

Recipe Book



AAPI

conductor

About The Book

This book is a collection of personal recipes submitted by members of the AAPI @ Conductor CRG. These recipes represent dishes commonly found in different Asian cultures that we enjoyed growing up, and still eat to this day with family and friends.

To us, food is more than just the meal itself - it's also the precious time and attention we put into preparing the recipe, the act of getting together with loved ones to eat and share a meal, and the experience of truly connecting to one's culture that makes food such a significant and sought-after part of our lives.

We sincerely hope our contributions can help anyone who's reading this learn about us and our various backgrounds, to try something new they've never considered eating before, and to discover the many flavors that's part of AAPI culture.

Dan Dan Noodles (担担面)



Background

A classic noodle dish from the Sichuan province of China, Dan Dan Noodles are named after the traditional carrying pole “Dan Dan” that street vendors use to carry their goods. It’s known for its spicy and fragrant taste and is widely considered one of the most popular Sichuan dishes.

Restaurant Recommendations

NYC:

- [Cafe China / Chili](#)
- [Szechuan Gourmet](#)
- [Birds of a Feather](#)

Recipe submitted by



Jessie Xu

While I was born and raised here (what’s up Jersey), my mom is from Chengdu in the Sichuan province of China, and many of my best childhood memories are from traveling back and eating Sichuan dishes. The region is known for the “mala” taste profile which means spicy and numbing, and is present in many of their dishes such as Dan Dan Noodles.

Dan Dan Noodles (担担面)

Ingredients

- ½ lb ground pork
- 2 tsp Shaoxing rice wine
- 2 tbsp pickled mustard greens (sui mi ya cai)
- ½ tsp five spice powder
- 1 tbsp soy sauce
- ½ lb fresh or dried noodles
- 1 handful of leafy greens (bok choy, spinach)
- Chopped scallions to garnish, optional

For the sauce:

- 1 tbsp sesame paste
- 2 tbsp soy sauce
- 2 tbsp black vinegar
- ½ tsp ground Sichuan pepper
- 2 cloves garlic, minced
- 2 tbsp chili oil
- 1 pinch sugar

Preparation

1. Combine all the sauce ingredients together in a bowl. Set aside.
2. Boil a large pot of water for the noodles.
3. In a wok, heat a tsp of oil over high heat and brown the ground pork. Add the five spice powder, soy sauce, and shaoxing rice wine. Once all the liquid has evaporated, add the pickled mustard greens. Stir fry for 2 minutes, then set aside.
4. Cook the noodles according to the package. When the noodles have 1-2 minutes remaining, add in the leafy vegetables. Scoop out about ¼ cup of hot water and add to your sauce bowl.
5. Drain the noodles, then assemble your dish. Add the noodles to the sauce bowl, then top with the meat mixture, leafy greens, and scallions.
6. Mix up the noodles so the sauce is evenly coated. Enjoy!

Green Onion Pancake (葱油饼)



Background

葱油饼 (Cong you bing), commonly known as green onion pancake, also known as scallion pancake is a Chinese savory unleavened flatbread folded with oil and minced scallions.

It's been around for such a long time that the origins have passed into myth and folklore. Many believe the origin is from Shanghai in northeastern China.

No matter what origin story you subscribe to, it is undisputedly delicious! It's often eaten as a snack, street food or appetizer.

Other Asian cultures have also adapted their own versions such as the Korean Pajeon (파전).

Recipe submitted by



Wei Zheng

My childhood memories are filled with all the delicious snacks and foods that I ate growing up in Shanghai. Learning those recipes from my grandma before she passed away has been the biggest gift that I now hope to share with my own family and everyone else!

Green Onion Pancake (葱油饼)

Ingredients

- 6-8 green onions
- 1 pack store bought pre-made white round dumpling wrappers (thin variety)
- Oil (light olive, vegetable or canola)
- Salt

For the sauce: (optional)

- 2 Tbsp. light soy sauce
- 1 Tsp sugar dissolved in 1 Tbsp of warm water
- 1 Tsp rice vinegar or chinese dark vinegar
- 1 Tsp sesame oil
- 1 Tsp minced garlic
- 1 Tsp chilli oil (omit if not desiring spicy)
- 1 Tsp toasted sesame seeds (optional)
- Scallions to taste

Combine all ingredients for dipping sauce!

Preparation

Note: To make green onion pancake, it requires you to make the dough from scratch, this is a cheat recipe that I have found to be super delicious. It captures the essence of the dish in a fraction of the time and with only 4 ingredients. If you want to try making the dough from scratch, there are many wonderful recipes and videos out there.

1. Take dumpling wrappers out of freezer or fridge and let it come to room temperature.
2. Wash and trim ends from green onions, slice in half and dice finely.
3. On a clean and dry surface, put down 1 wrapper, brush lightly with oil, sprinkle with salt and layer with chopped green onions. Layer another wrapper on top, and repeat with the same. Do this until you have about 6-7 wrappers layered.
4. Take a rolling pin and gently roll out the layered wrappers into the size and thickness you desire, rotate to achieve a rounder shape. Usually it will have doubled in size or more for a crispier pancake.
5. Heat a flat non stick or cast iron skillet with 1 Tbsp of oil over medium heat, fry the rolled out pancake for 2-3 minutes until golden brown and flip to the other side and do the same. If the pan is dry, add more oil until all pancakes are fried.
6. Serve optionally with dipping sauce (recipe to the left) or eat them as is! Enjoy them while they are hot.

Biko (Sweet Rice Cake)



Background

A common holiday tradition in Filipino culture is to prepare sticky foods like rice cakes, or 'kakanin'. Kakanin is derived from two Tagalog words: "kain" (to eat) and "kanin" (rice). Filipinos believe that eating sticky foods at the beginning of the new year will help strengthen and improve the relationships and bonds within the family.

One of the most popular and favorite sticky rice cakes to prepare for the new year is biko. **Biko**, a sweet rice cake, is a native Filipino delicacy, commonly served on a **bilao**, a round wooden bamboo tray, lined with coconut-oiled banana leaves.

Restaurant Recommendations

NYC: Kape't Torta, Kabisera, Red Ribbon, Kora, Purple Yam
SF: Red Ribbon, Goldilocks, Valerio's, Auntie Em's Fine Food & Pastries, Hilda's Mart & Bake Shop
LA: Kakanin Los Angeles, Neri's Casual Filipino Dining

Recipe submitted by



Alane Cruz

Food is the greatest love language in Filipino culture. I was a very picky eater as a child (to my family's dismay), but I never turned down kakanin. To this day, my aunts prepare an assortment of sweet rice cakes (and more!) for every family gathering. I hope to continue this tradition and pass on our family recipes to future generations.

Biko (Sweet Rice Cake)

Ingredients

For the sweet rice

- 2 cups glutinous rice - washed and drained
- 1 cup canned coconut milk
- 1 cup water
- 2 pieces pandan leaves

For the latik syrup topping

- 2 cups canned coconut milk
- 1 cup dark brown sugar
- 1 teaspoon vanilla (optional)
- Vegetable or coconut oil - for greasing the pan

Preparation

1. Preheat Oven 350F
2. Generously grease an 8x8-inch square baking pan and set aside.
3. In a large pot over medium heat, mix together the 1 cup coconut milk and 1 cup water. Add the glutinous rice and pandan leaves. Bring to a simmer then turn heat to low and cover. Let it cook until all liquids are absorbed. The rice should only be almost cooked at this point.
4. While waiting, prepare the latik syrup by combining the 2 cups coconut milk and 1 cup dark brown sugar on a large pan or pot. Cook over medium heat while constantly stirring until the liquid thickens into a caramel.
5. Scoop and reserve ½ cup of the latik syrup for the topping later. Add the cooked rice without the pandan leaves to the pan with the remaining latik syrup. Gently fold the sticky rice and the syrup until completely coated. Cook while stirring from time to time until the rice completely absorbs the syrup and the rice is fully cooked.
6. Transfer the rice into the greased pan and spread out evenly. Pour the reserved latik syrup and spread evenly on top of the rice. Bake in a preheated oven at 350F for 20-30 minutes or until the latik is reduced and becomes bubbly.
7. Remove from oven and let it cool down. Cut into squares and serve.

Steamed Chicken with Mushroom



Background

This recipe screams childhood to me - I remember my mom preparing this for me and my siblings growing up, where the whole kitchen would fill up with steam and the aromas of mushroom broth this dish is full of.

The marinade that the chicken is soaked in, coupled by the broth the mushroom makes is a match made in heaven for me, which tastes divine over a bowl of steamed white rice and is something I've continued to make myself to this day.

In Chinese culture, chicken forms part of the symbolism of the dragon and Phoenix, and is often considered to represent the marriage and the coming together of families. Serving a whole chicken at a meal, for instance, emphasizes family unity as it can be enjoyed by all members of the family, old and young.

Recipe submitted by



Notorious for asking 'Why do we always have to eat Chinese food all the time??' growing up, I've now come around to appreciate the complexity and importance of preparing and enjoy food that I'm proud to say is part of me of my Cantonese culture

Alston Lim

Steamed Chicken with Mushroom

Ingredients

- 10 medium dried shiitake mushrooms (*soaked until reconstituted*)
- 1 pound boneless chicken thighs (*450g, trimmed of fat and cut into large bite-sized chunks*)
- ¼ cup water
- 1 tablespoon vegetable oil
- ¼ teaspoon sesame oil
- 1 teaspoon rice wine
- 1 tablespoon oyster sauce
- ¼ teaspoon sugar
- ¾ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1/2 teaspoon ginger (*grated*)

Preparation

1. Take the shiitake mushrooms and rinse them all separately under running water to make sure any dirt or dust particles are rinsed away. After cleaning, cut off the mushroom stems, which will speed up the soaking process.
2. Transfer the mushrooms to a separate bowl filled with water, and soak for one to two hours.
3. Once reconstituted, dry and squeeze the excess water from the mushrooms, and slice each one into quarter-inch thick slices.
4. Place the chicken, mushrooms, water, vegetable oil, sesame oil, rice wine, oyster sauce, sugar, salt, white pepper, and grated ginger into a bowl. Mix until most of the liquid is absorbed into the chicken. Cover and marinate for a minimum of 2 hours, or in the refrigerator overnight.
5. When you're ready to cook the dish, let the chicken mixture come up to room temperature. At this point, all of the liquid should be absorbed into the chicken, and there should be little or no standing liquid.
6. Transfer the mixture to a deep plate or pie dish. Place in a covered pre-heated steamer with boiling water, and steam over medium high heat for 10 minutes. Shut off the heat, and leave the chicken in the steamer for another 2 minutes.
7. Carefully remove the cover from the steamer, taking care not to drip any water from the cover onto the dish. Serve with rice!

Dumplings (餃子)



Background

In Chinese culture, dumplings are called 餃子-Jiao Zi. Dumplings are commonly eaten for Chinese New Year. Their shape resembles gold ingots used in the Ming dynasty, and it's thought that eating dumplings will help bring prosperity in the new year.

Some of my most treasured childhood memories include gathering together as a family to fold a huge batch of dumplings for the new year.

This is my mom's recipe for pork & shrimp dumplings, a popular dumpling variation in my home province of Shandong.

Restaurant Recommendations

NYC: Noodle Village, Joe's Shanghai,
Lan Zhou, Fried Dumpling

Recipe submitted by



If you've ever drank a 'Tsingtao' beer - then you've heard of my birth city, Qingdao - a beautiful beach city on the eastern side of China. I moved to America at the age of 5, so food is one of the most tangible ways that I can connect to my roots and share my culture with others!

Amy Yang

Dumplings (餃子)

Ingredients (~50 dumplings)

- 2 packs of Dumpling wrappers

Filling:

- 1 lb Ground Pork
- ½ lb Shrimp
- 2 cups chopped Napa Cabbage
- 1 tbsp grated Ginger
- 3 tbsp Soy Sauce
- 2 tbsp Sesame Oil
- White Pepper & Salt to taste

Dipping Sauce (optional):

- Soy Sauce
- Chinese black vinegar
- Chili sauce
- Or use whatever you have on hand

Preparation

1. **Prep:** Chop up the shrimp and cabbage. Grate the ginger.
2. **Make the filling:** In a bowl, combine all the filling ingredients.
3. **Taste test:** This is a cool trick to make sure your filling tastes right. Spoon a little clump of filling onto a plate and microwave it for 30 seconds. Add and adjust the ingredients until the filling is to your liking. The measurements I included in this recipe are rough estimates, and I usually just eyeball things until I find a taste that I like!
4. **Wrap:** Get a little bowl of water. Dip your fingers in the water, and outline the edge of the wrapper. Scoop some filling into the middle. Fold the wrapper in half and squeeze together at the top. Then, make folds from the outside in. [Here's a good guide with pictures.](#)
5. **Cook:** You have a few options here.
 - a. You can boil the dumplings in a pot of water until they float.
 - b. You can also pan-fry the dumplings with a pan of oil on medium heat. Fry for a few minutes, and then add some water and cover the pan so the dumplings steam all the way through. Then uncover and let the rest of the water evaporate.
6. **Serve:** You can serve the dumplings with a dipping sauce of your choice. You can combine the dipping sauce ingredients in whatever proportion you like. Store any leftovers in the freezer.

Dumplings (餃子) Ingredient Substitutions

The beauty of dumplings is in their versatility. You can make them however you like, with whatever ingredients you have on hand. I know that not everyone has the same access to asian grocery stores, or may have dietary restrictions, so here are some recommended substitutions. When in doubt - start with small portions, and use the taste test method to experiment!

Vegetarian: replace the filling with minced shiitake mushrooms, carrots, chives, onions. Stir fry the filling first to remove moisture.

Gluten-Free: wrap with [rice paper](#) or [tofu skin wrappers](#), use coconut aminos instead of soy sauce

- Dumpling wrappers -> you can [make your own](#) with just flour and salt - but the process requires a lot of time
 - You can also [substitute with any other form of wrapper](#) - wonton, rice paper, etc
 - As a last resort (or a low-carb option!), you can bake them into [meatballs](#)
- Ground Pork -> ground chicken, ground beef, tofu (squeeze out water or fry beforehand to remove moisture)
- Shrimp -> you can omit altogether
- Napa Cabbage -> finely chopped celery, leek (american or chinese), mushrooms (shiitake, wood ear, or button)
- White Pepper -> Black Pepper

Stir-Fried Rice Cakes (炒年糕)



Background

Chinese rice cakes are made from pounded rice, which gives it a chewy texture. Similar to many other Asian cultures, rice cakes are typically eaten during the Lunar New Year because it's considered to bring good luck and fortune for the new year.

“Chao nian gao,” or stir-fried rice cakes is a savory dish made with pork/chicken and leafy greens, with Shanghaiese roots. Each bite is wonderfully flavored and chewy, and quite honestly a treat for any time of the year!

Restaurant Recommendations

NYC: Joe's Shanghai, Shanghai Asian Cuisine
Flushing: Nan Xiang Xiao Long Bao

Recipe submitted by



Jenny Li

Despite always chasing down her mom to teach her the secrets to Northeastern Chinese cuisine (AKA lots of noodles, buns, and pickles), she keeps getting shoo-ed out of the kitchen for chopping too slowly with the giant family cleaver knife and expecting there to measurements for any of the ingredients..

Stir-Fried Rice Cakes (炒年糕)

Ingredients (Marinade & Sauce)

- 2 tbsp oyster sauce
- 2 tbsp Shaoxing wine (or cooking wine, orange juice, sherry)
- 1 tsp salt
- 1 tsp sesame oil
- 2 tbsp soy sauce
- ½ tsp sugar

Ingredients (Main)

- 3 sliced chicken thighs (½ lb)
- 1 tsp cornstarch and dash of black pepper
- 1 bunch chopped bok choy (3 cups)
- ½ cup shiitake mushrooms
- ½ package dried sliced rice cakes
- ½ sliced onions
- 3 minced garlic cloves
- 1 tsp grated ginger
- ¼ cup water

Preparation

1. Take all marinade/sauce ingredients and mix in a bowl
2. Mix 1 tbsp of the sauce, cornstarch, and dash of black pepper with chicken thighs to marinate for 15 minutes
3. Add oil into a hot wok or pan, stir fry chicken for 3-4 minutes
4. Add mushrooms, onions, garlic, ginger and mix
5. Add rice cakes, bok choy, marinade/sauce, and water
6. Mix and cover with a lid for 3 minutes
7. Uncover lid and finish cooking an additional 3 minutes

Serves 4

Rehydrating & Soaking Asian Rice Cakes

If your rice cakes came packaged in a vacuum packed bag, most likely they need to be soaked and softened. Open the bag and feel the rice cakes. If they're completely dried out and hard, you'll need to soak the rice cakes in water for at least 3 hours to overnight in the fridge to soften them.

Want something more challenging? Check out another great recipe from [The Woks of Life](#) (with pictures!)

Suly's Indian Chicken Curry



Background

Curry originally comes from the South Indian, "Kari" which means sauce.

Curry powder has a long history, dating back 3000 BC. The powder consist of turmeric, cumin, seeds, coriander seeds, mustard seeds, salt, five spice powder (cardamom, cinnamon, black pepper, bay leaf and cumin) and red chili powder.

Curry leaves is a plant with small, dark green leaves (about 1 inch long) that give a mild flavor to Indian food; they usually like to eat it fresh, not dried.

The definition of curry are varies from different culture. For example; India refers them to a spicy stem or gravy with a sauce base.

Recipe submitted by



Selina Eizik

Born in England with ancestors from Africa, Indian and Persia (now Iran), most of the foods we eat are fused together from these different regions but always filled with lots of spice and love. This particular recipe is my mom's staple - Gujarati - Indian inspired with a kick of Persian in it.

Suly's Indian Chicken Curry

Ingredients

- 4 pounds boneless skinless thighs
- 1 large white onion
- Salt
- Chili Powder (ideally Indian one, [purchased on Amazon](#) or Indian Store)
- Coriander Powder
- Cumin Powder
- Cumin Seeds
- Turmeric Powder
- Crushed Garlic (can use from Jar)
- Ginger Paste (use from Jar)
- Curry Powder
- Pataks Curry Paste (in Indian/Asian section of grocery store or [Amazon](#))
- 8 ounce can of tomato sauce
- 6 oz can of tomato paste

Preparation

1. Dice up onion small
2. Cut up chicken to desired size for your curry (Larger pieces take longer to cook)
3. Make your "Masala paste" by mixing together the following ingredients into a bowl:
 - 2 tsp flat salt
 - 1 tsp chili powder
 - 2 full tsp dhania
 - 2 flat tsp jeera
 - 1/2 flat tsp haldi
 - 2 tsp full garlic
 - 2 full tsp ginger
 - 1 full tsp curry powder
 - 2 full tsp curry paste
4. Use 2 Tablespoons of Oil on medium heat to saute your onions in an oven safe pot with a lid
5. Once they are a translucent color, add in 1 tsp of cumin seeds. Once slightly brown, add in your masala paste you made earlier
6. Cook the masala, slowly adding little bits of water so it doesn't burn for 7 mins
7. Add in 1 can tomato sauce and 1 can tomato paste.
8. Cook masala on med for 10 mins until oil rises to the top, slowly adding hot water as needed to avoid burning or sticking
9. Add in Chicken, cook for 8 minutes
10. Put the pot in the oven covered at 400 degrees for 50 mins OR for added flavor transfer to slow cooker and cook for 4-6 hours on low)
11. Sprinkle Cilantro on top for color and added flavor. Serve with White Basmati Rice or Naan