**COOKING RECIPES**

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| **Sticky orange chicken(4 servings)** | |
| **INGREDIENTS**   * 2 large eggs, beaten * 1/2 c. plus 1 tbsp. cornstarch, divided * 1/4 c. all-purpose flour * Salt * Freshly ground black pepper * 2 lb. boneless skinless chicken breasts, cut into 1” pieces * Canola oil * 2 cloves garlic, minced * 1/2 tsp. minced ginger * 1/2 tsp. red chili flakes * 2/3 c. freshly squeezed orange juice * 2 tbsp. soy sauce * 1 tbsp. apple cider vinegar * 1 tbsp. sweet chili sauce * 1 tbsp. brown sugar * 2 green onions, chopped * Cooked white rice, for serving | **METHOD**   1. Set up dredging station: In one bowl add eggs, and in a second bowl mix together 1/2 cup cornstarch, flour, salt, and pepper. Coat chicken pieces in egg, then toss in cornstarch mixture, making sure to tap off any excess. 2. In a large, deep skillet over medium-high heat, heat 1 tablespoon of canola oil. Once oil is shimmering, fry chicken in batches until golden and crispy, 4 to 5 minutes. Drain on paper towels. 3. In a small saucepan over medium heat, heat 1 tablespoon of canola oil. Add garlic, ginger, and chili flakes and cook until fragrant, about 2 minutes. Whisk in orange juice, soy sauce, apple cider vinegar, chili sauce, and brown sugar. Bring to a simmer. 4. Meanwhile, in a small bowl, make cornstarch slurry: Mix 1 tablespoon of cornstarch with 2 tablespoons of water. Slowly whisk slurry into sauce to thicken, and bring back to a simmer. Once sauce starts to look syrupy, about 5 minutes, remove from heat. 5. Toss chicken with sauce and green onions. Serve over white rice. |

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| **Soy-braised beef with pasta(6 servings)** | |
| **INGREDIENTS**   * 750ml btl light red wine * 1L(4cups) Massel beef stock * 185ml(3/4 cup) light soy sauce * 250ml(1cup) dry sherry * 160g(1cup, lightly packed)brown sugar * 50g fresh ginger, peeled, thinly sliced * 4 garlic cloves, peeled, thinly sliced * 2 cinnamon sticks * 15cm-strip orange rind * 2 tbsp. olive oil * 1.5kg chuck steak, cut into 5cm pieces * 500g dried pappardelle or fettuccine pasta * 1 bunch fresh coriander, springs picked | **METHOD**   1. Combine wine, stock, soy sauce, sherry, sugar, ginger, garlic, cinnamon and orange rind in a large saucepan. Bring to the boil. Reduce heat to low. Simmer for 40 minutes or until liquid reduces by half. 2. Preheat oven to 150°C. Heat oil in a large frying pan over high heat. Cook one-quarter of the beef, turning, for 5 minutes or until browned. Transfer to a large, heavy-based ovenproof dish. Repeat, in 3 more batches, with remaining beef. Pour over stock mixture. Cover the surface with non-stick baking paper. Cover. Bake for 21/2-3 hours or until beef is tender. Set aside to cool. Place in the fridge overnight to develop the flavors. 3. Skim fat from the surface of the braising liquid. Transfer beef to a plate. Strain the braising liquid into a saucepan. Bring to the boil. Boil for 10 minutes or until the sauce reduces slightly. Coarsely shred the beef. Add to the pan and place over medium heat. Cook for 10 minutes or until heated through. 4. Meanwhile, cook pasta until al dente. Drain. 5. Divide pasta and beef among serving dishes. Pour over sauce. Top with coriander. |

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| **Asian-spiced pork belly stir-fry(4 servings)** | |
| **INGREDIENTS**   * 1kg pork belly * 2 tbsp. soy sauce * 2 tbsp. dry sherry * 2 tsp. cornflour * 1 tbsp. peanut oil * 2 garlic cloves, crushed * 1 tbsp. ginger, finely grated * 150g snow peas, ends trimmed * 1 bunch pak choy, coarsely chopped * 2 spring onions, thinly sliced * Steamed jasmine rice, to serve | **METHOD**   1. Pat pork belly dry with paper towel. Place in a large heavy-based saucepan. Cover with cold water. Bring to the boil. Reduce heat to low and simmer for 30 minutes. Transfer pork to a plate. Set aside for 15 minutes to cool. Cut into 1cm-thick strips, then cut each strip into 2cm pieces. 2. Combine soy sauce, sherry and cornflour in a small jug. 3. Heat 1 tablespoon of the oil in a wok over medium-high heat. Stir-fry pork, in batches, for 5 minutes or until golden and crisp. Transfer to a plate lined with paper towel. 4. Heat remaining oil over high heat. Add garlic and ginger. Stir-fry for 1 min or until fragrant. Add the snow peas and stir-fry for 1 min or until bright green and almost tender. Add the pak choy, pork and soy sauce mixture. Stir-fry for 2 minutes or until the pak choy just wilts and the sauce boils. Remove from heat. 5. Add spring onion and chili and toss to combine. Serve with rice. |

* http://www.delish.com/cooking/recipe-ideas/recipes/a52467/sticky-orange-chicken-recipe/
* http://www.taste.com.au/recipes/asian-spiced-pork-belly-stir-fry/13207656-272f-46c5-b275-4f8890976e53
* http://www.taste.com.au/recipes/soy-braised-beef-pasta/d9b8d7e4-cab3-455e-92a1-a4f965e7cb26

**COOKING RECIPE**

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| **Title:** | |
| **INGREDIENTS** | **METHOD** |

**READING CLASS - COOKING RECIPES**

Matchthe words with their meaning.

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| **garlic cloves ●** |  | ⓐ sprinkle with a powdered substance, typically flour or sugar |
| **mince ●** |  | ⓑ a type of pasta in the form of broad ribbons |
| **dredge ●** |  | ⓒ one of small bulb lets that can be split off the axis of a larger garlic bulb |
| **braise ●** |  | ⓓ the cut of beef between the neck and the shoulder |
| **stock ●** |  | ⓔ become limp through heat or loss of water |
| **fettuccine ●** |  | ⓕ fry lightly and then stew it slowly in a closed container |
| **coriander ●** |  | ⓖ to cut into small pieces |
| **chuck ●** |  | ⓗ a flavored liquid preparation |
| **pak choy ●** |  | ⓘ a type of Chinese cabbage |
| **wilt ●** |  | ⓙ an herb with aromatic leaves and seed resembling parsley |