

# The Limehouse Restaurant Recipes

## by Kwan Y. Jung, 1988

### INTRODUCTION:

The following ingredients and spices are used frequently in cooking Chinese food.

- Salt
- Sugar
- MSG (flavor enhancer which is optional)
- Soy sauce
- Bean sauce
- Salted black bean or black bean sauce
- White pepper
- Red chili flakes
- Sesame oil
- Vegetable oil
- Lard
- Garlic
- Ginger
- Vinegar
- Plum sauce
- Sherry wine
- Red pepper
- Curry powder
- Oyster sauce
- Hoisin sauce
- Soup stock
- Cornstarch and water in solution

Arrange the above within easy reach around the wok to make the actual cooking process easier.

There are two basic steps in the preparation of meat, poultry, fish and vegetables:

1. Cutting
2. Marinating and seasoning

The meat and vegetables can be cut or chopped in 7 ways:

1. Minced.
2. Flaked.
3. Shredded – cut into 2 to 3 inch strips.
4. Sliced – cut into 1 to 2 inch pieces.
5. Diced – cut into cubes approximately 1/2” x 1/2” x1/2”.
6. Chunks – bite sized pieces approximately 1” to 1 1/2”.
7. Finely chopped.

Vegetables are used fresh without seasoning or marinating in cooking Chinese food. Meat, however needs to be seasoned and marinated ahead of time. Meat is separated into two kinds: white meat and dark meat. For example, chicken breast is white meat while meat from the leg is dark. Beef and pork are dark meat whereas fish and shellfish are white.

The seasoning and marinating ingredients consist of the following:

- Vegetable oil
- Salt
- Sugar
- MSG (flavor enhancer which is optional)
- Lemon juice
- Egg – whole, whites or yolk
- Baking soda
- Vinegar
- Sherry wine
- Soy sauce
- Cornstarch and water solution

Meat must be marinated with seasoning ingredients at least 10 minutes before cooking. The seasonings used depend upon the type of meat being cooked. The following is a chart of meats and the appropriate marinating ingredients for each.

	Cornstarch Solution	Wine	Oil	Salt	Sugar	Lemon Juice or MSG	Egg	Baking Soda	Vinegar	Soy Sauce
Beef	X		X		X		Yolk	X		X
Pork	X		X					X	X	
Shrimp	X		X	X		X	Whites			
Chicken – white meat	X	X	X	X			Whites			
Chicken – dark meat	X	X	X	X			Yolk			
Seafood			X		X	X	Whites		X	

### **Step by step for cooking a good meal:**

1. Wok should be heated until it is very hot.
2. Oil is added after the wok is sufficiently heated. Oil should never be put into a cold wok as the oil could be burned long before the work is heated.
3. Other spices are added to the oil at this point. If red chili, pepper or chili flakes is in the dish, they are added after the oil is heated and cooked slightly. Thus the oil is flavored by them. Salt is added at this point whether other spices are needed or not.
4. Ginger or garlic is added after the salt to the oil.
5. It is time to cook the meat. Mix the oil with salt and other spices first then add meat to the wok. Meat may or may not be removed upon doneness depending upon the recipe.
6. Vegetables are now stir fired in the wok.
7. Soup stock or water is added at this point to aid in the cooking of the meat or vegetables and to prevent burning. *(Editor's note: Kwan uses the term "to sizzling" in a few of his recipes usually after adding soup stock. Speculating, it could be that the liquid is used to deglaze the wok and also due to the high heat, rapidly evaporate, resulting in a sizzling sound.)*
8. A cornstarch solution consisting of cornstarch dissolved in water is used in Chinese cooking to thicken liquid into sauce or gravy. It is added to the dish when the meat and vegetables have been fully cooked.
9. The last ingredient added in Chinese cooking is usually green onion as garnish.

In steps 5 through 7, the wok can be covered until the food is fully cooked. Soup stock should be reduced by 2/3 (1/3 liquid remains) before cornstarch solution is added.

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### **(1) Special Fried Rice**

1 quart of steamed rice  
1/2 cup cooked small baby shrimp  
1/2 cup BBQ pork, diced  
1/2 cup cooked chicken meat, diced  
1 teaspoon soy sauce  
2 eggs  
1/2 cup bean sprouts  
1/2 green onion, finely chopped  
1/3 cup oil  
1/3 teaspoon salt  
Drops of sesame oil  
1/3 cup soup stock

1. Pick off the roots and heads of the bean sprouts. Grease wok with oil and sprinkle a little bit of salt into the wok. Stir fry bean sprouts for a half minute. Set aside.
2. Heat oil in the wok and break in the eggs. Stir eggs to scramble. When eggs are fully cooked add meats, rice and soy sauce.
3. Stir fry until rice is lightly brown, then add the salt, bean sprouts, and sesame oil. Add the soup stock while stirring rice.
4. Turn the heat to middle and maintaining the rice is heated slowly to hot, but not to burn. Rice should be moist, but not wet. Lastly, when the rice is hot, then add the green onions. Mix and serve.

**Kwan's comment: The bean sprouts cooked without the ends would look nice in a dish. Most of the restaurants in Hong Kong would prepare the bean sprouts this way, especially for the chou mein menu.**

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**(2) Western Fried Rice**

1 quart of cooked rice

1 cup diced ham

1/2 cup green peas

3 teaspoons catsup

1/3 cup oil

2 eggs

1/3 teaspoon salt

2 teaspoons sugar

1/2 cup soup stock

1. Heat oil in wok until hot then add salt. Break eggs into the oil and scramble until thoroughly cooked, but no rubbery.
2. Add the rice and ham to the scrambled eggs and mix well. Then add green peas, diced carrot and sugar.
3. Stir the soup stock along with catsup into the rice and cook slowly on medium heat until the fried rice is moist and hot, but not wet.

**Kwan's comment: To those who like the taste of catsup would love to have this rice for dinner.**

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### **(3) Double Happiness**

3 oz shrimp, cleaned

4 oz scallops

2 oz snow peas

2 oz baby corn

2 oz carrot, sliced and cut in half

2 oz bamboo shoot, sliced

1 oz water chestnut, sliced

1 oz straw mushroom

1 teaspoon ginger, minced

1/2 cup oil

1 teaspoon salt

1/2 teaspoon sugar

2 teaspoon wine

1 teaspoon sesame oil

1 cup soup stock

Cornstarch solution

1. Deep fry shrimp and scallops until half cooked. Drain oil and set aside.
2. Heat oil in wok and put in salt and ginger. Stir fry the vegetables in the sizzling oil. Then add the soup stock, cover the work and bring to a boil.
3. When the vegetables are tender, remove the cover of the work and add the shrimp, scallops, wine and sesame oil.
4. Boil until seafood is thoroughly cooked and add the cornstarch solution at this point. The gravy made should be smooth. Continue stirring and coat all the ingredients in dish with gravy, then serve.

**Kwan's comment: The gravy should be thin so the vegetables are only lightly coated.**

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#### **(4) Won Ton Soup**

30 won ton skin

1/3 oz baby dry shrimp

2 oz shrimp, minced

3 oz ground pork

1 egg

Pinch of white pepper

Pinch of salt

Pinch of sugar

1 green onion, flaked

5 cups of soup stock

1 teaspoon light soy sauce

1 teaspoon sesame oil

1 cup bok choy, chunk cut

1. Place chicken and ham in the soup stock and boil to flavor. This is the base for the soup.
2. Deep fry the baby dry shrimp until golden. Drain oil and ground the dry shrimp into a powder. Set aside.
3. Break the egg in a bowl, put in ground pork, shrimp, white pepper, salt, sugar and dry shrimp powder. This is the filling for the won tons. Mix well and wrap a bite-sized portion of the filling in a won ton skin. Won ton is made.
4. Boil a pot of water and place the filled won ton skins and the bok choy in. Stir and cook until all the won tons float on top of the water. Drain and rinse with water. Set aside.
5. In a large soup bowl, sprinkle in white pepper, sesame oil drops and light soy sauce. Place the cooked won tons and bok choy in the bowl and add the boiling soup stock. Add salt to taste and top with green onions. Serve.

**Kwan's comment: The key to have a delicious won ton is the dry shrimp powder. It is a must have item for making won tons.**

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**(5) War Won Ton Soup**

5 oz chicken, sliced cut

5 oz shrimp, shelled and de-veined (36-50 count)

5 oz bok choy, cut to bite sized pieces

2 oz snow peapods

2 oz button mushrooms, sliced

1 oz bamboo shoots, sliced

1 oz water chestnuts, sliced

1 oz green onions, chopped flake

6 pieces BBQ pork, thinly sliced

20 won ton skins

Pinch of salt

Pinch of white pepper

Drops of sesame oil

1. First follow the steps of making of Won Ton Soup recipe, then add all the above ingredients to soup base. Boil until the chicken is cooked and the won tons float. The War Won Ton soup is ready to serve.

**Kwan's comment: This is a favorite soup served in the Limehouse Restaurant because of it's size, taste and ingredients in it.**



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**(6) Hot and Sour Soup**

5 oz chicken, sliced thinly  
5 oz tofu, cut into strips  
2 oz wood fungus, cut into strips  
2 oz bamboo shoots, cut into strips  
1 egg, scrambled, cooked and pressed thin, sliced into strips  
1 green onion, flaked  
6 snow peas, cut into strips  
1 ½ teaspoons white pepper  
4 tablespoons vinegar  
3 tablespoons dark mushroom soy sauce  
1 teaspoon sugar  
1 package of tofu, cut into strips  
1 teaspoon sesame oil  
4 cups soup stock  
1/2 cup cornstarch solution

1. Heat soup stock in a soup pot with all the above ingredients except the cornstarch solution. Add soy sauce to darken soup. Add pepper, vinegar, salt and sugar to taste.
2. Adjust seasoning accordingly. When the chicken is thoroughly cooked the soup is ready. Add cornstarch solution to thicken soup slightly.

**Kwan's comment: For the hot and spicy food eaters, this is a good starter for having Chinese dinner.**

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### **(7) Sizzling Rice Soup**

10 pieces of 2" x 2" cooked rice crusts

Oil

Soup stock

1. Boil soup stock with basic ingredients, same as in the War Won Ton Soup, but without the won tons.
2. Cook rice in a large pan. Prolong the low heat period so the bottom of the cooked rice in the pan will harden. When it turns golden, stop the heat.
3. Scrape out the soft rice and set aside for other use. The hard rice at the bottom of the pan is the rice crust. Space it out and let cool.
4. Cut rice crusts into pieces about 2" x 3" in size. Deep fry the crust in smoking oil until puffed. Drain the puffed crusts of oil and place in a smaller plate.
5. Serve immediately on the table while it is hot. By sliding down the hot rice crusts from the smaller plate into the hot soup, sizzling sound will be produced as the result of mixing both ingredients in the bowl.

**Kwan's comment: Ready made cooked rice crusts can be purchased in some Chinese markets.**

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### **(8) Cashew Chicken**

10 oz chicken, white meat, chunk cut

1/3 cup cashew nuts, toasted

1 oz celery, chunk cut

1 oz water chestnuts, sliced

1 oz bamboo shoots, sliced

3 oz button mushrooms, sliced

2 oz snow peas, pick off both ends

1 teaspoon ginger, minced

1 teaspoon salt

1/2 teaspoon sugar

1/2 cup oil

1 cup soup stock

Cornstarch solution

1. Heat oil in a wok to 275 degrees hot. Deep fry cashews until golden brown. Set aside to cool. Nowadays toasted cashews are readily available in local markets.

2. Heat a small amount of oil for stir frying. When hot, add the salt and minced ginger. Stir fry for a short time to flavor the oil, then add the chicken.

3. Add all the vegetables. Keep stirring, when vegetables are really hot, add the soup stock and cover the wok to boil.

4. Boil until it has reduced the soup stock by two thirds. When the chicken has been thoroughly cooked, add the sugar and cornstarch solution to thicken. Lastly, mix in cashew nuts and serve.

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### **(9) Kung Pao Chicken**

10 oz chicken, chunk cut  
1/3 cup peanuts, toasted  
1/2 cup diced bamboo shoots  
1/2 cup diced water chestnut  
1/2 cup mushrooms, sliced  
1 green onion, flaked  
1 tablespoon oyster sauce  
2 tablespoon hoisin sauce  
1 teaspoon dark mushroom soy sauce  
Pinch of crushed red chili  
Dash of sesame oil  
2 tablespoon wine  
1/2 teaspoon salt  
1/2 teaspoon sugar  
1 teaspoon ginger, minced  
1 teaspoon garlic, minced  
1 cup soup stock  
1/2 cup oil  
Cornstarch solution

1. Mix oyster sauce, hoisin sauce, soy sauce, crushed chili, sesame oil, wine, salt, and sugar in a bowl. Add enough soy and oyster sauce to mixture to make the sauce dark.
2. Deep fry chicken until half cooked. Drain oil and set aside.
3. Heat oil in wok and stir in ginger and garlic to flavor oil. Put in diced bamboo shoots and water chestnuts. Add soup stock and heat to boil.
4. Then add chicken to finish cooking. Reduce the soup stock and then add the sauce. Stir until thoroughly mixed. Lastly, add the peanuts and green onion. Thicken the sauce by adding the cornstarch solution.

**Kwan's comment: Beef, shrimp or squid may be substituted for the chicken if desired.**

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**(10) Chicken of the Gods**

2 whole chicken breasts, sliced thin

Some water chestnut powder for coating chicken

1 egg white

1/2 teaspoon salt

1/2 cup half and half cream

2 oz sliced mushrooms

Dash of sesame oil

1 cup soup stock

Cornstarch solution

1. Mix egg white with chicken and coat it with water chestnut powder. Deep fry meat until well cooked. Set aside.
2. Boil soup stock with sliced mushrooms.
3. Add half and half cream and the remainder of the ingredients. Thicken with cornstarch solution into a gravy.
4. Cut the chicken into pieces and top with the half & half cream sauce.

**Kwan's comment: For creamy taste chicken, this is it.**

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### **(11) Lemon Chicken**

To prepare the chicken the same way as Chicken of the Gods and substitute the half and half cream sauce with the lemon gravy. You now have a dish of sweet and sour chicken with lemon flavor.

2 whole chicken breasts, sliced thin

Water chestnut powder for coating chicken

1 egg white

1/2 teaspoon salt

1/2 cup lemonade powder concentrate

1 lemon, sliced cut to pieces

Sugar to taste

1/2 cup soup stock

Cornstarch solution

1. Mix egg white with chicken and coat with water chestnut powder. Deep fry meat until well done.
2. Boil soup stock, then add lemon powder, sugar and cornstarch solution to a gravy.
3. Cut chicken to bite size pieces and place them on a plate with lemon slices around them, top with lemon gravy.

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### **(12) Peanut Butter Chicken**

3 tablespoon peanut butter

1/3 teaspoon red chili flakes (crushed chili)

1/3 cup oil

Salt to taste

1/2 teaspoon sugar

8 oz chicken, chunk cut

1/3 lb. napa cabbage

1 cup soup stock

Cornstarch solution

1. Boil Napa cabbage until soft. Drain water and arrange on the bottom of a serving dish.
2. Heat the oil in a wok. Place the red chili flakes and the salt in the oil to flavor. Pan fry the chicken until half cooked.
3. Stir in the soup stock, sugar and peanut butter and cover wok until the chicken is cooked. Remove cover and reduce soup stock by half. Add the cornstarch to make a gravy. Serve on top of the napa cabbage.

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**(13) Almond Chicken**

1/4 cup toasted almonds

1 cup chicken, chunk cut

1/4 cup bamboo shoots, diced cut

1/4 cup water chestnuts, diced cut

1/4 cup carrots, diced cut

1/4 cup green peas

1/4 cup mushroom, diced cut

1/3 cup oil

Salt to taste

1 teaspoon ginger, minced

Cornstarch solution

1. Heat oil in wok, add salt and minced ginger. When hot, stir fry the chicken until half done.
2. Put in other vegetables and boil with the soup stock until the chicken is fully cooked. Add the sugar and cornstarch solution to thicken into a gravy. Serve tossed with the toasted almonds.



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#### **(14) Ginger Wine and Chicken**

10 oz chicken, chunk cut

2 oz ginger, sliced into pieces. Prefer using young and tender root of ginger.

1 /2 cup of cooking wine

1 oz bamboo shoots, sliced cut

1 oz water chestnuts, sliced cut

1 oz button mushrooms, sliced cut

1 green onion, cut into strips

1 teaspoon salt

1 teaspoon sugar

1 teaspoon ginger, minced

1/3 cup soup stock

1/3 cup oil

Cornstarch solution

1. Heat wok with oil and put in the salt and minced ginger to saute. Stir in chicken and saute until half cooked.
2. Boil the chicken in added soup stock, vegetables, wine, sliced ginger pieces, and sugar. When the chicken is fully cooked, add green onion and make a gravy by adding cornstarch solution.

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### **(15) Cantonese Lobster**

1 8 oz lobster tail, cut into chunks

1/2 cup onion, chunk cut

1/2 cup bell pepper, chunk cut

1 teaspoon ground pork (*Note: earlier handwritten versions did not have this ground pork*)

1 green onion, flaked

1 egg

1/2 teaspoon salt

1 teaspoon black bean, minced

1 teaspoon ginger and garlic, minced

1/2 teaspoon sugar

1 cup soup stock

2 tablespoons wine

Dash sesame oil

1 teaspoon soy sauce

2 tablespoon cornstarch solution

1/2 cup oil

1. Heat oil in wok to hot. Add onion and saute until hot. Put in the salt, black bean, minced ginger, minced garlic and mix with ground pork.

2. Saute onion and bell pepper for a while, then add lobster meat, wine, sesame oil, soy sauce and soup stock. All the soup stock to come to a boil.

3. Cover the work until the lobster meat is thoroughly cooked. Remove the cover and add sugar, green onion and cornstarch solution to thicken the soup stock.

4. Lastly, break the egg into the work. Mix the lobster and other ingredients and immediately removed from the heat and serve.

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**(16) Abalone with Black Mushroom**

6 oz abalone (canned), sliced to thin pieces

7 oz black mushroom, soaked and with stems cut

3 tablespoon oyster sauce

Pinch of salt

1/2 teaspoon sugar

1 cup soup stock

1/2 teaspoon sesame oil

1/3 cup oil

1 green onion, flaked

Cornstarch solution

1. Oil the wok and then boil the black mushroom with soup stock. Add oyster sauce, salt, sugar and sesame oil to the soup.
2. Boil for 5 minutes. Taste and adjust seasoning accordingly.
3. Add cornstarch solution to thicken the soup into sauce.
4. Add the green onion and finally the abalone. Mix well. Cut the heat immediately and serve.

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### **(17) Shrimp with Lobster Sauce**

8 oz shrimp, cleaned (21-25 counts per lb.)

1 teaspoon black bean sauce

1 teaspoon ground pork (*handwritten versions did not have this, but listed minced ginger instead*)

1 tablespoon soy sauce

3 tablespoons wine

1 teaspoon sesame oil

1 bell pepper, chunk cut

1 onion, chunk cut

1 egg

1 green onion, flaked

1 teaspoon sugar

1 cup of soup stock

Cornstarch solution

1. Heat oil in wok. When hot, add salt and ginger to flavor the oil. Add ground pork with black bean and mix well.
2. Then, stir fry the shrimp with wine, sesame oil and soy sauce briefly and add bell pepper and onion. Add the soup stock and let boil.
3. Reduce the soup stock to half and add green onion, cornstarch solution, and lastly the egg to make the sauce.

*(Not sure where the "lobster" come in. None of the versions list lobster in the ingredients!)*

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### **(18) Steamed Whole Fish**

1 fish, rock cod or red snapper, cleaned and scaled

2 tablespoons bean sauce

1 /2 cup black mushrooms, soaked with stems cut

1 /2 cup bamboo shoots, sliced cut

3 green onions, flaked

5 tablespoons dark mushroom soy sauce

2 tablespoons sugar

1 /4 cup oil

1 /2 teaspoon salt

1 oz ginger, flaked

1. Thoroughly clean fish. Mix bean sauce, oil and salt together and rub the mixture inside and outside of the fish. Place the fish in a pan large enough to hold the fish.
2. Top the fish with mushroom, ginger and bamboo shoot slices. Add soy sauce, sugar and place the pan in a steamer and steam for 15 minutes.
3. Remove the fish and transfer to a serving dish. Top the fish with green onion. Heat the oil until smoking hot and pour the oil over the fish.

**Kwan's comment: Nowadays, microwave oven cooking can substitute the steamer cooking. In the microwave oven, it takes only 1 to 2 minutes for cooking a whole fish. After the fish is cooked, repeat the hot oil sizzling process over the green onion and the fish.**

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### **(19) Sweet and Sour Shrimp**

10 shrimp, cleaned (16-20 counts per lb.)

2 eggs

1/2 cup oil

1/2 teaspoon salt

1 tablespoon baking powder

1/2 cup flour

2 cups cornstarch powder

1 cup tomato puree

2 cups water

1 cup vinegar

1 cup pineapple tidbits

1 cup carrots, sliced

1 cup sugar

Cornstarch solution

1. Place carrots in a bowl and sprinkle with a small amount of salt. Let marinated for 4 minutes. Drain the liquid and set aside.
2. Mix the tomato puree and water well. Add salt, sugar and vinegar to make the sweet and sour sauce. Heat the sauce to a boil and thicken it slightly by adding the cornstarch solution. Lastly add the carrots and the pineapple tidbits to the sauce.
3. To make the batter for the shrimp, mix together the baking powder, cornstarch powder, flour, oil and eggs with a small amount of water. Batter should be smooth without lumps. Set aside.
4. Cut shrimp along the back with a knife, but careful not to cut the ends. The shrimp should form a ring. Dry the shrimp by patting gently on a towel.
5. Dip shrimps into the batter and deep fry in hot oil until batter is golden. Cut the shrimps into the chunks and serve with the sweet and sour sauce poured on the top.

**Kwan's comment: Nowadays, to make the batter at home, we can substitute the flour with ready made pancake mix. Use the "just add water" type of pancake mix. It saves a lot of time and work of making the batter using the recipe as follows:**

1/2 cup pancake mix  
2 eggs  
1 cup cornstarch powder  
1 teaspoon salt  
1 teaspoon oil

Mix the above the ingredients with a small amount of water. It can be ready for deep fry in a few minutes. The batter should be smooth, light coat and not dripping.

**Kwan's comment: To substitute the shrimp with other meats like chicken (chunk cut) or pork (chunk cut, it is customary to retain some of the pork fat with the meat) by preparing them in the same manner, we can have many sweet and sour dishes.**

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**(20) Shrimp with Tomato Sauce**

8 oz shrimp, cleaned, cut in half by back to tail

1 tomato, chunk cut

Half bell pepper, chunk cut

Half onion, chunk cut

1/3 cup catsup

1 tablespoon sugar

1/3 cup oil

1 teaspoon salt

1/2 cup soup stock

Cornstarch solution

1. Heat oil in the wok and add salt. Saute a while by adding shrimp, bell pepper and onion to oil.
2. Add tomato, catsup and soup stock. Bring to boil.
3. Reduce soup stock to 1/3 cup. Add sugar and cornstarch solution to make a gravy.



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**(21) Fish Fillet with Chinese Greens**

8 oz fish fillets, chunk cut

2 oz snow peas, ends peeled

2 bok choy, chunk cut

1 oz bamboo shoots, sliced cut

1 oz button mushroom, sliced cut

3 tablespoons lemonade powder concentrate

1 teaspoon salt

1/3 cup oil

Cornstarch solution

1. Dilute lemonade powder with a small amount of water and make a paste. Marinate fish fillets with lemon paste. Set aside.
2. Heat a wok with oil and add salt to saute until hot.
3. Add all the vegetables and fish fillets into the wok and add soup stock. Cover the wok and bring to a boil.
4. When the vegetables are soft, add cornstarch solution to make a gravy.

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## **(22) Sweet and Sour Fish Fillet**

8 oz fish fillet, cut to pieces about 2" x 2"  
1 oz sweet onion, strips cut  
1 oz sweet cucumber, strips cut  
1 ox green bell pepper, slices cut  
1 tablespoon pineapple tidbits  
1 oz carrots, strips cut  
3 tablespoon lemonade powder concentrate  
2 cup water  
1 cup tomato puree  
1 cup sugar  
1 cup vinegar  
1 teaspoon salt  
1/3 cup oil  
Cornstarch solution

To prepare: soak onion, carrot, bell pepper and cucumber in vinegar over night. Drain out.

Dilute the lemonade powder with a small amount of water to make a paste. Marinate the fish fillet with lemonade paste. Steam fish fillet to well done. Set aside.

1. Mix tomato puree, water, salt, vinegar in a pot and add sugar.
2. Bring to boil and add onion, cucumber, bell pepper, pineapple tidbits and carrot.
3. Add cornstarch solution to make a gravy. Lower the heat and make hot sweet and sour sauce.
4. Mix fish fillets with sweet and sour sauce and other ingredients in a dish and serve.

**Kwan's comment: Sweet and Sour Fish Fillet is a great entree in Chinese food.**

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**(23) Bok Choy Beef**

6 oz beef, sliced thinly

1/2 bok choy, chunk cut

1 tablespoon light soy sauce

1 teaspoon salt

1 oz ginger, sliced cut

2 cloves garlic, pressed

1 teaspoon sugar

1 cup soup stock

1 teaspoon sesame oil

1/3 cup oil

Cornstarch solution

1. Deep fry beef in oil until half cooked. Drain and set aside.
2. Heat wok with oil. Add salt, ginger and garlic until hot and oil is flavored.
3. Stir bok choy with the beef. Add light soy sauce and sesame oil to sizzle. Immediately add the soup stock and boil until bok choy is soft.
4. Add sugar and the cornstarch solution to make a gravy.

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**(24) Mongolian Beef**

14 oz beef, sliced thinly

4 green onions, cut into strips approximately 2 inches long

1/2 cup oil

2 tablespoon bean sauce

2 tablespoon oyster sauce

2 tablespoon wine

1 teaspoon sugar

1 teaspoon sesame oil

1 teaspoon red chili with oil sauce

1/2 cup soup stock

Cornstarch solution

1. Heat oil in wok to 275 degrees. Deep fry beef until half done. Drain of oil and set aside.
2. Heat a small amount of oil in the work and add the bean sauce, oyster sauce, red chili oil sauce and sesame oil to cook. Stir in green onion flakes. Mix well with all the sauces.
3. Add the beef with the soup stock. Bring the stock to boil and add the wine and sugar.
4. When the soup stock has been reduced somewhat and the beef is done, add the cornstarch solution to make a gravy to coat the beef.

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**(25) Pepper Steak** (*Steak and Green Peppers*)

12 oz beef, sliced thinly

1 onion, chunk cut

1 green pepper, chunk cut

1 green onion, cut into strips approximately 2 inches long

1 teaspoon salted black bean sauce

1 teaspoon soy sauce

1 teaspoon minced ginger

1 teaspoon minced garlic

1/2 teaspoon salt

1/2 teaspoon sugar

1/2 cup soup stock

Cornstarch solution

1. Heat a small amount of oil in wok and add salt, ginger, garlic and black bean. Mix well.
2. Add beef into wok and spread beef around the pan fry on one side until well brown. Then add soy sauce to sizzling beef.
3. Add green pepper, onion and soup stock with sugar. Cover wok to boil until pepper is done.
4. Put in green onion and thicken soup stock with cornstarch solution to make a gravy.

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**(26) Tomato Beef**

6 oz beef, sliced thinly

3 tomatoes, chunk cut (To peel off the skin of the tomato, put tomatoes in boiling water for 1 minute, drain water and let cool, then chunk cut. Set aside)

1 onion, chunk cut

1 tablespoon sugar

2 tablespoons catsup

1 teaspoon salt

1 teaspoon ginger, minced

Oil

Cornstarch solution

1. Heat a frying pan and grease with oil. Saute beef with the salt and ginger until the beef is half done. Set aside.
2. Heat wok with oil and add salt. When it is hot, add tomato, onion and soup stock.
3. When soup is boiling and the onion is done, add beef to mix well.
4. Reduce soup one half then add cornstarch solution to thicken and make a gravy.

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**(27) Curry Beef**

8 oz beef, sliced thinly

2 tablespoons curry powder

1 onion, chunk cut

1 teaspoon sugar

1 teaspoon salt

Pinch of white pepper

Cornstarch solution

1 cup soup stock

1. Heat a frying pan with oil until hot. Stir fry the beef with salt onion until beef is half cooked. Set aside.
2. Boil soup stock in a pan with curry powder, white pepper, salt and sugar to taste.
3. Add beef and onion. Thicken soup stock with cornstarch solution to make gravy.

The Limehouse Restaurant Recipes  
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**(28) Oyster Beef**

8 oz beef, sliced thinly

4 tablespoons oyster sauce

2 tablespoons sugar

1 teaspoon salt

1 green onion, strips cut

1/3 cup soup stock

1/3 cup oil

Cornstarch solution

1. Heat wok with oil and put in salt. Wait until it is hot.
2. Add beef, spread beef evenly until half cooked.
3. Sizzling wok with soup stock and add oyster sauce and sugar.
4. Add green onion and cornstarch solution to make a gravy.



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**(29) Curry Chicken**

2 chicken legs

2 chicken thighs

1 potato, skin peeled and chunk cut

2 tablespoons curry powder

1 teaspoon salt

1 tablespoon sugar

2 cups soup stock

Pinch of white pepper or pinch of red chili flakes

Cornstarch solution

1. Boil soup stock with chicken, curry powder, salt and sugar until the chicken is cooked and tender.
2. Add potato and simmer until the potato is cooked and soft.
3. Add white pepper or red chili flakes to taste.
4. Add cornstarch solution to make a gravy.

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**(30) Ma Por Tofu**

4 oz ground pork

1 box tofu, cube cut to one inch squares

1 tablespoon bean sauce

1 tablespoon soy sauce

1 teaspoon red chili oil sauce

1 green onion, flaked cut

1/2 teaspoon salt

1 teaspoon sugar

Dash of sesame oil

oil

Cornstarch solution

1 cup soup stock

1. Grease the wok with oil until hot. Add salt, bean sauce, red chili oil and ground pork. Mix well.
2. When the ground pork is well done, add tofu, soy sauce, sesame oil, soup stock and sugar.
3. Reduce the soup to half by boiling the tofu until well cooked.
4. Add green onion and cornstarch solution to make a gravy.

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**(31) Tofu with Vegetables**

1 /2 box tofu, cubes cut

2 oz bamboo shoots, slices cut

2 oz water chestnut, slices cut

4 oz snow peas, ends peeled

2 oz carrot, cut in strips

1 teaspoon salt

1 teaspoon sesame oil

1 teaspoon ginger, minced

oil

1 cup soup stock

Cornstarch solution

1. Deep fry tofu in oil until golden brown, drain oil and set aside.
2. Grease wok with oil and heat until hot. Then add salt, ginger and mix well oil well.
3. Put all vegetables into wok and stir fry with sesame oil for a short while.
4. Add fried tofu, soup stock and cover the wok to bring soup to boil.
5. When the snow peas are done, add cornstarch solution to the soup and make a gravy.

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**(32) Chinese Broccoli with Oyster Sauce**

1 lb. Chinese broccoli, cleaned, cut stems in half

1 tablespoon salt

1 tablespoon oil

3 tablespoon oyster sauce

1. Boil a pot of water and add salt.
2. When water is boiling, add broccoli into pot. Let boil for 1 minute.
3. Put oil in water and pick broccoli out one by one. Drain off water.
4. Place broccoli stems on a serving plate one parallel to the other. Then lay oyster sauce on top of broccoli stems with zigzag lines.

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**(33) Long Rice with Pork**

1/4 lb dry bean threads, soaked in water for 20 minutes and cut loosely

8 oz pork, cut into strips

4 oz snow peas, cut into strips

2 oz carrots, cut into strips

1 teaspoon salt

2 teaspoon soy sauce

1/3 cup oil

1 teaspoon sesame oil

1 cup soup stock

Cornstarch solution

1. Heat oil in wok until hot, add salt. Then cook the pork strips in wok.
2. When pork is thoroughly cooked, put in snow peas and carrots. Stir to mix.
3. Add soup stock, lay bean threads on top and cover the wok and steam for 3 minutes.
4. Remove cover. The bean threads should be soft. Add soy sauce, sesame oil, and cornstarch solution to soup. Stir well and serve hot.

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**(34) Twice Cooked Pork**

6 oz pork, sliced very thin and cut into pieces about 2" x 3" large

1/2 cup napa cabbage, chunk cut

1/2 cup onion, chunk cut

1/3 cup bell pepper, chunk cut

2 oz bamboo shoots, sliced cut about 1 inch long

2 oz water chestnut, sliced

1 green onion, flaked

1/3 cup oil

1 teaspoon salt

1 /2 teaspoon ginger, minced

1 /2 teaspoon red chili flakes

1 cup soup stock

1 tablespoon dark mushroom soy sauce

1 teaspoon sesame oil

1 /2 tablespoon sugar

Cornstarch solution

1. Deep fry pork in oil until well done. Drain oil and set aside.
2. Heat oil in wok and put in salt, ginger and red chili flakes. Stir fry briefly for flavor.
3. When hot, put in pork and vegetables, except green onion.
4. Stir and add soy sauce, sugar, sesame oil and soup stock.
5. Let boil until soup has been reduced and all vegetables are fully cooked, then add green onion and cornstarch solution to make a gravy.

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**(35) Moo-Shu Pork**

6 flour tortillas or moo-shu pancakes  
6 oz pork, cut into strips  
1 oz wood fungus, soaked and cut into strips  
2 oz cabbage, cut into strips  
2 oz bamboo shoots, cut into strips  
1 oz carrot, cut into strips  
1 oz snow peas, cut into strips  
3 tablespoon hoisin sauce  
1 tablespoon dark mushroom soy sauce  
1 teaspoon sugar  
1/2 cup oil  
1 teaspoon salt  
1 green onion, flaked  
1 cup soup stock  
1 egg  
1 teaspoon ginger, minced  
Cornstarch solution

1. Steam flour tortillas until soft. Set aside.
2. Heat wok with oil and add salt. Pan fry the egg, scrambled, flatted and cut into strips. Set aside.
3. Heat the 1/3 cup oil in a wok until hot add salt and ginger, then stir fry the pork.
4. When the pork is done, add soy sauce, egg and other vegetables. Then add soup stock and bring to boil.
5. When the vegetables are tender, add cornstarch solution to make thick sauce filling. This filling should be rather thick with no excess gravy.
6. Put the Mu-Shu pork filling into a flour tortilla or moo-shu pancake center. Spread hoisin sauce on the edge of the tortilla. Fold tortilla over to make a roll. Repeat with the remaining tortillas or moo-shu pancakes..

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**(36) Egg Roll Appetizer**

12 lumpia wrappers, steamed soft  
1 celery, shredded, cut about 2 inches long  
6 oz ground pork  
2 teaspoon salt  
1 tablespoon sesame oil  
1/3 cup oil for cooking  
1 teaspoon white pepper powder  
1/2 cup cornstarch powder  
1 egg  
Plum sauce  
Sugar  
Vinegar  
Oil for deep fry

To prepare: Make batter with the recipe of sweet and sour shrimp batter. Dilute plum sauce with vinegar and sugar to taste.

1. Heat a wok with 1/3 cup oil until hot. Add salt and ground pork.
2. When the ground pork is done, add celery and mix well.
3. Cook and keep stirring until the celery is hot and done.
4. Sprinkle cornstarch powder and stir continually to make a filling.
5. Let the filling cool off completely.
6. Pick up a handful of filling and place in the center of a lumpia wrapper. Roll the wrapper with the filling and fold both sides to make a roll. Secure wrapper by applying egg white to the edge of the wrapper.
7. Heat oil to 275 degree in a big kettle. Dip egg roll into batter and deep fry to golden.
8. Serve egg roll by cutting it into small bit size chunks and dribble plum sauce over it.

**Kwan's comment: Originally the Cantonese egg rolls have no batter and the filling is a mixture of ground meat, diced mushroom, strips cut carrot, shredded bamboo shoots with gravy. Served with Worcestershire sauce.**



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### **(37) Fried Shrimp Appetizer**

12 shrimp, cleaned (16/20 per lb.)

2 eggs

1/2 cup oil

1/2 teaspoon salt

1 tablespoon baking powder

1/2 cup flour

2 cups cornstarch powder

Oil for deep frying

1. Cut shrimp along the back with a knife, but do not cut through the ends. Open the center. The shrimp should form a ring. Clean shrimp and dry it by placing/patting gently with a towel.
2. Mix egg, 1/2 cup oil, salt and baking powder with water in a bowl.
3. Add flour and cornstarch powder. Mix well with water into batter.
4. Heat oil to 275 degree. Coat shrimp by dipping into the batter and deep fry the shrimp until the batter is golden.

To make the batter the easy way, use ready-make pancake mix. Use the just-add-water type.

1 /2 cup ready-make pancake mix

2 eggs

2 cups cornstarch powder

1 teaspoon salt

1 tablespoon oil

water

**Kwan's comment: This is the original shape of fried shrimp served in a Chinese restaurant from the beginning. It is round like an onion ring. The newly established Chinese restaurants nowadays would serve a fried shrimp with the shell still intact at the end of the shrimp and look more like a cocktail shrimp with batter. Cornmeal is used as batter.**

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**(38) Bacon Shrimp Appetizer**

12 fry shrimps

6 bacon slices, cut in half

oil for deep frying

12 toothpick

1. Wrap bacon slices around fry shrimps. Pierce toothpick through bacon and shrimp to hold them together.
2. Heat oil to 275 degree and deep fry bacon shrimp together until bacon in golden brown.
3. Remove toothpicks and serve.

**Kwan's comments: For those who love bacon, this is the appetizer of appetizers.**

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### **(39) Rumaki Appetizer**

6 bacon slices, cross cut in half  
6 chicken livers, boiled, chunk cut into 12 pieces  
6 water chestnuts, halved cut into 12 pieces  
12 toothpicks  
1 cup soup stock  
2 tablespoons light soy sauce  
Oil for deep fry  
Batter for frying

1. Prepare batter as in the recipe of fried shrimp. Cook chicken livers in boiling soup stock and soy sauce until done. Set aside.
2. Wrap bacon around liver and water chestnut. Secure liver and water chestnut together with toothpicks.
3. Deep fry rumaki in hot oil until bacon is done.
4. Coat rumaki in batter and deep fry rumaki again to golden. Remove toothpicks and serve.

**Kwan's comment: Rumaki can be served without the batter. The name and spelling as the Japanese touch in it. It is an American food. There is no rumaki as food item in a menu in China.**

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**(40) “Paper” Beef Appetizer**

8 oz beef, sliced cut to 12 pieces

12 aluminum foil pieces, cut to 5” x 5” each

1 teaspoon sesame seeds, toasted

1/2 cup hoisin sauces

2 tablespoons sugar

1 teaspoon salt

1 tablespoon oil

2 tablespoons soy sauce

Oil for deep frying

1. Mix beef with hoisin sauce, soy sauce, oil, salt, sugar and sesame seeds.
2. Place beef on aluminum foil and fold into the shape of a triangle, then fold the edges twice over to seal.
3. Heat oil and deep fry paper beef until done.

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**(41) Fried Won Ton Appetizer**

12 pieces won ton skins

3 oz ground pork

Pinch of salt

1 egg white

Oil for deep frying

1. Mix ground pork with salt and egg white.
2. Pick up 1/2 teaspoonful ground pork and place it in the won ton skin. Fold the corner of won ton skin to cover meat.
3. Deep fry won tons until meat is done.

**Kwan's comment: Fried won ton is easy and simple to make. Taste depended on the sauces that come with the fried won ton. Use plum sauce or sweet and sour sauce would be good.**

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#### **(42) Golden Fried Crispy Oyster Appetizer**

2 8-oz jars oyster, use cooked oysters from a jar in the meat section of the supermarket

2 eggs

1/2 cup oil

1 teaspoon salt

1 tablespoon baking powder

1/2 cup flour

2 cups cornstarch powder

Oil for deep frying

1. Break eggs in a bowl and add oil, salt, baking powder, flour and cornstarch powder. Add water, mix well for batter.
2. Sprinkle salt on each oyster. Set aside.
3. Heat oil. Coat oyster with batter and deep fry in oil until golden.

**Kwan's comments: The golden fried crispy oyster dish can be found in a dinner menu instead of an appetizers menu in some restaurants.**

**Tip: Batter for all deep fry use, there is a rule to follow. It is the quantity of the flour and the portion of the cornstarch powder put in the batter mixture can make the taste different. If a soft batter is desired, use more flour in the mixture or to make the batter crispy and hard to bit, use more cornstarch in the mixture.**

### **(43) Seafood Cantonese Chow Mein**

1/2 lb chow mein noodles  
2 oz shrimps, cleaned (30 counts per lb.)  
2 oz rock cod fish fillets, chunk cut  
2 oz scallops  
1 green onion, flaked cut  
3 oz bean sprouts  
1/2 cup oil  
1 teaspoon salt  
1 teaspoon sesame oil  
1 tablespoon mushroom soy sauce  
1 teaspoon sugar  
1 cup soup stock  
1 teaspoon ginger, minced  
Cornstarch solution

1. Loosen chow mein noodle and place noodle on a plate. Cook in the microwave oven for one minute.
2. Boil water in a pot and put noodle in for 1/2 minute. Drain water and let dry.
3. Heat oil in pan until hot. Add noodle and lower heat. Flap over to change side when the noodle is golden brown. Set aside in a serving plate.
4. Grease a wok with oil and add salt, ginger to saute.
5. When the oil is hot add shrimp, fish, scallop, bean sprouts, soy sauce and sesame oil. Stir.
6. Add soup stock. Bring to boil. Add sugar, green onion and cornstarch solution to make a gravy.
7. Pour all the ingredients on top of the noodles.

**Kwan's comments: The microwave oven process is to harden the noodle. It is easy to pan fry noodle to golden brown and crispy when the noodle is not soft after boiling. Lots of gravy is needed to coat all the noodle when serving.**

**(44) Ham Egg Foo Young**

4 oz ham, diced cut  
2 oz onion, finely chopped  
2 oz bean sprouts finely chopped  
4 eggs  
1/2 teaspoon salt  
1 tablespoon cornmeal powder  
1/2 cup oil  
1 cup soup stock  
2 tablespoons light soy sauce  
1 tablespoon sugar  
Cornstarch solution

1. Break eggs in a bowl. Add salt, ham, onion, bean sprouts and cornmeal powder. Mix well.
2. Heat oil in a wok until hot. Add the mixture in to form shapes of pancakes.
3. Pan fry both sides to golden brown.
4. Boil soup stock with light soy sauce and sugar. Thicken soup stock with cornstarch solution to make a gravy.
5. Place egg foo young pancakes on serving dish and top with gravy.

**Kwan's comment: The egg foo young is a dish in the dinner menu created in the USA with the similarity of the pancakes. The original Cantonese egg foo young resemble scramble egg food.**

**Option: We can substitute ham with the other meats in make egg foo young for various taste dishes.**



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*The following recipe was found on a typewritten draft. Any quantities were in pencil.*

### **(45) Crispy Chicken**

Whole chicken

Honey, clover

Shrimp chips

Oil

Salt, possibly 3 tablespoons

Five spice powder, possibly 1/2 tablespoons

3 cups white vinegar

Mix salt with five spice powder, toast and set aside to cool.

Boil pot of water with white vinegar. Dip whole chicken in boiling water for a half minute. Take chicken out and air dry. Brush honey over all parts of chicken.

BBQ/bake? chicken to golden and let cool.

Deep fry shrimp chips and let cool.

Deep fry chicken to crispy brown and cut to chunk pieces.

Surround with shrimp chips and sprinkle with five spice salt. Serve hot.

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*The following recipe was found on a typewritten draft. No details on quantities provided.*

**(46) Chicken with Cream Sauce**

Minced clams

Ham, thin sliced cut

Chicken, whole

Half and half

Green peas

Sesame oil

Salt

Sugar

MSG

Soup stock

Cornstarch solution

Green onion stalk, strip cut

Boil chicken and debone, sliced to big pieces, place in the center of plate surrounded with ham slices.

Boil soup add salt, MSG, sugar, minced clams, green peas and sesame oil. Bring to boil then add half and half to make cream sauce.

Sprinkle onion stalk in on top of chicken and ham.

Gravy on top to serve while cream is hot and chicken warm and the ham is cold.

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*The following recipe was found on a typewritten draft. No instruction found.*

**(47) Buddha's Delight**

14 oz Cabbage, chunk cut  
14 oz Broccoli, chunk cut  
14 oz Snow peas  
14 oz Water chestnuts, sliced  
14 oz Bamboo shoots, sliced  
14 oz Baby corn, cut in half  
14 oz Straw mushrooms  
14 oz Carrots, sliced  
1 tablespoon oyster sauce  
1 tablespoon sherry wine  
1 teaspoon salt  
2 tablespoons (teaspoon?) ginger, cut sliced  
2 garlic, smashed  
1 teaspoon sugar  
1/3 cup oil  
1 tablespoon cornstarch  
1 cup soup stock  
1 teaspoon sesame oil

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*The following recipe was found on a typewritten draft. No details on quantities provided.*

**(48) Bean Cake Pork**

Tofu, chunk cut  
Pork, slices cut  
Pork, ground minced  
Bean sauce  
Red chili flakes  
Oil  
Salt  
Sugar  
Sesame oil  
Green onion  
Soup stock  
Cornstarch solution  
Soy, dark

Deep fry tofu to golden, drain oil.

Grease pan with oil, put in salt, red chili flakes and ground or minced pork then add soy sauce. When the minced pork is done, add sliced pork and bean cake (tofu). Stir and add soup and bean sauce and sesame oil. Boil until the sliced pork is done. Add cornstarch solution to make gravy.

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The following recipe was found on a typewritten draft.

### **(49) Toffee Apple**

2 apples peeled, cut and remove cores  
Mix 7 parts flour to 3 parts cornstarch and water to make a batter with  
1 egg white  
1 cup of sugar  
oil

Shower apple with flour first, dip into batter and deep fry until light golden.

Drain oil. Oil serving plate and set aside.

Clean wok thoroughly.

Boil 2/3 cup water in a pan and add sugar, stirred until sticky, add oil to mixture until brown, then mix with apples.

Take apples out and place them on plate. Dip apple in ice cold water before serving.

### **Toffee Bananas**

Prepare the same way as above.

2 bananas, peeled and cross cut to chunks about 1.5" x 1.5" x 1.5"

Mix 4 parts flour and 6 parts cornstarch with water to make batter with

1 egg white

1 cup powdered sugar

Shower bananas with flour before dipping in batter and deep fry until golden. Drain oil and set aside.

Coat banana with powdered sugar in serving dish

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*The following recipe was found on a draft.*

### **(50) Sweet and Sour Fried Won Ton Appetizer**

30 won ton skins  
2 oz ground pork  
1 oz baby shrimp, minced  
1 egg  
Pinch of salt  
Shake of white pepper  
1/2 cup sugar  
1/2 cup vinegar  
1 cup tomato puree  
1 cup water  
oil for frying  
1 cup water  
Cornstarch solution

Mix tomato puree, sugar, water and vinegar then boil and add cornstarch to make sweet and sour dipping sauce.

Mix pork, shrimp, egg, salt, white pepper and ½ teaspoon sugar in a bowl as filling.

Roll filling in one corner of won ton skin then fold in two corners across to make a triangle. Fold in the two corners across the center and use additional egg to hold edges together.

Deep fry in oil until golden brown.

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*The following recipe was found on a draft.*

**(51) Vanilla Sponge Cake Dessert**

2 cups of self rising flour

1/2 cup of melted lard or shortening

1 cup of milk

1/2 package of custard mix (2 1/2 ounces)

1 cup of sugar

3 teaspoons of vanilla extract

Mix milk, sugar and vanilla extract in a bowl. Stir in and dissolve sugar. Add custard mix and stir until smooth.

Sift in flour and add melted lard or shortening. Mix well.

Pour mixture into a round 9 inch layer cake pan. Allow to rest for 30 minutes.

Steam the cake over boiling water for 50 minutes.

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*The following recipe was found on a draft.*

**(52) Beef Fried Rice**

2 quarts of cooked rice

1 lb of beef, diced

2 eggs

1 teaspoon sesame oil

1/2 cup oil

1/3 teaspoon salt

1/3 cup soup stock

1/2 cup onion, diced

1 green onion, flaked

Heat oil to hot in wok. Deep fry beef until two thirds done. Drain oil and set aside.

Heat wok with oil and saute onion. Break the eggs into the onion and stir to scramble. Add the rice and beef and mix well. Stir fry until rice is heated.

Add the soup stock to “sizzling” and salt and mix well. Mix in the sesame oil and green onion.