

Chinese Recipes II

chinese recipes.txt
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Barbequed Pork

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories :
Amount Measure Ingredient -- Preparation Method

1/2	teaspoon	ground cinnamon	
1/4	cup	soy sauce	
1		green onion -- cut in half	
2	tablespoon	dry red wine	
1	clove	garlic -- crushed	
1	tablespoon	brown sugar	
2	whole	pork tenderloins	
1	tablespoon	honey	
		(about 12 oz each)	
2	teaspoon	red food coloring -- optional	
		trimmed	

Combine soy sauce; wine,sugar,honey, food coloring, cinnamon, onion and garlic in large bowl. Add pork, turning tenderloins to coat completely. Cover and refrigerate 1 hour or overnight, turning meat occasionally. Drain pork, reserving marinade. Place tenderloins on wire rack over baking pan. Bake in preheated 350F oven, turning and basting often with reserved marinade, until cooked through, about 45 minutes. Remove pork from oven; cool. Cut into diagonal slices. Makes about 8 appetizer size servings This is very nice served with green onion curls.

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Bbq Pork Lo Mein

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories :
Amount Measure Ingredient -- Preparation Method

2	tablespoon	sesame oil	
2	tablespoon	vegetable oil	
1	teaspoon	ginger -- finely chopped	
2	cup	bok choy -- cut into 1/2" pie	
1 1/2	cup	bean sprout	
8	ounce	chinese bbq pork	
1/2	cup	chicken broth	
2	tablespoon	oyster sauce	
1	tablespoon	soy -- dark	
1/2	teaspoon	sugar	
		pepper -- dash	

1. Cook noodles in plenty of boiling water, when al dente, drain and toss

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