

陳 Helen's
Asian
Kitchen®

ABOUT YOUR CARBON STEEL WOK

“A well-seasoned carbon steel wok with its natural nonstick patina is the prize of every Asian kitchen.”

Helen Chen



Features of Helen's Asian Kitchen Heavy Gauge Professional Select Carbon Steel Wok:

- Traditional heavy-gauge carbon steel for quick heat response and uniform heating
- Versatile—stir fry, stew, deep fry, sauté, braise, boil and more
- Flat bottom sits securely on any stovetop—gas, electric or induction
- Heat-resistant natural wood handles
- Requires seasoning for a natural stick-resistant cooking surface (see care instructions)

Lifetime warranty against manufacturer's defects in workmanship

HOW TO CARE FOR YOUR CARBON STEEL WOK

Our carbon steel woks are coated with a protective lacquer finish to prevent the pan from rusting during transit. Clean thoroughly, then season to seal the surface to prevent rusting. Successive use will gradually build a black patina, providing a smooth, stick-resistant surface, like a well-seasoned cast iron skillet. The more you use your pan, the darker and more stick-resistant it will become.

Before First Use:

- Place the wok over medium-high heat until it smokes. Remove from heat and allow to cool. Once cooled, scrub the inside with an abrasive cleanser, repeating several times if necessary to remove all the lacquer coating. When clean, rinse and dry the pan thoroughly and proceed to next step immediately.
- Pour 1 to 2 teaspoons of cooking oil into the wok (vegetable, canola, soybean or peanut - do not use butter or olive oil) and, with paper towel, coat the entire inner surface with a thin film of oil. (NOTE: Do not use nonstick cooking sprays as they can leave a hard to remove sticky residue on the cookware.) Place wok over medium heat and heat slowly. With paper towel, distribute oil evenly over the entire cooking surface. Tilt wok over the burner to heat the sides.
- Allow wok to smoke 15 to 30 seconds while rubbing in the oil. The wok and paper towel will darken as you do this. Handle the pan and paper towel with care. They will be hot. Allow the pan to cool then repeat oiling and heating process 3 to 4 times. Let pan cool between each oiling. Your wok now has its initial seasoning and is ready to use.

After Each Use:

- Rinse wok with hot water and, if necessary, scrub away clinging food particles with a brush or non-metallic scrubber.
- Use dishwashing liquid only if necessary, as it may strip away some of the seasoning. Rinse pan and dry thoroughly.
- Place wok over medium-high heat to finish drying.
- Allow the pan to cool before storing.
- You may wish to wipe a thin film of cooking oil over the inside surface to prevent incidental rusting and help maintain seasoned surface. Do not use nonstick cooking sprays.
- If rust appears, simply scrub it away, rinse, dry the pan thoroughly and season it again.

Do not wash your carbon steel wok in the dishwasher. Harsh detergents will strip away seasoning and cause rusting.

At least six months of regular use will fully season your wok to perfection. Remember, a carbon steel wok is guaranteed to rust unless seasoned and used regularly. A rusted wok is not ruined. Simply scrub away rust, rinse, dry and season again.

The warranty does not cover carbon steel woks and carbon steel stir fry pans that have rusted because of inadequate seasoning. Rusted pans are not defective or damaged. Scrub the pan and re-season as instructed above.

STIR FRY RECIPES

CHICKEN WITH BROCCOLI & BAMBOO SHOOTS

Serves 3 to 4, or 5 to 6 as part of a multicourse meal

Fresh broccoli always gives the best results. If you are rushed, you can get cut-up broccoli at a supermarket salad bar.

- 1 lb broccoli
- 1 lb skinless boneless chicken breast, cut into $\frac{3}{4}$ " cubes (about 2 cups)
- 2 tsp cornstarch
- 2 tsp dry sherry
- 3 Tbsp dark soy sauce
- 3 Tbsp hoisin sauce
- 1½ tsp sugar
- 4 Tbsp canola, corn, or peanut oil
- 2 slices unpeeled gingerroot
- 1 clove garlic crushed and peeled
- 1 (8-oz) can sliced bamboo shoots, drained
- 1 tsp sesame seed oil

1. Trim the broccoli stalks and peel with a small paring knife. Slice the flower head off the stalks and cut into bite-sized florets. Cut the peeled stalks into 1 ½" pieces. You should have about 4 cups. Set aside.
2. Place the chicken in a bowl. Add the cornstarch and sherry and stir together until well mixed. Set aside.
3. Combine the soy sauce, hoisin sauce, sugar, and 2 Tbsp water in a small bowl and stir until smooth. Set aside.
4. Pour 1 Tbsp of oil in a wok or stir fry pan and place over high heat. When the oil is hot but not smoking, add the broccoli and stir for about 30 seconds. Stir in 3 Tbsp water, reduce heat to medium and cover the pan. Continue cooking, stirring occasionally, for about 2 to 3 minutes, or until the broccoli turns a darker green and is tender-crisp. Pour into a shallow platter and set aside.
5. Pour the remaining 3 Tbsp oil into the same wok or stir fry pan and place the pan over high heat. Add the gingerroot and garlic and stir them around the pan until the oil is hot and the ginger and garlic sizzle, about 30 seconds. Stir up the chicken mixture again and add it all to the hot oil. Continue stirring until the chicken is almost done, 1 to 2 minutes. Remove and discard the ginger root and garlic. Reduce the heat to medium and stir in the soy sauce mixture. Add the bamboo shoots and return the broccoli to the pan, stirring constantly until all the ingredients are heated through and well blended. Drizzle with sesame seed oil and give a couple of big turns with a spatula. Serve immediately.

CRYSTAL SHRIMP

Serves 3 to 4, or 5 to 6 as part of a multicourse meal

There is no soy sauce to darken the clear white sauce in this Shanghai dish. That's why the shrimp are described as crystal. The original recipe calls for deep frying the shrimp, but I prefer this stir fry version.

- 1 lb medium shrimp, shelled
- ¼ tsp grated peeled gingerroot
- 1 tsp dry sherry
- 1 tsp cornstarch
- 1 scant tsp salt
- 1 scallion, green and white parts, cut into 2" pieces
- 4 Tbsp canola, corn, or peanut oil

1. Cut a slit along the back of the shrimp and pull out and discard the vein. Rinse the shrimp in cold water, drain and place in a bowl. Add the gingerroot, sherry, cornstarch, and salt. Stir until the shrimp is well coated, then mix in the scallions. Set aside.
2. Heat the oil in a wok or stir-fry pan over high heat until hot but not smoking. Test by dipping a spatula into the shrimp and then into the oil; it should sizzle. Stir up the shrimp mixture again and pour it all into the hot oil. Stir briskly until the shrimp turn opaque, about 1 to 2 minutes. Transfer the shrimp to a platter with a slotted spoon. Discard the scallion if desired. Serve immediately.

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STIR-FRIED ASPARAGUS

Serves 4, or 5 to 6 as part of a multicourse meal

- 1 lb asparagus
- 2 Tbsp canola, corn, or peanut oil
- ½ tsp salt, or to taste
- 2 garlic cloves, thinly sliced
- ½ cup water
- 1 red bell pepper, seeded, cored, and sliced into 2" long julienne strips
- 1 ¼ tsp cornstarch, dissolved in 1 Tbsp water

1. Cut or snap tough ends from asparagus. Remove leaf scales from bottom of the spears. Wash thoroughly under running water and drain. Roll-cut into 1 ½" lengths.
2. Pour oil into a wok or stir-fry pan and place over high heat. Add salt and garlic and stir around the pan until oil is hot; garlic will begin to sizzle. Add asparagus and stir for about 1 minute. Pour in water and cook, covered, over medium-high heat for about 2 minutes, or until asparagus are tender-crisp.
3. Stir in red pepper and stir for 30 seconds to 1 minute, or until pepper loses its raw look. Stir up cornstarch slurry and pour it into pan, stirring until liquid thickens. Remove from heat, taste, and add salt as desired. Serve hot.

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CHUNGKING PORK

Serves 3 to 4, or 5 to 6 as part of a multicourse meal

This is a classic Sichuan dish named after Chongqing (Chungking), a major city in Sichuan Province in Western China. You can make this dish as spicy hot as you like by adding more crushed red pepper to taste.

¾ lb pork tenderloin
2 tsp dry sherry
4 tsp cornstarch
2 Tbsp fermented black beans, coarsely chopped
1 tsp crushed red pepper, or to taste
3 Tbsp hoisin sauce
2 tsp dark soy sauce
4 Tbsp canola oil
½ lb green cabbage, cut in 1 ½" chunks (about 3 cups)
1 medium red bell pepper, seeded, cored, and cut into 1 ½" chunks
3 slices unpeeled gingerroot, 1 x ½" each
2 garlic cloves, crushed and peeled

1. Slice the tenderloin crosswise ½" thick. If necessary, freeze briefly first. Place in a bowl, stir in the sherry and 2 tsps of the cornstarch, and mix well. Set aside. Dissolve the remaining cornstarch in ¼ cup of water. Set aside.
2. Stir the black beans and crushed red pepper together in a small bowl. Set aside. Combine the hoisin sauce and soy sauce in another small bowl. Set aside.
3. Heat 2 Tbsp of the oil in a wok or stir-fry pan over high heat. When the oil is hot but not smoking, add the cabbage; it should sizzle. Stir-fry for about 3 minutes. Add the peppers and cook for 2 minutes. The cabbage may slightly brown. Remove the vegetables to a plate.
4. Pour the remaining 2 Tbsp of oil into the same pan and place over high heat. Add the gingerroot and garlic and stir around the pan until they become fragrant and begin to sizzle. Do not brown. Stir the pork up again and add to the pan, stirring briskly, until the meat is no longer pink, about 2 to 3 minutes.
5. Stir in the black bean mixture, mix around a few times, add the sauce mixture, and stir a few times to mix. Return the vegetables to the pan, stir, then add the cornstarch slurry, and stir for 30 seconds. Discard the gingerroot and garlic, if desired. Serve hot.

BEEF WITH SNOW PEAS IN OYSTER SAUCE

Serves 3 to 4, or 5 to 6 as part of a multicourse meal

¾ lb flank steak, sliced *
2 tsp cornstarch
1 Tbsp dry sherry
1 Tbsp soy sauce
2 tsp sugar
¼ lb snow peas, ends snapped off and strings removed
3 Tbsp canola oil, divided
1 slice gingerroot
2 garlic cloves, crushed and peeled
½ cup sliced bamboo shoots or water chestnuts, drained
4 Tbsp oyster sauce

1. Place sliced beef in a bowl, stir in cornstarch, sherry, soy sauce, and sugar. Mix well and set aside.
2. Cut snow peas in half on the diagonal and set aside.
3. Heat 1 tsp of the oil in a wok or stir fry pan over high heat until hot but not smoking. Add snow peas and stir constantly for about 30 seconds or until snow peas turn a darker green, but remain tender-crisp. Remove from pan and spread out on a plate.
4. Put remaining 2 Tbsp of oil into the same pan over medium-high heat. Add gingerroot and garlic and stir them around the pan until they sizzle. Stir up beef again and add to the pan. Stir until meat is almost done, about 2 minutes. Add bamboo shoots or water chestnuts and oyster sauce and continue stirring for about 1 minute or until beef is cooked. Return snow peas to pan and mix together thoroughly until heated through. Serve immediately.

*** To slice flank steak:**

Trim fat from meat. Cut with the grain along full length of meat into long strips about 2" wide. Then slice long strips across the grain into ¼" thick slices.

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CLAMS IN BLACK BEAN SAUCE

Serves 2, or 4 as part of a multicourse meal

12 littleneck or cherrystone clams (about 2 lbs)
2 garlic cloves, lightly crushed and peeled
2 slices unpeeled gingerroot
1 scallion, green and white parts, cut into 1" lengths, bulb split
3 Tbsp fermented black beans, coarsely chopped
1 fresh Thai chili, thinly sliced, optional
2 Tbsp dark soy sauce
1 Tbsp dry sherry
2 tsp sugar
2 Tbsp canola oil
2 tsp cornstarch, dissolved in 1 Tbsp water
Cilantro springs, for garnish

1. Cover the clams with fresh cold water and soak for about 30 minutes. Scrub the shells with a stiff brush and rinse thoroughly to remove all sand and grit. Remember the shells and all will cook in the sauce and you don't want it to become gritty. Drain. Set aside. If not cooking right away, place in the refrigerator.
2. Combine the garlic, gingerroot, scallion, black beans and chili, if using in a small dish. Set aside. Combine the soy sauce, sherry sugar and ½ cup water in another dish. Stir until the sugar is dissolved. Set aside.
3. Pour the oil into a wok or stir fry pan and place over high heat. Add the black bean mixture to the pan and stir until fragrant. Add the clams and stir for about 30 seconds. Add the soy sauce mixture, stir to mix, and cover the pan. Cook over medium heat for about 5 minutes, or until the clams just open. Stir occasionally for even cooking.
4. Remove the lid and thicken the sauce with the cornstarch slurry. When the sauce has thickened, transfer the clams to a serving platter and garnish with cilantro. Serve immediately.

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Bon Appétit!