

INTRODUCTION TO HOT-POT

Hot Pot: An electrical divided hot pot or hot pot with charcoal

Broths (all can be found in most Asian stores):

- Pork bone broth with Chinese herbs
- Tomato broth
- Chilli broth

Plates:

Ingredient	Prep	Cook time
Protein		
Sliced beef: usually brisket or chuck	Thaw, if frozen.	Cook time: 8 seconds (which is about when the quick-cooking meat hits medium), but up to 1 minute depending on your preference. Cook it the way you like your steak.
Shrimp dumplings	Shrimp dumplings can be found in the refrigerated or freezer section of most Asian supermarkets. Set aside for 15 minutes.	About 5 minutes or until the dumplings are cooked all the way through.
Leafy vegetables: Any vegetable you can think of, you can put it in a hot pot!		
Spinach	Rinse once more.	No more than 2 minutes.
Chrysanthemum greens	Rinse once more.	No more than 3 minutes—you want textural contrast.
Napa cabbage	Pull the leaves from the head and cut vertically into three long slices.	5 minutes.
Hardy Vegetables		
Lotus root	Peel and cut into ½" thick rounds.	5-10 minutes.
Potato	Slice into thin rounds, which will cook fast and won't add too much starch to the broth.	10-15 seconds.
Mushrooms		
Enoki and beech mushrooms	Chop off the roots and pull apart into small clumps.	10 minutes or so.
Miscellaneous		
Fried bean curd	You are off the hook for this one!	10 seconds or as long as it takes to unravel.
Sea kelp	Soak for 30 minutes.	5 minutes or as long as it is soft and crunchy.

continued on back...

Condiments:

Build your own bowl of...

- **Chopped aromatics** (spring onions, garlic, ginger, cilantro)
- **Sauces** (soy, sesame, peanut, chili powder, vinegar, oil), to stir together and plunge your broth-cooked ingredients before eating.

How to do it:

a) Bring the broths to a boil.

b) Start by adding whatever takes the longest to cook (hardy veg, mushrooms) or will impart more flavor (meats). A word to the wise: Be prepared when adding flavor sponges (tofu, napa cabbage) to spicy broths, because they can absorb heat and can become overwhelming to eat.

c) Remember: Feed your friends.

Coming up next month, February 9: Southern India, with Sri Vuppuluri. Register by Feb. 4 at <https://bit.ly/3XqSwYa> or call 309-274-2719.