

**Monday**

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| <b>Lean Pork Soup with Dried Scallops</b>   | <b>Fish Maw Braised with Shanghai Pakchoi</b>   | <b>Fish Belly Braised with Eggplant</b>   | <b>Pork Ribs in Zhenjiang Black Vinegar</b>   |
| <b>Ingredients:</b><br>Lean pork 1/3 catty<br>(cut into pieces)<br>Dried scallops (soaked) 1 tael<br><b>Steps:</b><br>1. Boil water in a pot; add all ingredients and bring to the boil.<br>2. Switch to a low heat and stew for 2 hours; season with salt and serve. | <b>Ingredients:</b><br>Shanghai pakchoi 4/5 catty<br>Fish maw (blanched) 2 taels<br><b>Steps:</b><br>1. Rinse Shanghai pakchoi; rinse fish maw and blanch in the boiling water; season with ginger and spring onion then set aside.<br>2. Heat up the wok with cooking oil; fry chopped ginger in hot oil until fragrant; add Shanghai pakchoi and stir-fry briefly; add salt and some water and stir-fry until cooked; dish up and set aside.<br>3. Fry ginger slices in hot oil until fragrant; add fish maw and seasoning and stir-fry until done; place on the Shanghai pakchoi to serve. | <b>Ingredients:</b><br>Grass carp belly 8 taels<br>Eggplant 1<br><b>Steps:</b><br>1. Add cooking oil and fry grass carp belly until both sides become golden.<br>2. Add water and seasoning; add eggplant and cook together.<br>3. Cook until done and serve. | <b>Ingredients:</b><br>Pork ribs 1 catty<br><b>Steps:</b><br>1. Marinate pork ribs, deep-fry until briefly cooked; dish up.<br>2. Fry ginger and garlic until fragrant; add pork ribs and season with Zhenjiang black vinegar, sugar, salt and water then bring to the boil.<br>3. Stir-fry until sauce is absorbed; add dark soy sauce; dish up and serve. |

**Tuesday**

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| <b>Lean Pork Soup with Chestnuts and Chinese Yam</b>  | <b>Sliced Chicken Stir-fried with Bamboo Shoots</b>  | <b>Shredded Fish Stir-fried with Cucumber</b>  | <b>European Lettuce with Dried Radish</b>   |
| <b>Ingredients:</b><br>Chestnuts 3 taels<br>Chinese yam appropriate amount<br>Lean pork 8 taels<br><b>Steps:</b><br>1. Boil a pot of water; add all ingredients and bring to the boil.<br>2. Switch to a low heat and simmer for 2 hours; season with salt and serve. | <b>Ingredients:</b><br>Bamboo shoots 4 taels<br>Chicken breast 6 taels<br><b>Steps:</b><br>1. Fry ginger slices in hot oil until fragrant; add bamboo shoot slices and chicken.<br>2. Add salt, rice wine and cornstarch and stir well; thicken the sauce. | <b>Ingredients:</b><br>Cucumber 1<br>Minced mud carp 8 taels<br><b>Steps:</b><br>1. Flatten minced mud carp; pan-fry until both sides become golden; cut into strips and set aside.<br>2. Stir-fry cucumber briefly; place the fish into the wok and stir-fry well; add seasoning and dish up. | <b>Ingredients:</b><br>European lettuce 8 taels<br>Dried radish appropriate amount<br>Red hot pepper (shredded) appropriate amount<br><b>Steps:</b><br>1. Rinse European lettuce; rinse and dice dried radish.<br>2. Parboil the lettuce until done; dish up and set aside.<br>3. Fry shredded red hot pepper in hot oil until fragrant; add dried radish and stir-fry briefly; place on the lettuce and serve. |

**Wednesday**

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| <b>Crucian Carp Soup with Soybean Curd and Chinese Parsley</b>   | <b>Fresh Soybean Curd Stick Stewed with White Radish</b>   | <b>Chaozhou-Style Pan-fried Eggs with Mussel</b>  | <b>Tender Chicken Stir-fried with Deep Fried Soybean Curd Puffs</b>   |
| <b>Ingredients:</b><br>Crucian carp 1<br>Soybean curd 1/6 catty<br>Chinese parsley appropriate amount<br><b>Steps:</b><br>1. Fry ginger slices in hot oil until fragrant; add fish and pan-fry until both sides become golden.<br>2. Add water and bring to the boil; add soybean curd and cook for a while; add salt and Chinese parsley and serve. | <b>Ingredients:</b><br>White radish (shredded) 2/3 catty<br>Fresh soybean curd stick 1 tael<br><b>Steps:</b><br>1. Fry shredded ginger until fragrant; add soybean curd stick and blanch for 5 min.<br>2. Add shredded white radish; cook until done.<br>3. Garnish with chopped spring onion and serve. | <b>Ingredients:</b><br>Frozen mussel (diced) 8<br>Eggs 5<br>Chinese parsley (minced) appropriate amount<br><b>Steps:</b><br>1. Heat cooking oil; add powder paste and mussels; mix well quickly.<br>2. Add whisked egg and Chinese parsley and mix well.<br>3. Pan-fry until both sides become golden; dish up; mix with the sauce and serve. | <b>Ingredients:</b><br>Deep fried soybean curd puff 3 taels<br>Chicken half<br>(cut into pieces)<br><b>Steps:</b><br>1. Fry ginger and garlic in hot oil until fragrant; add chicken and stir-fry briefly.<br>2. Add deep fried soybean curd puffs and stir-fry well until done; add seasoning and dish up. |

**Thursday**

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| <b>Chicken Soup Stewed with American Ginseng</b>  | <b>Shredded Pork Stir-fried with Carrots and Shiitake Mushrooms</b>   | <b>Vegetarian Meat Stir-fried with Chinese Kale</b>  | <b>Pork Spareribs Stir-fried with White String Beans</b>   |
| <b>Ingredients:</b><br>Whole chicken 1<br>(blanched)<br>American ginseng 2 tael   | <b>Ingredients:</b><br>Pork (shredded) 4 tael<br>Dried shiitake mushrooms 3 tael<br>Carrots (sliced) 4 tael   | <b>Ingredients:</b><br>Vegetarian meat (soaked) 1<br>Chinese kale (cut into sections) 1/2 catty  | <b>Ingredients:</b><br>White string beans 8 tael<br>Pork spareribs 6 tael  |
| <b>Steps:</b><br>1. Add 4 bowls of water and all ingredients including 2 slices of ginger into a stew pot.<br>2. Stew over a high heat for 30 min; switch to a low heat and stew for 2 and 1/2 hours; season with salt and serve. | <b>Steps:</b><br>1. Stir-fry carrots and shiitake mushrooms until done; add seasoning and dish up then set aside.<br>2. Fry shredded ginger and chili in hot oil until fragrant; add shredded pork and stir-fry until done. | <b>Steps:</b><br>1. Soak vegetarian meat until soft and marinate it.<br>2. Heat cooking oil; add Chinese kale and stir-fry briefly; sprinkle rice wine; add vegetarian meat and stir-fry until done.<br>3. Season and serve. | <b>Steps:</b><br>1. Rinse and cut white string beans into sections; cut pork spareribs into pieces and marinate it then set aside.<br>2. Fry garlic slices in hot oil until fragrant; add white string beans and stir-fry until done; dish up and set aside.<br>3. Stir-fry pork spareribs in cooking oil until done; place on the white string beans and serve. |

**Friday**

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| <b>Beef Shin Soup with Pakchoi and Candied Dates</b>   | <b>Deep-fried Chicken Wings with Lemon Grass</b>   | <b>Deep-fried Squid with Spiced Salt</b>  | <b>Sautéed European Lettuce</b>  |
| <b>Ingredients:</b><br>Beef shin 1/2 catty<br>Pakchoi 1/3 catty<br>Candied dates 4 pcs   | <b>Ingredients:</b><br>Chicken wings 8<br>Lemon grass appropriate amount   | <b>Ingredients:</b><br>Squid 8 tael   | <b>Ingredients:</b><br>European lettuce 1  |
| <b>Steps:</b><br>1. Boil a pot of water; add all ingredients and bring to the boil.<br>2. Switch to a low heat and simmer for 2 hours; season with salt and serve. | <b>Steps:</b><br>1. Heat cooking oil and deep-fry chicken wings until golden; drain oil.<br>2. Fry lemon grass in hot oil until fragrant; place chicken wings in the wok and stir-fry briefly. | <b>Steps:</b><br>1. Carve fresh squid; marinate; coat with deep-frying batter mix and deep-fry briefly.<br>2. Fry red hot pepper until fragrant; add fresh squid into the wok; add spiced salt and stir-fry well. | <b>Steps:</b><br>1. Cut lettuce into halves; place into boiling water and cook until done; drain water and set aside.<br>2. Fry chopped garlic; season with salt and sugar; add lettuce and stir-fry briefly.<br>3. Add some oyster sauce and serve. |

**Saturday / Sunday**

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| <b>Pork Rib Soup with Soybean</b>  | <b>Chicken Casserole with Shaoxing Wine</b>   | <b>Shanghai Pakchoi Braised with Mushrooms</b>   | <b>Soybean Curd Stir-fried with Shiitake Mushrooms</b>  |
| <b>Ingredients:</b><br>Soybean curd (soaked) 1/6 catty<br>Pork rib (cut into chunks) 2/5 catty   | <b>Ingredients:</b><br>Pulled chicken (blanched) 1<br>Dried lily buds (soaked) 20<br>Black fungus (soaked) 8<br>Red dates (soaked) 12<br>Shaoxing wine 1/2 cup  | <b>Ingredients:</b><br>Shanghai pakchoi 8 tael<br>Mushrooms 4 tael   | <b>Ingredients:</b><br>Soybean curd 2 pcs<br>Dried shiitake mushrooms (shredded) 3 tael   |
| <b>Steps:</b><br>1. Boil a pot of water; add all ingredients and bring to the boil.<br>2. Switch to a low heat and simmer for 2 hours; season with salt and serve. | <b>Steps:</b><br>1. Marinate chicken; fry the chicken with ginger slices in hot oil until light brown.<br>2. Add dried lily bud, black fungus and red dates and stir-fry briefly.<br>3. Add Shaoxing wine and seasoning and mix well; bring to the boil then switch to a low heat; stew until cooked. | <b>Steps:</b><br>1. Parboil Shanghai pakchoi in clear soup until done; dish up and set aside.<br>2. Fry chopped garlic until fragrant; add mushrooms and stir-fry briefly; season with a little bit of oyster sauce and clear soup.<br>3. Place on the Shanghai pakchoi and serve. | <b>Steps:</b><br>1. Rinse and dice soybean curd; drain well; rinse and shred shiitake mushrooms.<br>2. Fry spicy broad bean paste in hot oil until fragrant; add all ingredients and stir-fry until cooked. |