

Around the World



CHINA

TUESDAY 27 JANUARY
MENU

Chicken Chow Mein with Vegetable Fried Rice (1, 7, 8, 9)

**Vegetable Spring Roll with Sweet Chilli Sauce
with Vegetable Rice (1, 8) VEGAN**

Chinese Spaghetti (1, 8)

Jacket Potato with Choice of Toppings

Stir Fry Vegetables

Chinese Sponge Cake (1, 7, 9)

WE ONLY USE



FRESHUKBEEF



FRESHUKPORK



FREERANGE EGGS



LOCAL FRUIT & VEG



WHOLEMEAL PASTA

freshingredients  **freshfood**

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RECIPE BOOK

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FRESH RECIPES

CHINESE SPAGHETTI (MAKES 12 PORTIONS)

INGREDIENTS

- Onions
- 1900ml vegetable stock
- 12 tbs hoi sin or plum sauce
- 8 tbs light soy sauce
- 2 tsp dark soy sauce
- 4 cups frozen peas
- 2 tsp garlic puree
- 2 tbs cornflour
- 2 tbs water
- 24oz spaghetti

METHOD (FOR SAUCE)

- Sauté off onions and garlic puree.
- Add vegetable stock and bring to the boil.
- Stir in hoi sin sauce or plum sauce and the soy sauces and white pepper . simmer for 10 minutes then add peas and cook through.
- Add the cornflour (mixed with the water) if needed to thicken sauce.
- Combine with the cooked spaghetti.

CHINESE SPONGE CAKE (MAKES 40 PORTIONS)

INGREDIENTS

- 35 eggs (yolks and whites separated)
- 5 tsp crème of tartar
- 1500g caster sugar
- 600ml water
- 5 tsp vanilla flavouring
- 20g baking powder
- 600ml vegetable oil
- 900g self-raising flour

METHOD

- In a bowl (metal or glass) beat egg whites until they are frothy.
- Add 500g of the sugar gradually and crème of tartar and mix until stiff peaks form.
- In a separate bowl beat egg yolks, water, remaining sugar, vanilla flavouring and oil.
- Mix flour and baking powder together and add to the yolk mixture and mix well.
- Gently fold in the beaten egg whites.
- Bake 40 to 50 minutes or until cooked.
- Cool slightly.
- For best results cool the cake in the tin turned upside down but be careful when turning.
- Decorate with whipped cream and mango slices.



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