



China, with Hu Mengrong

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Past recipes at cpldcooking.weebly.com



TOMATO EGG SOUP

Mengmeng recommends naturally ripened tomatoes from a local farm or your own back yard.

3 ripe tomatoes, peeled and diced
2 eggs, beaten
Olive oil
Spring onions, chopped (keep white
and green parts separate)
Black pepper
Salt
Water

Cook tomatoes for 4 minutes. Fry the white part of the spring onions in olive oil with black pepper and salt. Add 2 cups water. Bring to a gentle boil, then slowly pour in beaten eggs while swirling the soup constantly in the same direction. The goal is to create an egg “flower” as you swirl the egg into the soup.

In the last five seconds of cooking, decorate with the green part of the chopped spring onion.

HUNAN BEEF

For a mild version of this recipe, leave out the crushed red chili pepper.

2 lbs. beef, sliced into very small pieces
Salt
Soy sauce
Cooking oil
Bell pepper, sliced
Ginger
5 cloves fresh garlic, sliced
Crushed red chili pepper (for spicy
version)

Marinate beef in salt and soy sauce for 15 minutes. Heat oil over medium high heat. Stir fry beef for half a minute, then drain and set aside.

Heat fresh oil in the pan and stir fry ginger and garlic. Add peppers. Return beef to the pan and cook until done. If it’s too dry, add a little water. Season with pepper, soy sauce, and salt. Serve with rice.

FRIED RICE

Amounts in this recipe are up to you: adjust according to how many people you’re serving, or what you happen to have on hand.

Cooked, chilled rice
3 eggs
Oil/butter
Onions, chopped
Carrots, chopped
Peas
Fresh garlic, minced
Black pepper
Low sodium soy sauce
Oyster sauce
Green onions, chopped

Cook rice in a rice cooker and cool in the fridge for 30 minutes so the grains of rice don’t stick together. Add one egg to the cooled rice and mix to coat.

In a large sauté pan, scramble 2 eggs with cooking oil or butter, breaking them into small pieces as you go. Turn up heat to high, add the rice to the scrambled eggs, and stir fry for 3 minutes until the rice starts to brown slightly. Transfer mixture to a plate.

Sauté onions, carrots, peas, and garlic until soft. Add rice and egg mixture and continue to sauté, seasoning with salt, black pepper, soy sauce, and oyster sauce.

Top with green onions and serve.