



Posted on 17 September 2012
by ewfood

Chinese Hot Pot

Ingredients

For the broth

32fl oz. chicken or vegetable stock

3tsp. fresh ginger minced

2 cloves garlic, crushed

6 spring onions, chopped

For the meats and vegetables (use any combination of meats and vegetables that you choose)

8 sea scallops

4 squid, sliced into rings

12 shrimp, cleaned and butterflied

1 pkt. soft tofu, drained and cubed

4 chicken breasts, thinly sliced

0.5lb. fillet steak thinly sliced

1lb. bok choy or spinach, roughly chopped

0.5lb. shitake or other mushrooms

18oz. cooked rice

Dumplings

3.5oz. dried bean thread noodles, soaked and cut into bite sized pieces

For the sauces

4fl oz. soy sauce

2 tsp. wasabi or horse radish

4fl oz. sweet chili sauce

Preparation

- 1 Arrange the sliced meats onto a large plate or platter and the vegetables onto a different plate or platter. Cover both and refrigerate for later use
- 2 In a large pot bring the stock, ginger, garlic and spring onions to boil over a high heat. Then reduce the heat and simmer for 25 – 30 minutes
- 3 Set the hot pot or fondue on the center of the dining table and pour the stock into it. Set it to a heat that will allow the stock to simmer throughout the dinner
- 4 Set the platters of meat and vegetables around the hot pot. Place the sauces in separate containers as they will be used for dipping and flavouring the meat
- 5 Start using the hot pot.

Cooks Note

You will need a Mongolian hot pot, an electric wok or a large fondue pot to put in the center of the dinner table. The Chinese hotpot is very similar to a fondue and it's a fun for family and friends to get together and eat. You will also need Chinese strainers to make cooking easier and a ladle for the soup. Chopsticks are an essential piece of cutlery. The guests will all cook their own meat and vegetables and flavour them to taste. Once the dinner is over you can take the remaining stock and vegetables and meat and simmer them for 20 minutes (add more stock if necessary) to create a soup for the next day's dinner.