

Monday			
<b>Pork Rib Soup with Straw Mushrooms and Soybean Curd</b>	<b>Braised Fish-flavored Eggplant</b>	<b>Pork Rib Steamed with Fermented Black Soybean Sauce</b>	<b>Mussels Boiled with Mashed Garlic and Shredded Red Hot Pepper</b>
<b>Ingredients:</b> Pork ribs (blanched) 2/5 catty Straw mushrooms (blanched) 4 taels Soybean curd (blanched) 1 pc <b>Steps:</b> 1. Boil a pot of water; add pork ribs; turn to a low heat and simmer for 1 hour after water has boiled. 2. Add straw mushrooms and soybean curd and bring to the boil. 3. Season with salt; arrange on a bowl and serve.	<b>Ingredients:</b> Eggplant (cut into chunks) 1 catty Minced pork 2 taels Salted fish 1 tael <b>Steps:</b> 1. Marinate minced pork with seasoning; stir-fry and set aside. 2. Fry ginger, garlic and white part of spring onion in hot oil until fragrant; add minced pork and diced salted fish and fry; add broad bean paste; sprinkle with wine. 3. Add superior stock and boil briefly; add eggplant; add oyster sauce, vinegar and other seasoning.	<b>Ingredients:</b> Pork ribs (cut into chunks) 4/5 catty Fermented black soybeans appropriate amount <b>Steps:</b> 1. Mix pork ribs well with fermented black soybean, light soy sauce, salt, spring onion and ginger; marinate for 30 min. 2. Lay pork ribs on a plate; steam over a high heat until done.	<b>Ingredients:</b> Mussels 1 catty Red hot pepper 4 pcs Garlic 4 pcs <b>Steps:</b> 1. Fry garlic in hot oil until fragrant; add butter, mussels, sake and salt and boil for 5 min. 2. Add red hot pepper and serve.
Tuesday			
<b>Beef Soup with Tomatoes and Potatoes</b>	<b>Sautéed Chinese Kale</b>	<b>Preserved Duck Leg Fried with Radish</b>	<b>Beef Slices Stir-fried with Garlic Sprout</b>
<b>Ingredients:</b> Tomatoes (cut into chunks) 3 Potatoes (sliced) 2 Beef (sliced and blanched) 6 taels <b>Steps:</b> 1. Boil the water; add beef, white peppercorns and ginger to boil for 45 min. 2. Add tomatoes and potatoes to cook for 45 min; season with salt and sugar.	<b>Ingredients:</b> Chinese kale 2/3 catty <b>Steps:</b> 1. Fry ginger slices in hot oil until fragrant; add Chinese kale and stir-fry. 2. Add salt, sugar and some water and stir-fry well until done.	<b>Ingredients:</b> Radishes (shredded) 2/3 catty Preserved duck leg (blanched and shredded) 1 <b>Steps:</b> 1. Steam the preserved duck leg for 10 min; bone and skin it; cut into shreds. 2. Heat up cooking oil; add shredded preserved duck leg and fry until fragrant; add shredded radish to fry together. 3. Add oyster sauce, salt and sugar; boil until the radish is soft.	<b>Ingredients:</b> Beef (sliced) 1/2 catty Garlic sprout 1/2 catty <b>Steps:</b> 1. Fry marinated beef with ginger and garlic in hot oil until fragrant. 2. Add garlic sprouts and fry until done; add salt, sugar and light soy sauce.
Wednesday			
<b>Soup with Soybean Curd and Swimmer Crab</b>	<b>European Lettuce Stir-fried with Red Hot Pepper and Fermented Soybean Curd</b>	<b>Shredded Pork Stir-fried with Bean Sprouts</b>	<b>Ostrich Meat Stir-fried with Green Scallion</b>
<b>Ingredients:</b> Soybean curd 2 pcs Egg white 2 Flower crab (cut into pieces) 1 <b>Steps:</b> 1. Fry ginger slices; sprinkle with wine; add superior stock and bring to the boil. 2. Add crab pieces and soybean curd and boil until cooked; add salt and pepper. 3. Mix egg white and Chinese parsley well; thicken the soup.	<b>Ingredients:</b> European lettuce 1 Fermented soybean curd 2 pcs Red hot pepper (shredded) 1 tablespoon <b>Steps:</b> 1. Boil a pot of water; add European lettuce, cook until done; arrange on a plate. 2. Fry shredded ginger and rice wine; add fermented bean curd and shredded red hot pepper and fry; pour on the lettuce.	<b>Ingredients:</b> Bean sprouts (blanched) 4/5 catty Pork (shredded) 4 taels <b>Steps:</b> 1. Fry ginger, garlic and white part of spring onion until fragrant; add shredded pork and fry until half done. 2. Add bean sprouts to fry together; sprinkle with wine; and add clear broth. 3. Season with oyster sauce, salt and sugar.	<b>Ingredients:</b> Ostrich meat (shredded) 1/2 catty Green scallion 1 <b>Steps:</b> 1. Fry ginger, garlic and white part of spring onion until fragrant; add shredded ostrich meat and fry until half done. 2. Add green scallion to fry together; sprinkle with wine; and add clear broth. 3. Season with light soy sauce, oyster sauce, salt and sugar.
Thursday			
<b>Soup with Astragalus Mongholicus, Chinese Wolfberries and Beef Shin</b>	<b>Preserved Pork Stir-fried with Green String Beans</b>	<b>Pakchoi Braised with Dried Shrimps</b>	<b>Grey Mullet Steamed with Salted Lemon</b>
<b>Ingredients:</b> Beef shin (cut into chunks) 2/5g Astragalus mongholicus 1/2 tael Chinese wolfberries 2/5 tael Lotus seeds appropriate amount	<b>Ingredients:</b> Green string beans 1/2 catty Preserved pork 3 taels	<b>Ingredients:</b> Pakchoi (trimmed) 2/3 catty Dried shrimps 1/6 catty	<b>Ingredients:</b> Grey mullet 1 Salted lemon 1

<b>Steps:</b> 1. Boil a pot of water; add all ingredients and ginger slices and bring to the boil. 2. Continue to simmer for 3 hours over a medium heat; season with salt.	<b>Steps:</b> 1. Put preserved pork into clean water to cook until done; slice; deep fry until it rolls up; take out. 2. Fry spring onion, ginger and garlic in hot oil until fragrant; add wine; add green string beans and preserved pork and fry briefly. 3. Add broth and seasoning to stir-fry; thicken the soup and serve.	<b>Steps:</b> 1. Cook the pakchoi until 80% done; set aside. 2. Boil superior stock, wine, salt and shrimps together; add pakchoi and bring to the boil; simmer over a low heat until there is only 1/3 soup left. 3. Add ginger juice; thicken the soup; stir-fry the pakchoi and serve.	<b>Steps:</b> 1. Put the fish on a plate; lay sliced ginger and diced spring onion underneath the fish. 2. Lay minced salted lemon, shredded ginger, spring onion, dried tangerine peels, and red hot pepper on the fish. 3. Steam the fish over a high heat until it is done; fry some shredded ginger with light soy sauce; pour them onto the fish and serve.
<b>Friday</b>			
<b>Pea Shoot Soup</b>	<b>Minced Mutton Stir-fried with Lettuce</b>	<b>Chinese Kale Stir-fried with Salted Fish</b>	<b>Pumpkin Steamed with Fried Chicken and Vegetables</b>
<b>Ingredients:</b> Chinese parsley 1/4 catty Pea shoots 10 taels Corn 1/2  <b>Steps:</b> 1. Boil the superior stock; add corn kernels and bring to the boil. 2. Add pea shoots and boil until cooked; add salt and pepper. 3. Mix egg white and Chinese parsley well; thicken the soup.	<b>Ingredients:</b> Mutton (minced) 1/4 catty European lettuce (sliced) 3/4 catty Water chestnuts (diced) 10 Dried shiitake mushrooms (soaked and diced) 3 Onion (diced) 1/2 Chinese celery (diced) 1/3  <b>Steps:</b> 1. Fry some ginger and garlic in hot oil; add diced onion and mutton to fry. 2. Add other ingredients to fry together; add chicken soup, salt and pepper to stir-fry. 3. Add Chinese parsley and diced spring onions and thicken the soup; arrange with lettuce.	<b>Ingredients:</b> Chinese kale (sliced) 1/2 catty Salted fish (diced) 1/2 tael Chopped garlic 1 tablespoon Minced red hot pepper 1 tablespoon  <b>Steps:</b> 1. Deep fry salted fish in the heated wok until fragrant. 2. Fry chopped garlic and minced red hot pepper in hot oil; add sliced Chinese kale and fried diced salted fish to stir-fry briefly. 3. Add seasoning and serve.	<b>Ingredients:</b> Pumpkin 1/2 catty (cut into chunks) Chicken breast 1/4 catty (cut into chunks) Green soybeans 1/4 catty (blanched)  <b>Steps:</b> 1. Marinate the chicken; deep fry until done and set aside; steam pumpkin pieces until done; arrange on a plate. 2. Boil a pot of stock; add chicken, green soybeans and salt; thicken the soup. 3. Pour the soup on the pumpkin; sprinkle drops of sesame oil and serve.
<b>Saturday / Sunday</b>			
<b>Chicken Soup with Chinese Pear and White Fungus</b>	<b>Mud Crab Stir-fried with Ginger and Spring Onion</b>	<b>Shrimps Stir-fried with Tomato Sauce</b>	<b>Fried Soybean Curd with Fungi</b>
<b>Ingredients:</b> Whole chicken (blanched) 1 White fungus (cut into florets) 1 tael Chinese pear 1 Lean pork (blanched) 4 taels  <b>Steps:</b> 1. Put all ingredients into a stew pot; add ginger slices and 4 bowls of water; cover the lid. 2. Put it into a saucepot, stew for 30 min over a high heat. 3. Turn to a low heat and simmer for another 3 hours; add salt.	<b>Ingredients:</b> Mud crab (cut into pieces) 1 catty  <b>Steps:</b> 1. Fry shredded ginger and spring onion; add crab pieces to stir-fry together. 2. Sprinkle wine; add superior stock, light soy sauce, oil, sugar and pepper. 3. Fry until the soup is thicken; add shredded red hot pepper and spring onion sections to fry and mix well.	<b>Ingredients:</b> Shrimps (shelled and deveined) 1 catty  <b>Steps:</b> 1. Heat up the oil; add shrimps to stir-fry until half done. 2. Add ginger and garlic; add tomato sauce, sugar, salt, vinegar and water; cover the lid and bake. 3. Thicken the soup; add chopped spring onions and sesame oil.	<b>Ingredients:</b> Mushrooms 2 taels Straw mushrooms (cut into halves) 3 taels Dried shiitake mushrooms (sliced) 2 taels Soybean curd (sliced) 1 pc Bamboo shoots appropriate amount Black fungus and white fungi appropriate amount  <b>Steps:</b> 1. Fry sliced soybean curd until both sides lightly brown and arrange on a plate. 2. Fry ginger and spring onion in hot oil; add all mushrooms and fungus; sprinkle wine; add bamboo shoots, black fungus and white fungus to stir-fry together. 3. Add superior stock, oyster sauce, salt and sugar; dish up; pour onto the soybean curd.