

LING LEE'S CHINESE CUISINE – Gary Cooper & Jack Li

Shanghai Wontons

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| 1 lb. minced pork | 1 ½ tsp salt |
| ½ lb. bok choy leaves | 1 ½ tsp sugar |
| ½ cup green onions | 1 ½ tsp soya sauce |
| ½ cup jumbo onions | ½ tsp sesame oil |
| 1 pkg wonton wrappers | 1 ½ tsp garlic powder |

Mix all ingredients together. Place 1 tsp of filling in centre of wonton wrapper. Join ends together to form a triangle, and then join again to form wonton. Deep fry in hot oil till golden brown.

Vegetable Fried Rice

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| 6 cups cooked rice | 1 cup mixed veggies |
| 2 eggs | 2 tsp black soya sauce ** |
| ½ cup chopped green onions | 1 tsp salt |
| 1 cup chopped celery | 1 tsp sugar |
| ½ cup chopped jumbo onions | Few drops sesame oil |

*** This recipe can be made with gluten free soya sauce also.*