

10 Taste Explosion

WOK, No Meat?

Kwoklyn Wan, professional chef, restaurateur, a regular on radio and television and friend of Gravititas recently launched his Veggie Chinese Takeaway Cookbook, Wok, No Meat? Due to the popularity of the recipes in the spring edition, Kwok has kindly provided two more for our readers to recreate at home.



A recent poll found that Chinese food is far and away the top takeaway of choice in Britain and Kwoklyn's new cookbook is the holy grail of Chinese takeaway and restaurant trade-secret recipes. In The Veggie Chinese Takeaway Cookbook, Kwoklyn reveals the culinary secrets he's learned over a lifeĒme working in Chinese restaurants and helps readers re-create their favourite dishes at home, with step-by-step simplicity.

Find out more at kwoklynwan.com or buy on Amazon.co.uk



Photography @Sam Folan

SPICY HOISIN MIXED VEGETABLES

Chunky vegetables stir-fried in a rich, sticky sweet, aromatic sauce, with a hint of chilli and served with creamy cashew nuts; it's no wonder that, once tried, this dish is cooked time and time again. Everything happens in your wok so washing up is a doddle afterwards too.



- INGREDIENTS**
- 1 Tbsp groundnut oil
 - 4 garlic cloves, finely chopped
 - 1 tsp grated fresh ginger
 - 1 onion, diced
 - 1 carrot, diced
 - 30g (¼ cup) canned water chestnuts, drained
 - 3 baby corn cobs, halved length ways
 - 35g (¼ cup) canned straw mushrooms, drained
 - 60g (1 cup) button mushrooms, cut into bite-sized pieces
 - 30g (¼ cup) canned bamboo shoots, drained
 - 1 Tbsp rice vinegar
 - 1 Tbsp soy sauce
 - ½ cup Hoisin Sauce (page 154)
 - ½ tsp dried chilli flakes
 - 1 Tbsp cornflour (cornstarch) mixed with 2 Tbsp water
 - 1 tsp sesame oil
 - 30g (¼ cup) unsalted roasted cashew nuts

METHOD

Place a wok over a medium-high heat. When hot, add the oil, garlic and ginger and fry until fragrant, about 15 seconds. Add the onion and carrot and fry for 2 minutes, then add the water chestnuts, baby corn, straw mushrooms, button mushrooms and bamboo shoots and stir-fry for a further 2 minutes. Turn the heat down to medium, add the rice vinegar, soy sauce, Hoisin Sauce and chilli flakes and stir-fry for a further 2–3 minutes.

Gradually add the cornflour mixture, stirring constantly to thicken the sauce. Remove from the heat, add the sesame oil and cashew nuts and mix well. Transfer to a serving dish and tuck in.

HONG KONG CRISP NOODLES WITH MIXED VEGETABLES

I order this dish every time we eat at a Chinese restaurant; the crispy noodles soften under the rich aromatic gravy flecked with garlic. The vegetables are crunchy, as they have been cooked quickly to retain their bright vibrant colours. The combination of textures from crispy noodles to crunchy vegetables is simply sensational.

- INGREDIENTS**
- 1 nest of dried fine egg noodles
 - 1 Tbsp oil (vegetable, groundnut or coconut), plus extra for shallow frying
 - 2 slices of fresh ginger
 - 1 garlic clove, finely chopped
 - 1 onion, sliced
 - 1 carrot, sliced
 - 30g (¼ cup) canned bamboo shoots, drained and sliced
 - 3 baby corn cobs, halved length ways
 - 25g (¼ cup) mangetout (snow peas)
 - 35g (¼ cup) canned straw mushrooms, drained and halved
 - handful of beansprouts
 - 2 spring onions halved and then sliced length ways
 - 1 Tbsp dark soy sauce
 - 1 Tbsp light soy sauce
 - ½ tsp white pepper
 - ½ tsp salt
 - ½ tsp sugar
 - 2 Tbsp Mushroom Stir-Fry Sauce
 - 75ml (1/3 cup) vegetable stock
 - 1 Tbsp cornflour (cornstarch) mixed with 2 Tbsp water
 - 2 tsp sesame oil



METHOD

Cook egg noodles according to instructions. Pour 250ml (1 cup) oil for shallow frying in a wok and place over a medium-high heat; once the oil begins to shimmer, carefully lower the drained noodles into the oil so they cover the entire bottom of the wok. Once golden brown and crispy, flip them over to brown the other side. Transfer to a wire rack or kitchen paper to drain.

Heat the tablespoon of oil in a wok and add the ginger and garlic, frying until fragrant.

Add the onion and cook until translucent, followed by the carrot, bamboo shoots, baby corn, mangetout and straw mushrooms. Fry for 1 minute, then add the beansprouts and spring onions and mix well. Add the dark and light soy sauces, white pepper, salt, sugar, Mushroom Stir-Fry Sauce and vegetable stock and bring to the boil. Slowly pour in the cornflour mixture, stirring constantly until the sauce reaches the desired consistency. Remove from the heat and stir in the sesame oil. Place the crispy noodles on to a large plate and using a pair of scissors, cut the noodle nest into quarters. Pour the vegetables over the noodles and serve.