

THEO CAN COOK

All of us enjoy eating because we have discovered a lot of ways to cook that give attractive colour, smell and taste. Some may think that it is difficult to cook a delicious dish. But I am sure that they will change their view after trying my recipes here. They are simple, "elegant", ... and of course savoury!

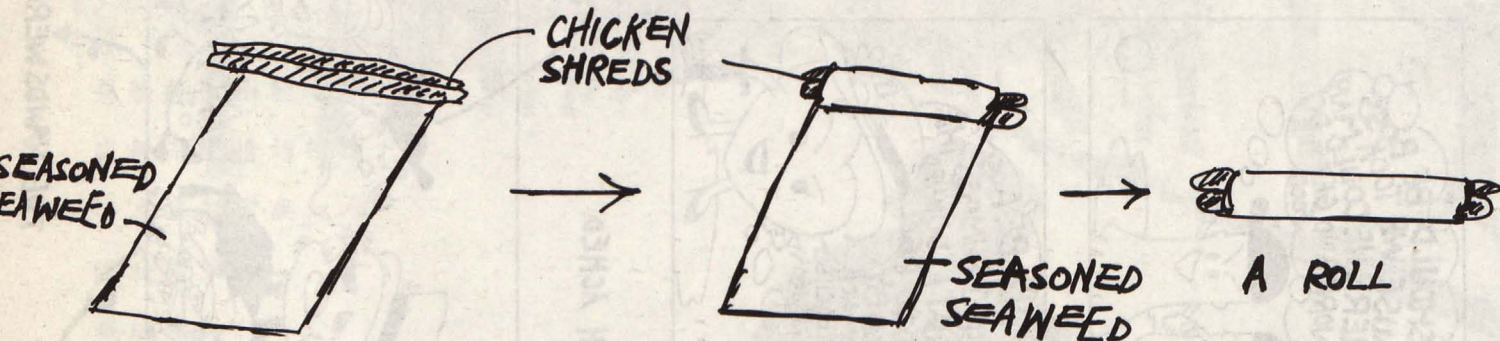
CHICKEN WRAPPED IN SEAWEED

INGREDIENTS:

Seasoned seaweed (small size)	to sufficient use
Chicken meat	500 g.
Sugar	1 tsp.
Light soya sauce	1 tbsp.
Dark soya sauce	1 tbsp.
Shaoxingjiu (Shaoxing wine)	1 tsp.

METHOD:

Shred the chicken meat. Add the sugar, light soya sauce, dark soya sauce and Shaoxingjiu and marinate for 30 minutes. Place 1-2 shreds of chicken meat on top of a piece of seasoned seaweed and then roll it up. (See figures below)



Skewer the rolls. Deep-fry in hot oil until the meat turns light brown.

SHRIMP BALLS

INGREDIENTS:

Shrimps	650 g.
Egg white	1
Bread	to sufficient use

METHOD:

Dice bread and set aside. Remove shell, clean and dry shrimps. Press the shrimps flat with a knife. Add egg white and stir until the mixture becomes sticky. Shape the mixture into small balls and roll each of them on the diced bread until the whole ball is fully covered with bread. Deep-fry in hot oil until brown and crispy.

THEO CAN COOK & SO CAN YOU!