

Yan Can Cook

The Wonder Wok

Instructions & Recipes

INTRODUCTION

As a cooking teacher and cookbook author, I am always looking for tips, techniques and the best available tools to help make cooking simple and fun. The Yan Can Cook Professional Wok Is a magical kitchen tool—stir-fry, steam, braise, stew and deep fry. It is high-power heating unit and versatility make it the chef's ultimate secret to healthy, flavorful and most of all, enjoyable and easily prepared dishes.

This multifunctional wok is a kitchen utensil that has involved from ancient Asian roots to find a place in the modern home, giving you the freedom to cook wherever you want. Chef and home cooks alike are discovering how fun, versatile and convenient this wok is.

Come, join in on the woking! All it takes is an open mind, a little imagination and a Yan Can Cook Professional Wok of your own. Try the recipes in this booklet, with some of my favorites from the Yan Can Cook show—and as the saying goes, “If Yan Can Wok, so can you!”

Martin Yan

(PLS ADD SIGNATURE- →)

Martin Yan

Yan Can Cook

The Wonder Wok

INSTRUCTIONS & RECIPES

Congratulations! You are the proud owner of the innovative Yan Can Cook The Wonder Wok. You will certainly find this professional, highly reliable, and easy-to-use Wok to be one of the most useful and versatile appliances in your modern kitchen.

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TABLE OF CONTENTS

PART 1: UNDERSTAND YOUR YAN CAN COOK ELECTRIC WOK

SAFEGUARDS & GUIDELINES

Important Safeguards

Additional Important Safety Information

Specifications

UNIQUE FEATURES AND BENEFITS

ABOUT THE WOK

Parts and Identification

PART II: OPERATION & MAINTENANCE

OPERATION & PROCEDURE

How To Use

PROPER CLEANING & CLEAR

How To Clean

PART III: WOK COOKING METHODS AND TIPS

BASIC CUTTING

BASIC COOKING

INGREDIENT PREPARATION

WARRANTY

PART I

UNDERSTAND YOUR YAN CAN COOK ELECTRIC WOK

SAFEGUARDS & GUIDELINES

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. Do not touch hot surfaces. Use handles or knobs.
3. To protect against electrical shock do not immerse cord, plugs, or removable temperature control probe in water or other liquid.
4. Close supervision is necessary when any appliance is use by or near children.
5. Do not leave the appliance unattended while in use.
6. Unplug from outlet when not in use and before cleaning. Allow to cool before putting on or taking off parts.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions or has been damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair, or adjustment.
8. The use of accessory attachments not recommended by the appliance manufacturer may cause injuries.
9. Do not use outdoors.
10. Do not let cord hang over edge of table or counter, or touch hot surfaces.
11. Do not place on or near a hot gas or electric burner, or in the heated oven.'
12. Extreme caution must be used when moving an appliance containing hot oil or other hot liquids.
13. Always attach plug to appliance first, then plug cord into the wall outlet. To disconnect, turn any control to "OFF", then remove the plug from wall outlet.
14. Do not use appliance for other than intended use.

This appliance is intended for Household Use Only.

SAVE THESE INSTRUCTIONS

ADDITIONAL IMPORTANT SAFETY INFORMATION

- Place the electric wok on a flat and heat-resistant surface, such as tile counter top or Formica counter top. Also use it in a well-ventilated area.
- Do not place the wok too close to the edge of the table or countertop as the wok might be knocked off.
- Extreme caution should be exercised if a longer cord needs to be used. Make sure the extension cord is positioned safely so that nobody trips over it unintentionally.
- The heating base and the other parts of the wok might be very hot. Be sure to use the cool-touch handles and wear protective oven mitts or gloves.
- Check the handles on a regular basis to ensure that they are firmly attached to the cooking pan.
- Plastic spatula is not recommended. If using a plastic spatula, do not leave the spatula in the wok when it is hot.
- Do not immerse removable temperature control probe in water or other liquid.
- Always use the proper wall outlet.
- Do not use the Wok pan on any other heat source other than the heating base supplied.
- Do not pull the cord when you unplug. Always remember to turn off the power before removing the plug.

SPECIFICATIONS

Power Requirements 120V AC, 60 Hz

Power Consumption 1500W

SHORT CORD INSTRUCTION

1. A short power-supply cord (or detachable power-supply cord) is to be provided to reduce risks resulting from becoming entangled in or tripping over a longer cord.
2. Longer extension cords are available and may be used if care is exercised in their use.
3. If a longer extension cord is used:
 - The marked electrical rating of the extension cord should be at least as great as the electrical rating of the appliance.
 - The longer cord should be arranged so that it will not drape over the counter top or tabletop where it can be pulled on by children or tripped over unintentionally.

POLARIZED PLUG

If this appliance has a polarized plug (one blade is wider than the other) follow their instructions below:

To reduce the risk electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it is still does not fit, contact a qualified electrician. Do not attempt to modify the plug in any way.

UNIQUE FEATURES AND BENEFITS

YAN CAN COOK WONDER WOK

FEATURES:

- ✓ Heavy duty, deep-bottom, die-Cast wok body
- ✓ Premium CeraMax non-stick and scratch resistant coating
- ✓ Entire wok body immersible
- ✓ Large, easy-dial and easy-release temperature control
- ✓ High Power: 1500w
- ✓ Quick-release, non-skid, detachable base with rubber feet
- ✓ Tempered glass lid with adjustable steam vent
- ✓ Cool touch handle

BENEFITS:

- ✓ Professional cooking results: Quickly heats-up and retains high heat for cooking like a professional
- ✓ Easy to clean: Entire body immersible and removable base for efficient cleaning
- ✓ Versatile: Perfect and ideal for stir-frying, braising, deep-frying, steaming and more
- ✓ Durable: CeraMax hard coating makes the wok scratch resistant
- ✓ Convenient: Portable, easy to use and store.

PARTS AND IDENTIFICATION

PART II

OPERATION AND MAINTENANCE

HOW TO USE

BEFORE USING YOUR YAN CAN COOK WONDER WOK

1. Read the Instructions carefully, especially the Safeguards and Guidelines. The information in this booklet will help you use your Yan Can Cook Wonder Wok to its fullest potential.
2. Remove any stickers Wash the interior of the Wok with 2 cups of warm soapy water, using a soft sponge or dishcloth. Rinse and towel dry thoroughly.
3. Place your wok on a dry and level countertop or table. Keep the edge of the wok at least 2-4 inches away from the walls and object on the countertop or table.
4. Condition the wok surface with 1 to 1 1/2 tablespoons of cooking oil, using a kitchen paper towel to wipe it thoroughly.

OPERATING YOUR YAN CAN COOK WONDER WOK

1. Insert temperature control probe into the socket of the wok.
2. Plug the power cord into a proper electric outlet, and then turn the power on. (***) You will notice the power light illuminates when the wok is on. Once the wok reaches the selected temperature, the power light will go off and it will go on and off during the operation, which indicates the proper temperature is being maintained.
3. Wait about **2 to 3 minutes**, add cooking oil, and then adjust the cooking temperature to the desired setting.
4. After cooking, turn off the power, and take the food out of the wok right away for serving. Unplug the power cord, and let the wok cool completely before cleaning.

Caution:

- The Wok is heat up fast. Be sure to prepare all the ingredients first and place them handy **before the Wok is plugged in.**
- Hold one of the Wok handles with a hot pad when you stir-fry a large portion of food.
- Do not touch the wok and the base during and after cooking. It is **Hot!**

HOW TO CLEAN

1. Move temperature control to OFF position, and unplug the power cord immediately after cooking.
2. Detach the temperature control probe and set aside.
3. Add 2 cups of warm soapy water to the wok. Keep water in the wok for a longer time if food residue is hard to remove.
4. Wait until the wok is completely cool to remove it from the base and wash.
5. Add 2 cups of warm soapy water to the wok. Keep water in the wok for a longer time if food residue is hard to remove.
6. The cooking pan, base and glass lid can be immersed in water for cleaning and dishwasher safe; however hand wash is still recommended. Always use a soft sponge and dishcloth to wash and clean the wok.
7. After cleaning, use soft dishcloth to dry the wok thoroughly. This includes the wok, inside and out, especially the bottom, the base and the glass lid.
8. A film of white mineral residue may happen on the steam rack after steaming. The residue comes from tap water in steaming. Use white vinegar and damp dishcloth to clean it.

CAUTIONS:

- To protect the non-stick coating of the wok from scratching, **DO NOT** use metal scouring pads or abrasive cleaners for cleaning,
- **Never** immerse the temperature control probe in water or any other liquid.
- **DO NOT** use the wok if it is still wet. Always dry it thoroughly.
- **Place the temperature control probe in a safe place. Keep it out of reach of children.**

PART III

WOK COOKING METHODS AND TIPS

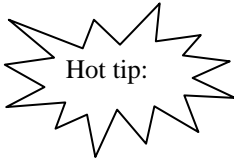
Congratulations!

You have now become the owner of a Yan Can Cook Wonder Wok. This cooking tool is versatile and it covers the whole spectrums of fine Chinese cooking. You can stir fry, deep fry, sauté, boil, braise and steam with great ease.

Chinese cooking is a fine art. It represents Chinese culture. **COLOR, SWEET SMELL AND TASTE** of the food summarizes the essence of Chinese cooking. Being familiar with the basic knowledge and techniques of Chinese cooking will help you to cook better.

BASIC CUTTING:

Cutting is one of the most important steps in your cooking. Be sure to use right cutting tools and cut correctly. Remember: cut all the ingredients into uniform-sized pieces.



Use one hand to hold the food safely on the cutting surface with fingers ALWAYS curled inwards while cutting.

- **SLICING:** It is always easier to cut meat while it is firm but frozen. For vegetable, you can cut straight or diagonally, such as asparagus and long green beans, or stalk-like, or cylindrically like celery, carrots and zucchini.
- **DICING AND CUBING:** Cut meat or vegetable into strips first, then hold them together; less than 1/2 inch wide for dicing and a little wider for cubing.
- **SHREDDING:** Cut meat or vegetable into thin slices, stack them and then cut into thin strips evenly.

BASIC COOKING:

- **STIR-FRYING:** Stir-frying is the most common method used in traditional Chinese cooking. All the ingredients are finely cut and cooked over high heat with some cooking oil. Meats are always marinated first to add flavor and because of fast cooking, they are firm but yet tender. Vegetables always stay fresh, crunchy and still look pretty and colorful after cooking.
- **SAUTEING:** Sautéing is different from stir-frying which ingredients are always cut into small pieces and requires high heat for quick cooking. Sautéed foods are cooked over modest heat and usually cut into large pieces.
- **DEEP-FRYING:** Deep-frying means to cook by immersing the complete food in hot oil. It is a very common cooking method that seals in flavor and gives food a crispy surface. Meat is usually marinated before cooking.
- **STEAMING:** Food steaming is one of the best ways to maintain its natural flavor and nutritional value of the fresh ingredients. You can place your food directly on

the steam rack, or place in a pottery or on a heatproof dish, cover it with the lid and steam.

INGREDIENT PREPARATION

One of the unique features of Chinese cooking is that it always takes more time to prepare than to cook. Preparation work for ingredients must be completely done before cooking because wok heats up very fast and it only takes minutes to complete your cooking.

The following Chinese ingredients are commonly used in Chinese cooking and can be bought in most supermarket and oriental groceries.

| | |
|--|--------------------------|
| Bamboo shoots | Bean Sprouts |
| Celery cabbage | Chinese chili paste |
| Chinese parsley | Water chestnuts |
| Ginger root | Ground bean sauce |
| Hoisin sauce | Litchi black tea |
| Lotus root | Lychee nuts |
| Oyster sauce | Rice flour |
| Rice wine/cooking wine | Rice wine vinegar |
| Sesame oil | Soy sauce, light or dark |
| Star anise | Tofu (bean curd) |
| Vernucelli (cellophane noodles) | |
| Five spices powder: ground, fennel, clove Cinnamon, szechwan pepper | |

Authentic Recipes

| | |
|---------------------------------------|--------------------------|
| Mu Shu Chicken | * photo available |
| Spicy Kung Pao Fish | * photo available |
| Stir-fried Seasonal Vegetables | * photo available |
| Beef with Spicy Tomato Sauce | |
| Sweet and Sour Lychee Prawns | |
| Curried Seafood Combo | * photo available |
| Pasta with Seafood Sauce | |
| Poached Seafood Bundles | |
| Minced Seafood in Lettuce Cups | * photo available |
| Crispy Seafood Wraps | * photo available |
| Steamed Cabbage Pillows | * photo available |

Tempura

Five-Flavored Beef Stew

Braised Fish with Garlic

Braised Chicken and Three Mushrooms

Rainbow Seafood Chowder

Seafood and Tofu Chowder

Chicken Noodle Soup

* photo available

Eight Treasure Rice Pudding

* photo available

Fruit-Filled Spring Rolls

❖ Mu Shu Chicken

Makes 4 to 6 servings

1/2 boneless, skinless chicken

Marinade

1 tablespoon oyster-flavor sauce

1 tablespoon dry sherry

1 teaspoon cornstarch

Seasonings

1/4 cup chicken broth

3 tablespoons hoisin sauce

2 tablespoons soy sauce

1 teaspoon sesame oil

1/3 cup chicken broth

1-1/2 tablespoons cooking oil

1 teaspoon minced ginger

1/2 small onion, thinly sliced

1/2 pound asparagus, thinly sliced diagonally into 3 inch lengths

1 small carrot, julienned

6 fresh shiitake mushrooms, stem discarded, cap sliced

2 teaspoons cornstarch dissolved in 1 tablespoon water

12 Mu Shu wrappers or small flour tortillas

Method

1. Thinly slice chicken across the grain, then cut each slice into thin strips. Place in a bowl and with marinade ingredients and stir to coat. Let stand for 10 minutes.
Combine seasonings ingredients in a bowl.
2. Set electric wok to 475° F; heat for 2 minutes. Add cooking oil, ginger, and onion; cook, stirring, until fragrant. Add chicken, asparagus, carrots, and mushrooms; stir-fry for 3 minutes. Add seasonings and cornstarch solutions and cook, stirring, until sauce boils and thickens.
3. To serve, place 1/3 chicken mixture in center of a Mu Shu wrapper or flour tortilla. Wrap like a burrito.

❖ Spicy Kung Pao Fish

Makes 4 servings

3/4 pound firm white fish fillets, each about 3/4 inch thick.

Marinade

- 2 teaspoons cornstarch
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper

Kung Pao Sauce

- 3 tablespoons chicken broth
- 3 tablespoons rice vinegar
- 1 tablespoon dark soy sauce
- 1 tablespoon sugar
- 2 teaspoons chili garlic sauce

- 3 tablespoons cooking oil
- 4 small dried red chilies
- 2 fresh jalapeño or Serrano chilies, seeded and cut into 1-inch pieces
- 2 teaspoons minced garlic
- 1/2 onion, cut into 1-inch pieces
- 1/2 each red and green bell pepper, cut into 1/2-inch squares
- 1/2 teaspoon cornstarch dissolved in 1 teaspoon water
- 1/3 cup roasted nuts, such as walnut, peanuts or cashews

Method

1. Cut fish into pieces about 1 1/2 inches square. Place in a bowl with marinade ingredients and stir to coat. Let stand for 10 minutes. Combine sauce ingredients in a bowl.
2. Set electric wok to 400° F; heat for 2 minutes. Add 1 1/2 tablespoons cooking oil. Place fish in wok and pan-fry, turning once, until golden brown, about 2 minutes on each side. Remove and set aside.
3. Add remainig1 1/2 tablespoons cooking oil to wok. Add dried and fresh chilies, garlic, onion, and bell peppers; stir-fry for 1 minute. Return fish and add sauce;

cook until heated through. Add cornstarch solution and cook, stirring, until sauce boils and thickens. Place on a serving platter and sprinkle with nuts.

❖ **Stir-fried Seasonal Vegetables**

Makes 4 servings

Sauce

1/3 cup chicken broth

2 tablespoons soy sauce

1 tablespoon vegetarian oyster-flavored sauce

1 teaspoon sugar

1 tablespoon cooking oil

1 tablespoon minced garlic

2 teaspoons minced ginger

6 fresh shiitake mushrooms, stems discarded, caps sliced

4 fresh bottom mushrooms, sliced

1/2 cup baby corn, cut in half diagonally

1 small onion, cut into 1-inch squares

1 small zucchini, cut in half lengthwise and thinly sliced

1/2 green bell pepper, cut into diamond-shape pieces

1 green onion, cut into 2-inch pieces

1/2 teaspoon cornstarch dissolved in 1 teaspoon water

Method

1. Set electric wok to 475° F; heat for 2 minutes. Add cooking oil, garlic, and ginger; cook, stirring, until fragrant, about 30 seconds. Add remaining ingredients except cornstarch solution; cover and cook for 4 minutes. Add cornstarch solution and cook, stirring, until sauce boils and thickens.

❖ **Beef with Spicy Tomato Sauce**

Makes 4 servings

3/4 pounds tender boneless beef

Marinade

2 tablespoons soy sauce

1 tablespoon dry sherry

2 teaspoons cornstarch

Spicy Tomato Sauce

1/3 cup ketchup

2 teaspoons chili garlic sauce

2 tablespoons cooking oil

1 medium onion, cut into 1/2-inch cubes

1 small zucchini, cut into 1/2-inch cubes

1/2 red bell pepper, cut into diamond-shape pieces

Method

1. Cut beef into 1/2-inch cubes. Place in a bowl with marinade ingredients and stir to coat. Let stand for 10 minutes. Combine spicy tomato sauce ingredients in a bowl; mix well.
2. Set electric wok to 475° F; heat for 2 minutes. Add cooking oil and beef; stir-fry for 2 minutes. Add onion, zucchini, and bell pepper; stir-fry for 2 minutes.
3. Stir in spicy tomato sauce and cook for 30 seconds.

❖ Sweet and Sour Lychee Prawns

Makes 4 servings

3/4 pound medium raw prawns

Marinade

1 teaspoon cornstarch

1/2 teaspoon salt

2 tablespoons cooking oil

3 jalapeños or Serrano chilies, seeded and sliced

1/2 green bell pepper, cut into diamond-shape pieces

3/4 cup fresh or canned lychees, drained

1/3 cup prepared sweet and sour sauce

Method

1. Shell, devein and butterfly prawns. Place in a bowl with adding marinade ingredients; stir to coat. Let stand for 10 minutes.
2. Set electric wok to 400° F; heat for 2 minutes. Add cooking oil and prawns; stir fry for 2 minutes. Add chilies, bell peppers, lychees, and sweet and sour sauce. Stir-fry for 2 minutes. Serve hot.

❖ Curried Seafood Combo

Makes 4 servings

Marinade

1 tablespoon dry sherry

1 teaspoon cornstarch

1/4 teaspoon salt

1/4 pound medium raw shrimp, shelled, deveined and butterflied

1/4 pound sea scallops, sliced horizontally

1/4 pound fish fillet, thinly sliced horizontally

Seasonings

1/2 cup chicken broth

1 tablespoon curry powder

1 tablespoon soy sauce

1 teaspoon sugar

1 teaspoon sesame oil

1/4 cup coconut milk (optional)

1 tablespoon cooking oil

1 teaspoon minced ginger

1/2 onion, cut into 1/2-inch dice

1/3 cup frozen peas and carrots, thawed

Method

1. Combine seafood and marinade ingredients in a bowl. Add seafood and stir to coat, let stand for 10 minutes. Combine seasoning ingredients in a bowl.
2. Set electric wok to 400° F; heat for 2 minutes. Add cooking oil, ginger, and onion; stir-fry until fragrant, about 30 seconds. Add seafood and cook for 1 minute. Add peas and carrots.
3. Reset wok to 275° F. Add seasonings and cook for 4 minutes.

❖ **Minced Seafood in Lettuce Cups**

Makes 4 to 6 servings

3/4 pound raw shrimps, shelled and deveined, or fish fillet

Marinade

1 teaspoon cornstarch

1/4 teaspoon salt

1/8 teaspoon white pepper

Seasonings

3 tablespoons chicken broth

1 tablespoon oyster-flavored sauce

1/2 teaspoon sesame oil

1/2 teaspoon cornstarch

2 tablespoons cooking oil

2 teaspoons minced garlic

1/2 onion, chopped

1/2 jalapeño or Serrano chile, seeded and chopped

6 water chestnuts, chopped

2 tablespoons raisins

1/3 cup hoisin sauce

8 to 10 butter lettuce leaves

Method

1. Cut shrimp or fish into 1/4-inch pieces. Place in a bowl with marinade ingredients and stir to coat. Let stand for 10 minutes. Combine seasoning ingredients in a bowl.

2. Set electric wok to 400° F; heat for 2 minutes. Add cooking oil, garlic, onion, and chile; cook, stirring, until fragrant, about 30 seconds. Add seafood, water chestnuts, and raisins; stir-fry for 2 minutes. Add seasonings and cook, stirring, until sauce boils and thickens. Remove to a serving plate.
3. To eat, spread 1/2 teaspoon hoisin sauce on a lettuce leaf, spoon some seafood mixture in lettuce, wrap up, and eat out of hand.

❖ Poached Seafood Bundles

Makes 12 bundles

12 medium raw shrimps

Marinade

1 teaspoon cornstarch

1/4 teaspoon salt

1/8 teaspoon white pepper

Sauce

1/3 cup chicken broth

1 tablespoon hoisin sauce

1 tablespoon balsamic vinegar

2 teaspoons soy sauce

2 teaspoons sesame oil

2 teaspoons sugar

1 teaspoon cornstarch

12 Chinese chives or green onion tops

1 sheet dried seaweed, soaked and softened, cut into 1 by 3-inch rectangles

12 sugar snap peas

1/4 cup cooked ham, julienned
2 cups chicken broth

Method

1. Shell, devein, and butterfly shrimp, leaving tails intact. Combine marinade ingredients in a bowl. Add shrimp and stir to coat. Let stand for 10 minutes. Combine sauce ingredients in a small pan.
2. Blanch chives in boiling water for 30 seconds. Drain, rinse with cold water, and drain again. Cut chives into 6-inch lengths.
3. To make each bundle: Place a seaweed rectangle on work surface. Lay one shrimp, a snap pea, and a piece of ham across seaweed; roll and tie with a chive.
4. Set electric wok to 475° F. Add broth; cover and bring to a boil. Reset dial to 275° F. Add seaweed bundles and poach until shrimp turn pink, 2 to 3 minutes. Remove shrimp bundles, drain, and arrange on a serving plate; keep warm.
5. Cook sauce, stirring over medium heat until boils and thickens, about 2-3 minutes. Pour sauce over shrimp bundles and serve

❖ Pasta with Seafood Sauce

Makes 4 servings

6 oz medium raw shrimp
1/4 pound firm white fish fillet

Marinade

1 tablespoon white wine
1/2 teaspoon salt
1/4 teaspoon white pepper

8 ounces dried pasta, such as spaghetti, fettuccine, or linguine
2 teaspoons sesame oil
1 tablespoon minced garlic
1/2 each red and green bell pepper, diced
1-1/2 cups prepared tomato-basil pasta sauce
8 pitted ripe olives, sliced

Method

1. Shell and devein shrimp. Cut shrimp and fish into 1/2-inch pieces. Place in a bowl with marinade ingredients and stir to coat. Let stand for 10 minutes.
2. Following package directions, cook pasta in a large kettle of boiling water until al dente; drain. Toss pasta with sesame oil and keep warm.
3. Set electric work to 400° F; heat for 2 minutes. Add cooking oil and garlic; cook, stirring, until fragrant, about 30 seconds. Add seafood and bell peppers; stir-fry for 3 minutes. Add pasta sauce and olives and bring to a boil. Place pasta in a serving bowl and pour sauce over the top.

❖ Crispy Seafood Wraps

Makes 10 wraps

Filling

1 small package (3 ounces) cream cheese, softened
1/2 pound fish fillet, coarsely chopped
1/2 cup cooked crab meat, flaked
1/2 fresh jalapeño chile, seeded and minced
2 tablespoons chopped cilantro or green onion
2 tablespoons cornstarch
1/2 teaspoon salt
1/2 teaspoon sesame oil

1/4 teaspoon white pepper

10 spring roll or egg roll wrappers

2 tablespoons flours mixed with 1 tablespoon water

Cooking oil for deep-frying

Method

1. Combine filling ingredients in a bowl; mix well.
2. Cut each wrapper into a strip about 8 inches by 2 1/2 inches.

To make each wrap: Place a rounded teaspoon filling on one short end of a spring roll strip. Fold over one corner to make a triangle. Fold triangle over again on itself. Continue folding, from side to side. Moisten edges of final fold with flour paste and press to seal.

4. Preheat cooking oil in electric wok at 475° F until hot. Reset dial to 350° F. Deep-fry wraps, a few at a time, turning occasionally, until golden, about 1 minute. Remove with a slotted spoon; Drain on paper towels. Serve warm.

❖ Steamed Cabbage Pillows

Makes 4 to 6 servings

Marinade

2 tablespoons soy sauce

2 teaspoons dry sherry

1 teaspoon cornstarch

1/4 teaspoon white pepper

1/4 pound medium raw shrimp, shelled, deveined and finely chopped

1/4 pound boneless pork or boneless, skinless chicken, finely chopped

4 medium mushrooms, thinly sliced

1 tablespoon chopped cilantro (optional)

Sauce

1/3 cup chicken broth

1 tablespoon oyster-flavored sauce

1 tablespoon dry sherry

1 teaspoon chili sauce

1 teaspoon cornstarch

4 to 6 large napa cabbage leaves

Method

1. Combine marinade in a bowl. Add shrimp, meat, mushrooms, and cilantro; mix well. Let stand for 100 minutes. Combine sauce ingredients in a small pan.
2. In a large pot of boiling water, parboil cabbage leaves just until limp, 2 to 3 minutes. Drain, rinse with cold water and drain again.
3. Makes each pillow: Place a leaf on work surface. Spread 1/4 cup shrimp filling in center of leaf. Fold in top, bottom, and sides of leaf to form a square shape. Place pillow, folded side down, in a heat-proof dish.
4. Place a steam rack in electric wok so it sits 2-inch from the bottom of the wok. Add 3 cups water and set electric wok to 475° F. Cover and bring to steam for 8 minutes. Remove from wok and transfer pillows to a serving plate. Bring sauce ingredients to a boil over medium heat, stirring until thickens. Pour sauce over cabbage pillows.

❖ Tempura

Makes 4 servings

Dipping Sauce

1 cup Japanese soup stock (dashi)
1/4 cup sweet cooking rice wine (mirin)
1/4 cup soy sauce
2 tablespoons sugar

Batter

1 cup flour
1/4 cup cornstarch
1/8 teaspoon baking soda
1 egg yolk
1-1/3 cups ice water
8 large raw shrimp
1 zucchini
1 medium onion
1 green bell pepper
1 carrot
2 Asian eggplants
1 sweet potato
8 white button mushroom caps
Cooking oil for deep-frying

Condiments

Grated daikon, grated ginger and lemon slices

Getting Ready

1. Combine dipping sauce ingredients in a sauce pan. Cook until sugar dissolves; cool. In a bowl, mix dry ingredients for batter. Refrigerate.

2. Shell and devein shrimp, leaving tails intact. Make several cuts across back of shrimp, then butterfly; set aside.
3. Prepare vegetables: Cut zucchini into 2-1/2 inch pieces, then lengthwise into 1/4-inch-thick slices. Cut onion in half lengthwise, then crosswise about 1/4-inch thick; run a wooden pick through all layers to hold rings together. Cut bell pepper into lengthwise strips about 1/4 inch wide and 2 inches long. Cut carrot, eggplants and sweet potato diagonally into 1/8-inch-thick slices. Halve mushroom caps if large. Dry all vegetables. Coat with cornstarch, shaking off excess.

Method

1. Finish batter: Mix egg yolk and ice water; stir quickly into dry ingredients (batter will be lumpy). Do not over mix.
2. Preheat cooking oil in electric wok at 475° F until hot. Reset dial to 350° F. Dip shrimp, vegetables and nori, a few pieces at a time, into batter, shaking off excess, then put immediately into hot oil. Deep-fry until batter is golden brown and shrimp and vegetables are cooked, about 1-1/2 minutes. Remove with a slotted spoon and drain on paper towels.
3. Serve with dipping sauce and condiments.

❖ Five-Flavored Beef Stew

Makes 4 to 6 servings

5 dried black mushrooms

Braising Sauce

2 cups chicken broth

1 cup water

1/2 cup dry red wine

3 tablespoons soy sauce

2 tablespoons hoisin sauce

1 teaspoon sugar

1/2 teaspoon Chinese five-spice

2 tablespoons cooking oil

1 pound boneless beef chunk, cut into 1-inch cubes

4 thin slices ginger, shredded

6 cloves garlic, lightly crushed

1 large carrot, cut into 1/2-inch cubes

4 green onions, cut into 2-inch pieces

8 ounces firm tofu, drained and cut into 1-inch cubes (optional)

Hot cooked rice or pasta

Method

1. Soak mushrooms in warm water to cover until soften, about 20 minutes; drain. Discard stems and halve caps.
2. Combine braising sauce ingredients in a bowl.
3. Set electric wok to 475° F; heat for 2 minutes. Add cooking oil and meat. Cook, turning as needed, until meat is browned on all sides, 4 to 5 minutes. Add ginger and garlic, cook for 1 minute. Add mushrooms and braising sauce and bring to a boil. Reduce heat, cover and simmer until meat is tender, about 1-1/2 hours.
4. Add carrot, green onions and tofu; continue to simmer for 5 minutes. Serve over rice or pasta.

❖ Braised Fish in Garlic

Makes 4 servings

1 pound firm white fish fillets, each about 3/4 inch thick

Marinade

2 teaspoons cornstarch

1/2 teaspoon salt

Sauce

1/3 cup chicken broth

1 tablespoon dry sherry

1 teaspoon soy sauce

1 teaspoon sesame oil

1 teaspoon sugar

2 tablespoons cooking oil

16 cloves garlic

2 green onions, cut into 2-inch lengths

1/2 teaspoon cornstarch dissolved in 1 teaspoon water

Method

1. Cut fish into pieces about 2 inches by 1 inch. Combine marinade ingredients in a bowl. Add fish and turn to coat. Let stand for 10 minutes. Combine sauce ingredients in a bowl.
2. Set electric wok to 400° F; heat for 2 minutes. Add cooking oil and garlic cloves; cook, stirring until fragrant, about 1 1/2 to 2 minutes. Add fish fillets and cook, turning once, until golden brown, 2 to 3 minutes total.
3. Add green onions and sauce. Reduce heat to 275-300° F. Cover and cook until fish begin to flake, about 3 minutes. Add cornstarch solution and cook stirring, until sauce boils and thickens.

❖ Braised Chicken and Three Mushrooms

Makes 4 servings

Marinade

1 tablespoon soy sauce

1 teaspoon cornstarch

1/2 pound boneless, skinless chicken, cut into 3/4-inch cubes

Sauce

1/3 cup chicken broth

2 tablespoons oyster-flavored sauce

2 teaspoons soy sauce

2 tablespoons cooking oil

5 to 6 garlic cloves, sliced

4 to 6 each fresh shiitake, button and oyster mushrooms, sliced

2 teaspoons cornstarch dissolved in 1 tablespoon water

Method

1. Combine marinade ingredients in a bowl. Add chicken and stir to coat. Let stand for 10 minutes. Combine sauce ingredients in a bowl.
2. Set electric wok to 400 ° F: heat for 2 minutes. Add oil and garlic; cook, stirring until fragrant, about 30 seconds. Add chicken and stir-fry for 3 minutes. Add all mushrooms and sauce. Reset wok to 275° F. Cook for 2 minutes. Add cornstarch solution and cook, stirring, until sauce boils and thickens.

❖ Rainbow Seafood Chowder

Makes 4 servings

Marinade

1 egg white

1 tablespoon dry sherry

1 tablespoon cornstarch

3/4 teaspoon salt

1/4 pound fish fillet, cut into 1/2-inch cubes

1/4 pound medium raw shrimp, shelled, deveined and diced

1/4 pound sea scallops, diced

4 cups chicken broth

6 fresh shiitaki mushrooms, stems discarded, caps sliced

6 button mushrooms, sliced

1/3 cup sliced bamboo shoots

1/4 cup frozen peas and carrots, thawed

1 green onion, thinly sliced

1 teaspoon sesame oil

1/2 teaspoon white pepper

1/4 cup cornstarch dissolved in 1/4 cup water

2 egg whites, lightly beaten

Method

1. Combine marinade ingredients in a bowl. Add seafood and stir to coat. Let stand for 10 minutes.
2. Set electric wok to 400° F. Add broth and bring to a boil. Add seafood, mushrooms, bamboo shoots, peas, carrots and green onion; cook for 2 minutes. Add sesame oil, white pepper, and cornstarch solution. Cook, stirring, until soup

lightly thickens. Turn off heat. Add egg whites, stirring until they form long threads.

❖ **Seafood and Tofu Chowder**

Makes 4 servings

Marinade

1/2 teaspoon cornstarch

1/4 teaspoon salt

1/4 teaspoon white pepper

1/4 pound medium raw shrimp, shelled and deveined

1/4 pound bay scallops

1/2 package (8 ounces) soft tofu

1 tablespoon cooking oil

1 teaspoon minced ginger

4 cups chicken broth

1-1/2 tablespoons chopped Sichuan preserved vegetable

1 tomato, seeded and cut into 1/4 inch dice

1/2 cup canned straw mushrooms

2 tablespoon frozen green peas and carrots

1 tablespoon soy sauce

2 teaspoons sesame oil

3 tablespoons cornstarch dissolved in 1/4 cup water

1 egg, lightly beaten

Method

1. Combine marinade ingredients in a bowl. Add seafood and stir to coat. Let stand for 10 minutes.
2. Drain tofu and cut into 1/2-inch cubes.
3. Set electric wok to 400° F; heat for 2 minutes. Add cooking oil and ginger; cook, stirring, until fragrant, about 30 seconds. Add shrimp and scallops; stir-fry for 1 minute. Add broth and bring to a boil. Add tofu, tomato, straw mushrooms, peas and carrots, soy sauce and sesame oil; cook for 3 minutes. Add cornstarch solution and cook, stirring, until soup boils and thickens. Turn off heat. Add egg, stirring, until it forms long threads.

❖ **Chicken Noodle Soup**

Makes 4 servings

6 ounces dried rice noodles or Chinese egg noodles

1 tablespoon cooking oil

1/2 pound boneless, skinless chicken, thinly sliced

1 rib celery, julienned

1/4 each red and green bell pepper, julienned

1/3 cup julienned cooked ham

3 cups chicken broth

2 tablespoons oyster-flavored sauce

1 tablespoon soy sauce

1 teaspoon sesame oil

Method

1. Bring 4 cups water to a boil in electric wok or pot. Add noodles and cook until tender to the bite; about 2 to 3 minutes. Drain, rinse with cold water, and drain again.
2. Set electric wok to 475° F; heat for 2 minutes. Add cooking oil, chicken, celery, bell peppers and ham; stir-fry for 2 minutes.

3. Add broth, oyster-flavored sauce, soy sauce and sesame oil. Reduce heat to 325°F ; simmer for 3 minutes.
4. To serve, divide noodles among 4 soup bowls. Ladle soup over noodles.

❖ **Eight Treasure Rice Pudding**

Makes 4 to 6 servings

2 cups uncooked glutinous rice, rinsed and drained

2-1/2 cups water

2 tablespoons sugar

2 teaspoons cooking oil

10 canned lotus seeds (optional)

6 dried red dates

4 maraschino cherries, cut in half

3 dried apricots, cut into quarters

2 candied kumquats, sliced

2 tablespoons dried cherries

2 tablespoons raisins

1/2 cup canned lotus seed paste

Syrup

1/2 cup water

1 tablespoon lemon juice

1 cup sugar

2 teaspoons cornstarch dissolved in 1 tablespoon water

Method

1. Place rice and 2-1/2 cups water in an Aroma rice cooker. Cook until rice cooker indicates done, then let stand, covered, for 5 minutes. Place rice in a bowl with sugar and oil; mix well.
2. Generously grease a 1-quart heatproof bowl. Arrange lotus seeds, red dates, maraschino cherries, dried apricots, kumquats, dried cherries and raisins in a pattern over bottom of bowl. Carefully spread one-half of rice over fruit arrangement. Press rice down gently. Spread lotus seed paste over rice; cover with remaining rice; Press rice down again gently. Cover bowl with a damp cloth or plastic wrap.
3. Set a steam rack in electric wok so it sits 2-inch from the bottom of the wok. Pour in water to level of rack, set electric wok to 475°. Cover and bring to a boil. Place dish on rack over water, cover and steam. Add water as needed for steaming, for 40 minutes.
4. Combine syrup ingredients in a small saucepan. Bring to a boil over high heat. Add cornstarch solution and cook, stirring, until sauce boils and thickens. Reduce heat to low and keep warm.
5. Remove pudding from wok, cover with a serving plate and invert, gently shaking to unmold. Pour hot syrup over pudding and serve hot.

❖ **Fruit-Filled Spring Rolls**

Makes 10 rolls

Pastry Cream

1/4 cup sugar

1 tablespoon butter, softened

1/2 egg yolk

1 cup diced strawberries

2/3 cup diced mango

2 kiwifruit, peeled and diced

10 spring roll wrappers

1 egg white, lightly beaten

Cooking oil for deep-frying

Method

1. Combine pastry cream ingredients in a bowl; blend until smooth. Stir in strawberries, mango and kiwifruit.
2. To make each roll: place 1/3 cup fruit mixtures across center of a spring roll wrapper. Fold bottom corner over filling to cover, and then fold over right and left corners. Brush sides and top of triangle with egg white. Fold over to seal.
3. Preheat cooking oil in electric wok at 475° F until hot. Reset dial to 350° F. Deep-fry rolls, a few at a time, turning occasionally, until golden brown, 2 to 3 minutes. Remove with a slotted spoon; drained on paper towels.

Yan Can Cook Professional Wok

Limited Warranty

Aroma Housewares Company will provide this product with new or refurbished parts for **one (1) year**, and labor serves for **ninety (90) days** free of charge in the U.S.A. or Puerto Rico from the date of original purchases, in the event of a defect in materials or workmanship.

Carry-in or mail-in service in the U.S.A. can be obtained during the warranty period from an Aroma Housewares Company Service Center, provided the product is returned, freight prepaid and U.S. \$6.00 for shipping and handling charges to Aroma Housewares Company.

This warranty is extended only to the original purchaser. A purchase receipt or other proof of date of original purchase will be required before warranty performance is rendered.

This warranty only covers failures due to defects in materials or workmanship which occur during normal use. It does not cover damage which occurs in shipment or failures which are caused by products not supplied by the warrantor or failures which result from accident, misuse, abuse, neglect, mishandling, misapplication, alternation, faulty installation, modification, or service by anyone other than an Aroma authorized service center or damage that is attributable to acts of God.

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AROMA HOUSEWARES COMPANY
6469 Flanders Drive
San Diego, California 92121

1-800-276-6286
1-858-587-8866

M-F, 8:30 AM - 5:00 PM, Pacific Time