

Healthier
Chinese
Cookbook



Healthier Chinese meals

Chinese is one of the most popular takeaway foods here in Belfast.

Although traditional Chinese food is healthy, local chefs have adapted their recipes to suit local taste buds and because our taste buds favour foods which are high in fat, salt and sugar and because we eat bigger portion sizes, Chinese dishes have become less healthy over time. They can also contain monosodium glutamate (MSG), a flavour enhancer which is high in sodium.

We're working with takeaways and restaurants across Belfast to encourage them to return to traditional cooking methods and offer healthier alternatives to their customers.

After attending our nutrition training courses, organised in association with Belfast Health and Social Care Trust and the Food Standards Agency, with help from Jeremy Chan of the Sinley take-away in Cookstown, the Chinese National Healthy

Living Centre, the Chinese Welfare Association and the Chinese Chamber of Commerce, more than 30 Chinese take-aways and restaurants in Belfast have now reworked their menus to include healthier options. Ask your local Chinese take-away or restaurant about healthier options and meals without MSG.

Jeremy Chan has a successful business in Cookstown and part of the success is being able to offer healthier options on his menu. He has given us a number of his healthier recipes that we hope you will enjoy.

For further information on the project, including the Chinese master chef competition check out our website www.belfastcity.gov.uk/takeaway or contact our Food Safety Unit on 9027 0468.



Eating out - Healthier Chinese food tips

Here are some top tips to help you make healthy choices when you're eating Chinese food.

- Choose rice or noodles as part of your meal.
- Remember to include fruit or vegetables.
- Limit foods high in fat (creamy sauces, fried foods, pastry) and added sugar (puddings and desserts).
- Know when enough is enough. Never be afraid to leave what you don't want. If you have a smaller appetite, ask for a smaller portion with extra vegetables.
- Give fizzy drinks a miss and opt for water, fresh fruit juice or ice-cold semi skimmed milk or plain tea or coffee.

Some types of Chinese food are lower in fat, salt and sugar. Healthier Chinese options are:

- Chicken and sweetcorn soup.
- Beef, chicken, prawn or bean curd with green peppers or in black bean sauce.
- Dishes with lots of vegetables such as chow mein or vegetable stir-fry.
- Boiled or steamed rice, or noodles.
- Steamed fish.
- Chicken chop suey.
- Szechwan prawns.

Try to limit these foods when ordering at your Chinese takeaway or restaurant:

- Prawn crackers, dim sum, spring rolls and anything battered. These foods are deep fried and absorb lots of fat.
- Fried rice or fried noodles.
- Crispy duck – the skin is high in fat.
- Soy sauce – it is high in salt.
- Chips – try a smaller portion or share. Opt for thicker chips as they absorb less fat. Avoid soggy chips, they mean the cooking oil wasn't hot enough and the chips absorb more fat.

Remember to make food healthier:

- Cut fat off the meat.
- Use rapeseed oil for cooking.
- Use sauces and stocks that are low in fat and salt and do not contain MSG.
- Measure oils, sauces and stocks accurately.
- Make sure your portion sizes are not too large.
- Use plenty of vegetables.

Beef and pork can be used in the recipes in this book, just remember the cooking times will be a little longer. Always make sure your meat is thoroughly cooked.

金針菜

洋子

紫丹

麦冬

当归头

山楂

北芪

杜仲

云苓

月

Chicken and lettuce wrap

Serves 4

Ingredients

50g tofu
400g minced turkey or chicken (lean)
1 large bowl fresh mixed vegetables (for example onions, carrot batons, broccoli florets, celery, mange tout and pak choi)
½ cup chicken stock and water
1 tablespoon hoi sin sauce
1 tablespoon oyster sauce
1 tablespoon chilli sauce
1 teaspoon minced garlic
1 teaspoon minced ginger
2 romaine lettuce or iceberg lettuce

To thicken sauce:

2 tablespoon water and 1½ teaspoons corn flour (mixed)

Method

1. Dry-fry the turkey or chicken mince in a wok for about 10 minutes. Set aside when cooked.
2. Clean the wok and add the garlic, ginger and mixed vegetables. Stir-fry for 1 minute.
3. Add the cooked mince, hoi sin sauce, oyster sauce, chilli and chicken stock. Stir in and cook for 2-3 minutes.
4. Add the tofu and continue to stir-fry gently.
5. Mix the corn flour and water in to the wok to thicken the mixture.
6. Plate up and serve with the meat mixture wrapped in lettuce leaves.



Szechuan king prawns

Serves 4

Ingredients

1 tablespoon oil
1 teaspoon garlic
1 teaspoon ginger
2 teaspoon yellow bean sauce
1 tablespoon oyster sauce
2 teaspoon rice wine
Chilli (add according to taste)
1 cup fish or vegetable stock
Mixed fresh vegetables (for example onions, carrot batons, broccoli florets, celery, mange tout and pak choi)
700g king prawns

To thicken sauce:

2 tablespoon water and 1½ teaspoons corn flour (mixed)

Method

1. Add the yellow bean sauce, oyster sauce, wine and chilli to a bowl and mix up.
2. Heat a wok and add the garlic, ginger and oil. Stir-fry for 2 minutes.
3. Add in the mixed vegetables and stir-fry for 3-4 minutes.
4. Add the king prawns and stir-fry for 1 minute.
5. Add stock and cook for 1 minute.
6. Add the corn flour and water to the wok to thicken the mixture.
7. Plate up and serve.

Szechuan king prawns in a spicy tomato sauce

Serves 4

Ingredients

700g peeled king prawn (deveined)
1 tablespoon oil
1 tablespoon minced ginger
1 tablespoon minced garlic
1 large bowl mixed vegetables (for example onions, carrot batons, broccoli florets, celery, mange tout and pak choi)

Sauce

3 teaspoons tomato puree
1 teaspoon chilli flakes or chilli sauce (add more if you like it hotter)
1 half teaspoon salt
1 teaspoon sugar
1 teaspoon sesame oil

Method

1. Heat a wok; add the garlic, ginger, oil, mixed vegetable and king prawns. (If using root vegetables cook them first in garlic, ginger and oil). Stir-fry for 3-4 minutes.
2. Add the sauce mixture (tomato paste, chill, salt, sugar, sesame oil) to the wok.
3. Plate up and serve.



Beef and black bean sauce

Serves 4

Ingredients

600g rump steak
1¼ cup of stock
1 tablespoon of black bean
1 teaspoon of chopped garlic
1 teaspoon of chopped ginger
Add shredded chilli according to taste
1 tablespoon of oil
600g mixed vegetables (for example onions, carrot batons, broccoli florets, celery, mange tout and pak choi)
1 teaspoon sugar
1 dash light soy sauce
1 dash dark soy sauce

To thicken sauce:

2 tablespoon water and 1½ teaspoons corn flour (mixed)

Method

1. Slice the beef and add the oil, sugar and dark and light soy sauce – leave to marinate for 10-30 minutes
2. Heat a wok and stir-fry the beef, add ginger, garlic, black bean and cook for 2 minutes.
3. Add the mixed vegetables and stock to the wok.
4. Once the beef is cooked add the thickening mixture.
5. Plate up and serve.



Stir-fry vegetables

Serves 4

Ingredients

2 teaspoons oil
1 teaspoon garlic
1 teaspoon ginger
2 small pinches of sugar (pinch between thumb and index finger)
2 teaspoon light soy sauce
1 teaspoon dark soy sauce
2 pinches white pepper
1 tablespoon rice wine
1 tablespoon vegetable stock
900g mixed vegetables (for example onions, carrot batons, broccoli florets, celery, mange tout and pak choi)

Method

1. Heat a wok. Add the oil, garlic and ginger and stir-fry for 1 minute.
2. Add in mixed vegetables and stir-fry for another 3-4 minutes.
3. Add the remaining ingredients to the wok.
4. Plate up and serve.



King prawn chop suey

Serves 4

Ingredients

1 tablespoon oil
1 teaspoon garlic
1 teaspoon ginger
1 tablespoon rice wine
1 ½ tablespoons oyster sauce
2 teaspoons light soy sauce
2 dashes dark soy sauce
2 pinches white pepper
1½ cup fish or vegetable stock
700g mixed vegetables (for example onions, carrot batons, broccoli florets, celery, mange tout and pak choi)
700g king prawns

To thicken sauce:

2 tablespoon water and 1½ teaspoons corn flour (mixed)

Method

1. Heat a wok and add the oil, ginger and garlic and stir-fry for 1 minute.
2. Add the king prawns and vegetables and cook for 1 minute.
3. Add the remaining ingredients and cook for 1 minute.
4. Add corn flour and water to the wok to thicken the mixture.
5. Plate up and serve.



Chicken chow mein

Serves 4

Ingredients

1 tablespoon oil
1 teaspoon garlic
1 teaspoon ginger
2 tablespoons chicken stock
2 tablespoons rice wine
1 tablespoons light soy sauce
2 pinches white pepper
2 dashes dark soy sauce
600g mixed vegetables (for example onions, carrot batons, broccoli florets, celery, mange tout and pak choi)
4 chicken fillets
5 bales noodles

Method

1. Heat a wok and add the garlic, ginger and oil and stir-fry for 1 minute.
2. Add vegetables and stir-fry for another 3-4 minutes.
3. Add stock and chicken and stir-fry for a further 3-4 minutes (or until chicken thoroughly cooked).
4. Add the rest of the ingredients to the wok and stir-fry for 1 minute. (Add more stock if drying out but not too much).
5. Plate up and serve.

Ramen noodle soup with chilli encrusted salmon

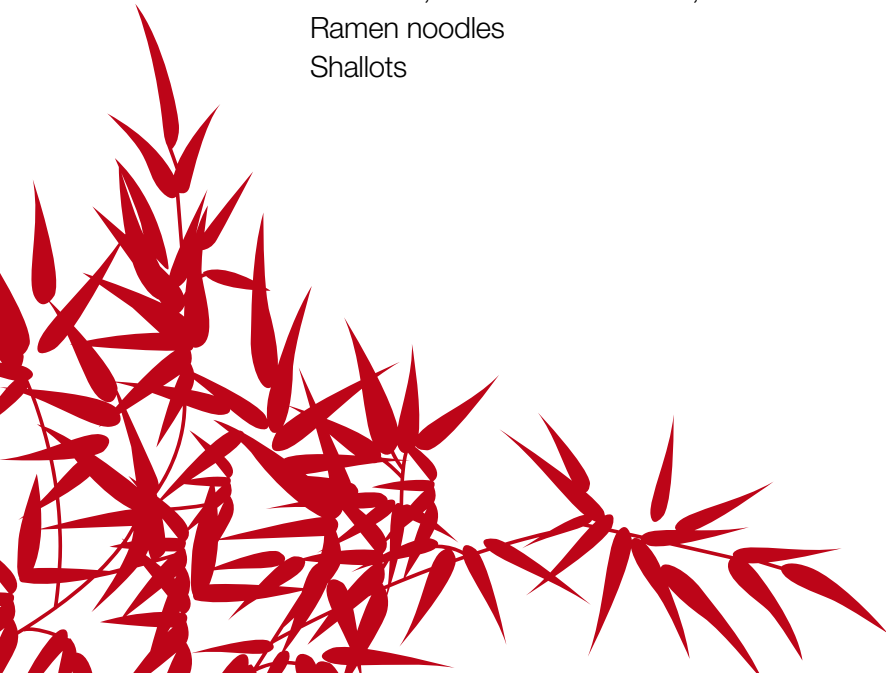
Serves 4

Ingredients

1 ½ litres of chicken stock
4 salmon steaks at 3oz each
1 tablespoon of fresh chilli (depending on how hot you like it)
1 tablespoon of crushed or chopped ginger
1 tablespoon of crushed or chopped garlic
2 tablespoons of light soy sauce
A handful of: fresh bean sprouts, fresh coriander, fresh Chinese leaves, red onions
Ramen noodles
Shallots

Method

1. Cover the salmon steaks in light soy sauce.
2. Put the salmon skin side down on a baking tray.
3. Put chilli, garlic, and ginger on top of the salmon steaks and bake in the oven for 30minutes at 200°C.
4. Once the salmon is cooked, boil the chicken stock and add a dash of soy sauce.
5. Add a teaspoon of ginger, garlic and chopped shallots to the stock.
6. Add the noodles to the stock and boil for 1 minute.
7. Put the noodles and broth into four bowls, add sprigs of red onion, Chinese leaves, coriander and bean sprouts on top.
8. Add the salmon steaks.





Crispy smoked chicken

Serves 4

Ingredients

4 chicken fillets
1 tablespoon of oil
2 small pinches of salt
2 tablespoons hoi sin sauce
6 tablespoons corn flour
2½ tablespoon honey

Garnish

Lettuce and tomato

Method

1. Steam the chicken fillets for 30 minutes.
2. Cut the chicken fillets in to 2" long by ½" thick pieces.
3. Mix the salt, hoi sin sauce and oil together.
4. Coat the chicken in the corn flour and then cover with the marinade.
5. Put the mixture in a baking tray and place in an oven which has been pre-heated to 200 °C. Bake for 15 to 20 minutes. Remove from heat when it has turned golden brown.
6. Serve on a plate with garnish of lettuce, tomato and honey.

Chicken stock recipe

Ingredients

1kg chicken bones (skinless)
1kg pork bones (skinless)
3 litres water
Chinese leaves
4 carrots
1 hand of ginger
5 bay leaves
2 onions
1 leek
2 teaspoons of salt
2 teaspoons of sugar
1 teaspoon of pepper

Method

1. Boil the bones in 2 litres of water for 1 hour
2. Skim off the froth and add the vegetables and 1 litre of water, return to the boil
3. Drain the stock and discard the vegetables
4. Reduce the stock for an hour (simmer)
5. Add the salt, sugar and pepper







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