

Sauteed shrimps with mango salsa

Recipe 03-30

Shrimp 16-20	680g
Garlic, minced	3 cloves
Salt & pepper	TT
Veg oil	2 TBSP
Lime or lemon juice	1 TBSP
Mango, diced	1 whole
Green pepper, diced	1
Red pepper, diced	1
Purple onion, diced	1 small

Mango salsa

See below recipe 03 -30(A)

Method:

Peel shrimps; drained and dry with paper towel. Set aside.

Prepare mango salsa, set aside.

Heat wok to medium high heat, place 2 TBSP veg oil.

Place shrimps in wok, single layer. Add chopped garlic.

Sautee on one side for 1 ½ minutes, then flip to the other side for another minute. Remove from wok. Keep warm.

Place cut vegetables in wok and stir fry for a minute. Add mango salsa, mix well. Pour over shrimp.

Serve immediately.



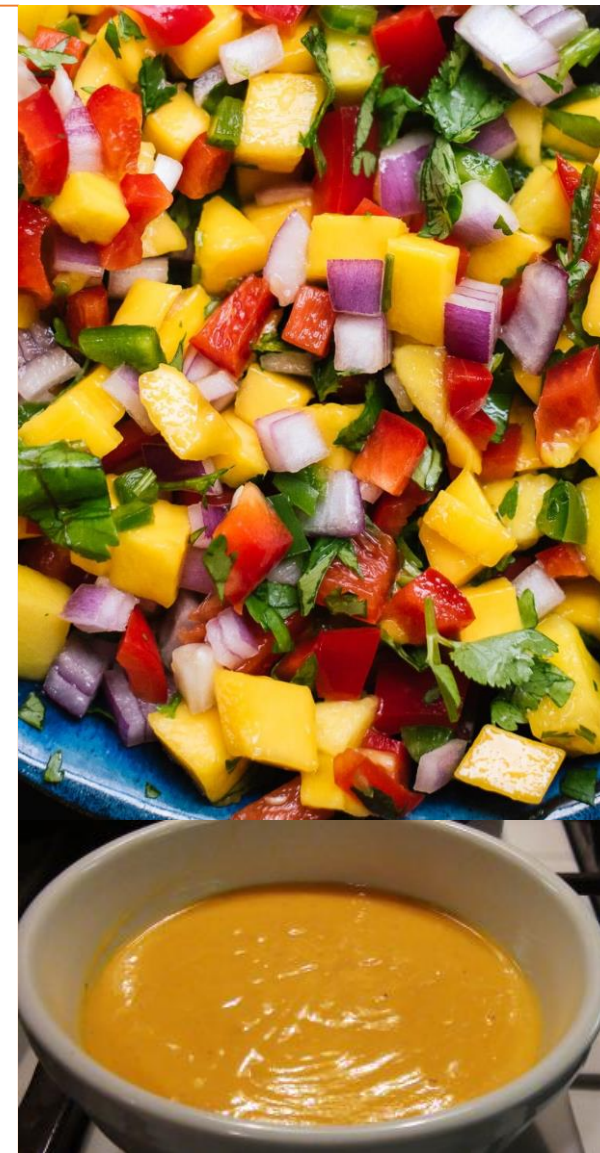
Recipe 003.30a Mango Salsa dressing yields

Ingredients:

Hot jelly	250ml
Mustard	30ml
Rice vinegar	30ml
Curry power	1 tsp
Ginger powder	1 tsp
Lemon juice	15ml
Cilantro	3-4 stalks
Olive oil	125 ml
Mangos	100g
Salt & Pepper	TT

Method:

Use a blender, place all ingredients in and blends together for 10-15 seconds
Season with salt and pepper to taste..



Char siu

Recipe 03-31

Pork shoulder butt steaks

2 lbs

Marinade:

Fermented red bean curd

Honey

Soy sauce

Oyster sauce

Five spice powder

White pepper

Japanese mirin

Chinese cooking wine

Method:

Cut pork shoulders into 2 equal size pieces with same thickness. Marinade pork for 30 minutes.

Place on roasting rack and roast for 20 minutes.

Take out from oven and brush with honey or maltose.

Return back to oven to place on top rack to broil for 2-3 minutes per side.

Remove from oven and slice up to serve.

