Step 6:

Prepare each banana piece by following above steps



Step 7:

Fry the pieces until they are a nicely browned.

Remove from the fryer, let the basket drip off excess oil and then place the pieces on paper towels to absorb additional oil.

Step 8:

Serve with honey and enjoy!



About the Author

Hongyang h洋 was born in China, had achieved Bachelor degree from China and Magister degree from Germany. She had worked as a TV reporter for German and Canadian TV stations. She lives in Toronto, Canada and besides her full time job in the Telecommunication Industry writing has become one of her favourite hobbies since 2005.

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