

Here are a couple of our favorite recipes, from Ted and Janey Zimmerman Martin Yan's "Steamed fish with sizzling lemongrass oil"

Martin Yan, *Martin Yan's Culinary Journey through China*, KQED, Inc.: San Francisco: 1995, p. 177.

Ingredients:

5 dried black mushrooms
4 green onions

2 stalks lemongrass

sizzling oil:

3 tablespoons cooking oil
1 stalk lemongrass (thinly sliced)

2 teaspoons sesame oil

fish dressing:

¼ cup soy sauce
1 tablespoon oyster flavored sauce

3 tablespoons chicken broth
2 teaspoons sugar

1 whole fish (1 ½ to 2 pounds)
½ teaspoon white pepper

½ teaspoon salt
10 slices ginger, lightly crushed

Method:

1. Soak mushrooms in warm water to cover until softened, about 15 minutes, then drain. Trim and discard stems. Halve caps. Cut each piece of lemongrass into 5 slanting slices. Julienne 2 green onions and leave remaining 2 green onions whole. Combine sizzling lemongrass oil ingredients in a saucepan; set aside. Combine fish dressing ingredients in another saucepan; set aside.
2. Cut fish ¾ inch deep along vertebrae on each side of bone. Cut 5 slits lengthwise, ¾ inch deep, on both sides of fish. Sprinkle fish with salt and pepper. Place a piece of mushroom, lemongrass, and ginger in each slit.
3. Place whole green onions in center of a heat-proof glass pie dish; lay fish on top. Prepare a wok for steaming.* Cover and steam fish over high heat until fish turn opaque 8 to 10 minutes.
4. Sprinkle half the julienned green onion over fish. Heat sizzling lemongrass oil over high heat until hot; drizzle over fish. Heat fish dressing over high heat and cook until heated through; pour over fish.
5. Garnish with remaining julienned green onions.

Serve over rice with some green vegetables that have been stirred fried. Serves 4 people.

*If you have no steamer, turn an aluminum foil pie pan upside down in a fry pan (put some slits in it to let steam through), then fill fry pan with ¾ inch of water and cover fry pan with lid when the water begins to boil. Keep an eye on the water so it doesn't boil dry. I learned this from a ten year old boy in the early 70's shortly after he had come to the USA when his family escaped Viet Nam. He even used this method with Pillsbury biscuits filled with cooked meat!

Ellenita Zimmerman's "hung shao ji" (baked chicken in sauce)

Ingredients:

5 to 7 green onions cut in half
1 ¾ pound whole fryer (or thighs)
1 cup soy sauce
2 tablespoons sugar or honey

1 whole star anise (or ½ tsp. anise seed)
1 cup cold water
¼ cup cooking sherry or white wine (optional)
4 to 6 hard boiled eggs, peeled

Method: Put onions and anise in bottom of baking pan. Then put in the chicken, breast up (if whole). Mix water, soy sauce, wine, sugar and pour over chicken. Add peeled eggs and gently push down until they are covered by sauce. Cover and cook until done (basting only occasionally). This should be cooked with a cover or foil covering in a 350 degree F oven for about 1½ hours.

Serve over hot rice with some steamed or stir fried vegetables. Serves 4 or more.