

## Sample Recipe

| Name of Recipe: <u>Chicken in Black Bean Sauce</u> |  |   |   |
|--|--|---|---|
| Ingredients  | <b>Current Recipe</b><br>Date: 2nd May<br>Quantity | <b>Modified Recipe 1</b><br>Date: 7th May<br>Quantity/Reduction | <b>Modified Recipe 2</b><br>Date:<br>Quantity/Reduction |
| Black Beans fermented                              | 1 dessert spoon                                    | 1 dessert spoon   |   |
| Vegetable Oil                                      | About 2 ladles                                     | About 2 ladles  |   |
| Chicken, raw, diced                                | About 8 pieces                                     | About 8 pieces  |   |
| Peppers, onion diced                               | 1 kitchen spoon                                    | 1 kitchen spoon   |   |
| Vegetable Oil                                      | 2 teaspoons  | 1 teaspoon<br>Reduced by 1/2                                    |   |
| Garlic, chopped                                    | 1 teaspoon   | 1 teaspoon  |   |
| Chinese cooking wine                               | 1/8 teaspoon                                       | 1/8 teaspoon  |   |
| Water  | About 1/2 ladle                                    | About 1/2 ladle   |   |
| Salt   | 1/4 teaspoon                                       | 1/4 teaspoon<br>Reduced by 1/2                                  |   |
| MSG  | 1/2 teaspoon                                       | 1/4 teaspoon<br>Reduced by 1/2                                  |   |
| Sugar  | 1/2 teaspoon                                       | 1/2 teaspoon  |   |
| Dark Soy Sauce                                     | 1 kitchen spoon                                    | 1/2 kitchen spoon<br>Reduced by 1/2                             |   |

## Sample Recipe

| Ingredients                     | Quantity     | Quantity/Reduction | Quantity/Reduction |
|---------------------------------|--------------|--------------------|--------------------|
| Potato starch, diluted in water | 1 teaspoon   | 1 teaspoon         |                    |
| Sesame Oil                      | 1/8 teaspoon | 1/8 teaspoon       |                    |

### Method

Pour 2 ladles vegetable oil into a hot wok. When hot, add the chicken and fry.

Add the peppers and onions, and continue to fry. Remove chicken and vegetables using a wire spoon. Set chicken and vegetables aside. To prepare dish: Heat a dry wok. Add vegetable oil; pour off any excess. Stir fry the black beans and garlic. Add the chicken and vegetables.

Add the Chinese cooking wine. Add the water; place a lid on the wok, bring to a gentle simmer, and steam the contents. Remove the lid and add salt, MSG, sugar and dark soy sauce. Add potato starch solution and sesame oil. Stir in. Pour into a container.

## 2.4 Guidance on Individual Meals

The following pages provide guidance on a more healthy preparation for specific meals.

