

CHOYCHOY KITCHEN

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PREFACE

TAKING A FRESH START...

MANY FRIENDS ASKED WHY I SWITCHED TRACK TO TOKYO WHEN I'VE GOT THINGS UP AND RUNNING WELL IN HONG KONG. WELL, THERE WERE TWO REASONS.

1. STANDARDIZATION

I'VE ALWAYS BEEN CAUTIOUS ABOUT BRANCHING UP. MY MAJOR CONSIDERATION WAS STANDARDIZATION, A PROMINENT CHALLENGE FOR THE CHINESE KITCHENS.

THE SAME RECIPE WOULD TASTE MILES APART IN THE HANDS OF DIFFERENT COOKS. EVEN THE SAME DISH PREPARED BY THE VERY SAME PERSON COULD TASTE DIFFERENT AT DIFFERENT TIMES.

JAPAN IS KNOWN TO EXCEL IN STANDARDIZATION. EVEN IF I MAY NOT NECESSARILY BRANCH UP, I WOULD STILL LOVE TO DIG DEEP AND UNDERSTAND HOW THEY DO IT.

2. CHINESE CUISINES WITH JAPANESE INGREDIENTS

SOMETIMES INCORPORATING THE RIGHT JAPANESE INGREDIENT CAN TAKE A CHINESE DISH TO ANOTHER LEVEL OF DELICIOUSNESS. THIS WAS ACTUALLY WHAT I'VE BEEN WORKING ON OVER THE PAST YEAR.

SO THERE YOU GO. THESE WERE MY REASONS FOR TAKING THAT BOLD MOVE TO TOKYO.

NOW FOR A LITTLE UPDATE. AS MY CONTRACT WITH MY LOCAL PARTNER EXPIRED, COINCIDING WITH THE GLOBAL PANDEMIC UNDER WHICH EVERYTHING COMES TO A STALL, I'M EMBARKING ON A NEW PROJECT BY CONVERTING A GARAGE INTO A LITTLE BISTRO.

I TRIED TO TOLD MYSELF THAT MANY GREAT ENTERPRISES START FROM A HUMBLE GARAGE AS WELL.

BUT IN REALITY, THE DECADE-LONG CHOYCHOY KITCHEN HAS BEEN GROWING BACKWARDS. BACK IN HONG KONG WE COULD SERVE 20 GUESTS, COMPARED WITH FOUR NOW IN TOKYO. A LITTLE FOUR-SEAT JOINT EMBODYING A FACEBOOK PAGE WITH OVER A MILLION FOLLOWERS...

NO MATTER WHAT, I AM DEEPLY GRATEFUL FOR THE UNFAILING SUPPORT FROM ALL OF YOU, AND ALSO MY OWN PERSISTENT DRIVE TO PRESS FORWARD AS WELL.

NOBODY KNOWS WHAT THE FUTURE HOLDS. LET'S STAND BY EACH OTHER AND EMBRACE TOMORROW TOGETHER. STAY HUMBLE. STAY FOOLISH.

GRACE

蔡卓文



希望大家從中感受烹飪的樂趣，煮給您最愛的人吃。

I hope it will inspire your passion to cook for your loved ones.

MENU

SLICED PORK WITH GARLIC SAUCE

PERFECT TEN VEGETARIAN SOUP

SWEET AND SOUR PORK WITH PINEAPPLE

BRAISED CHICKEN IN SHAOXING WINE

PAN FRIED LOTUS ROOT CAKE

GINGER MILK CURD

~2020~

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S L I C E D P O R K W I T H G A R L I C S A U C E

INGREDIENTS

SERVES 4

1/2 catty or 300g pork belly,
whole piece

2 tsps Chinese rose wine

3 slices of ginger

6 stalks of scallion, white
section only

1 tsp salt

1 tsp cooking oil

2 bowls of ice cube, for
cooling

Seasoning (Garlic Dipping)

3 Tbsps mashed garlic

3 tsps dark soy sauce

3 tsps light soy sauce

3 tsps Shanxi mature vinegar

1 tsp chili, dice

2 tsps granulated sugar

1 Tbsp cold boiled water

(Mix all of the above
thoroughly to make the
dipping sauce)

INSTRUCTIONS

1/Heat up a small pot of water on high heat. When the water boils, add the pork belly, ginger, scallion, salt, oil and Chinese rose wine. Stir briefly and cook for 30 mins. Then turn off heat and let rest for 10 mins. Take out the pork belly when time is up.

2/Add the ice cubes in a large bowl with water. Soak the pork belly in the ice water for 3 mins to cool down. Take out and drain.

3/Cut the pork belly into very thin slices. Roll up or lay flat on a plate. Serve with the dipping sauce.





在過去的十年期間，不是在街市便是在
這個廚房，非常享受每一刻。
*My past 10 years were spent either here
or in the wet market and I enjoyed every
moment of it.*

VEGETARIAN DISHES &
SOUPS

PERFECT TEN VEGETARIAN SOUP

INGREDIENTS

SERVES 6

200g pumpkin

200g papaya

2 chayotes

1 carrot, approx. 200g

1 cob of corn, approx.
200g

10 chestnut kernels

60g black-eyed pea

60g red kidney bean,
(soaked for 3 to 4 hours
beforehand)

15 walnuts

10 lotus seeds

4 to 5L water

*(Additional 1/2 pcs
of dried tangerine peel,
soaked and with pith
removed)*

INSTRUCTIONS

1/Rinse and peel the pumpkin, papaya and chayote. Cut all into cubes.

2/Rinse the corn and cut into chunks.

3/Soak the chestnut kernels in cold water for 15 mins then peel off the skin.

4/Soak the black-eyed peas, walnuts and lotus seeds together in cold water for 15 mins.

5/Soak the red kidney beans for at least 3 hours.

6/Add the water to a pot and turn on high heat. When the water boils, add all ingredients including the tangerine peel. Cook on high heat for 1 hour, then reduce to medium heat and cook for 1 hour further. Season to taste and serve.



VEGETARIAN DISHES &
SOUPS



自幼在郊區長大，早已習慣了。
Growing up in the suburb, I'm so familiar
with everything here.



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SWEET AND SOUR PORK WITH PINEAPPLE

INGREDIENTS

SERVES 4

400g pork belly, cut into cubes
 1 can of pineapple, slice
 1/2 of each of red, green and yellow bell peppers
 1/2 onion, sliced
 150g dried hawthorn berries, rinse
 water 300ml
 150g corn starch
 7 to 8 sections of scallion
 700ml cooking oil
 corn starch mixture:
 2 tsps of corn starch +
 3 Tbsps of water
 1 pc of egg

Marinade:
 2 tsps light soy sauce
 2 tsps oyster sauce
 2 tsps granulated sugar
 2 tsps Shaoxing Wine(Huadiao)

Sauce :
 3 Tbsps ketchup
 1 Tbsp lemon juice
 100ml water
 3 tbsps granulated sugar
 80 to 100 ml homemade hawthorn
 mixture (see instructions)
 (Mix the above except corn starch mixture
 in a big bowl)

INSTRUCTIONS

- 1/Rinse and drain the pork belly cubes. Marinate for 30 mins.
- 2/Rinse the bell peppers. Remove the seeds and dice.
- 3/Rinse onion, peel and cut small pcs.
- 4/To prepare the hawthorn mixture:
 Heat up a small pot of water on high heat. When the water boils, add hawthorn berries. Stir constantly. Cook for approx. 8 mins. Reserve the cooking liquid.
- 5/Add egg liquid into the marinated belly cubes and coat with corn starch (press the corn starch on each belly cube) and let rest for 15 mins.
- 6/Heat up 1 Tbsp of cooking oil with ginger slices in a wok on high heat. Sauté the onion, bell peppers and scallion sections for 1 min. Take out and set aside.
- 7/Heat up a wok with 700ml of cooking oil on high heat. When the oil boils, add the belly cubes. Reduce heat to medium and fry for 4 to 5 mins. Turn off heat and take out the meat.
- 8/Turn the heat back to high. Return the belly cubes to the wok and fry for 3 mins. Take out and drain.
- 9/Heat up 1 Tbsp of cooking oil in a separate wok on high heat. When the oil boils, add the sautéed ginger, onion, bell peppers, pineapple and scallion followed by the mixed sauce. Stir the sauce in a circular motion and cook for approx. 2 mins. Taste the sauce for the correct balance of sweet and sourness.
- 10/Add the corn starch mixture into the wok and stir until the sauce thickens. Immediately toss the fried belly cubes into the wok. Stir well to coat and plate up.



BRAISED CHICKEN IN SHAOXING WINE



INGREDIENTS

SERVES 4

half of a fresh chicken
carved into pieces

8 pitted jujubes

8 pcs wood ear fungus

300ml Shaoxing wine
(Huadiao)

10 slices of ginger

2 tsps salt

2 Tbsps light brown sugar

1 Tbsp cooking oil

500ml hot water

INSTRUCTIONS

- 1/Rinse the chicken pieces and soak in hot water for 5 mins. Remove the bloody water and rinse clean. Pat dry and set aside.
- 2/Soak the jujube and wood ear fungus in cold water for 10 mins. Drain and set aside.
- 3/Saute the ginger, jujube and wood ear fungus in 1 Tbsp of cooking oil in a wok on high heat. When the oil boils, add the chicken pieces and stir fry for 3 mins. Add the Shaoxing wine while stirring. Cook for approx. 2 mins.
- 4/When time is up, add hot water and stir well. Reduce heat to medium and cook covered for 15 mins. Season to taste and serve.





 CHEF'S RECOMMENDATIONS

PAN FRIED LOTUS ROOT CAKE

INGREDIENTS

SERVES 4

300g minced pork
approx. 600g lotus root

2 Tbsps dried shrimp,
soaked and diced

1 shallot, diced

1 Tbsp coriander stem

white of 1 egg

3 Tbsps cooking oil

Seasonings:

1 Tbsp oyster sauce

2 tps Shaoxing wine
(Huadiao)

1 tsp salt

2 tps light brown sugar

INSTRUCTIONS

1/Rinse and peel the lotus root. Cut out six 0.7 cm slices. Steam for 15 mins and set aside. Dice the rest of the lotus root.

2/Add the seasonings into the minced pork and mix well.

3/Add the diced dried shrimp, shallot, coriander stem, egg white and diced lotus roots to the meat. Mix well.

To prepare the meat:-

Slap the minced pork mixture into the mixing bowl until sticky, about 2 to 3 mins.

To pan fry:

1/Heat up 3 Tbsps of cooking oil in a frying pan on high heat. Scoop out some minced meat (roughly measure with the cup of palm) and form into a round cake. Fry both sides for 3 mins each.

2/Reduce heat to medium and pan fry both sides of the cake for a further 3 mins each. Turn on high heat and fry each side for 1 min. Turn off heat. Place the fried cakes on top of each steamed lotus root slice.

3/Sprinkle chopped scallion on top and serve.

 CHEF'S RECOMMENDATIONS





志区西薬行
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GINGER MILK CURD

INGREDIENTS

SERVES 2

200g old ginger

450ml full-fat milk

30g granulated sugar

INSTRUCTIONS

1/Peel the ginger then grate into a paste. Put in a muslin bag and squeeze out the juice. Divide the ginger juice evenly in two bowls. Stir well.

2/Heat up the milk and sugar in a sauce pan on high heat. Keep stirring. When small bubbles begin to form, turn off heat and immediately pour into the bowls of ginger juice. Let rest for about 1 min until completely set and serve.



感激家人讓我追逐夢想，
更感激自己有勇氣去追逐夢想。

*I'm deeply indebted to my family for their support.
And most of all, I'm so grateful for having the
courage to pursue my dream.*