

Cook (Chinese Dishes)



Complete the following:

1. Know the following cooking terms:
 1. fry
 2. marinate
 3. rinse under cold running water
 4. simmer
 5. stew
 6. pan
2. Choose two sauces from the following list and cook two dishes using the sauces chosen:
 1. clear sauce
 2. cream sauce
 3. sweet and sour sauce
 4. salad dressing
 5. black bean sauce
 6. Chinese marinade
3. Prepare and cook two dishes from the following list:
 1. Fried egg
 2. Hamburger steak
 3. Spaghetti in meat sauce
 4. Fried beef with rice noodles or fried shredded pork with noodles
 5. Fried rice with minced beef and peas
4. Prepare and cook a meal for four people. Choose one dish from each group of A, B and C:

Group A

 1. Braised spare ribs
 2. Chicken wings in lemon sauce
 3. Beef fillet Chinese style
 4. Chicken cooked Portuguese style
 5. Fried pork steak with onions
 6. Stuffed bean curd or green peppers
 7. Fried vegetables.
 8. Steamed fish

Group B

 1. Minced beef with egg white broth
 2. Tomato and egg soup
 3. Bean curd broth

Group C

 1. Bean paste cake
 2. Red bean paste
 3. Green bean paste
 4. Balls of glutinous rice
 5. Stewed egg