



Daniel Khan - 2nd Great Khan of the Mongol Empire
1215 - 1248 • Painted by: Zhu Da, early Qing Dynasty (1648)

FOCUS, DANIELSAN!

It's Time For More Of My Incoherent Ramblings

Honestly... five!?! Five cookbooks now? I know I say this every time, but I never would have thought I'd be here. Back when you all convinced me to start working on my original little 85 page cooking guide, back in 2018, I saw it as a monumental undertaking. I figured there's no way I could ever fill up 85 pages with tips, tricks and recipes. Boy, ya'll sure pushed the proverbial boulder down a hill, didn't you? See what you all started?

Making THIS cookbook was hard.... really hard. My wife and I never go out for Chinese food, I mean, c'mon, the last time we went out for Asian food regularly, is back when we were dating, 15 years ago! When we did go out, we were creatures of habit and ALWAYS ordered the same 3 dishes every time: Sesame Chicken, Singapore Noodles and occasionally Wor Wonton Soup. That's it. We never strayed from those 3 dishes. When we'd go to get Thai food, it was the same thing. We never tried new things. We'd only order Chicken Satay, Pad Thai and my wife would get Chicken Panang. I was too scared to try any new dishes. Of the 50+ entrees and sauces in this book, I'd never had 3/4 of them.

The hardest part about making all these recipes is I've STILL never actually gone to a restaurant and had them. I still have no idea what the 'real' dishes actually taste like. All I could do was research, research, research. I went online and looked up famous Asian Chefs like **Ming Tsai**, **Iron Chef Morimoto**, **Jet Tila** and others, to look up their recipes and see how I could hack them down. I also started taking inspiration from Asian cookbook authors & recipe bloggers, like: **'Omnivores Cookbook'**, **'Drive Me Hungry'** & **'The Woks of Life'**. I learned so much about how to prepare traditional Asian food from reading their tips and watching their videos. However, the fun part was trying to take what THEY do... and merge it with what I do... modifying recipes with ingredient swaps.

I was really nervous at first, posting my WW-ified versions of traditional Asian food. I wasn't sure if I was making the recipes too complicated or not. Were my written instructions too intimidating? Would people accept a lighter version of the traditional dishes they missed? Thankfully, they were all well received and I have been blown away by the responses all of these dishes have gotten. I'm constantly being tagged by people who have made my Thai basil chicken, potstickers, black pepper chicken, or any of the other dishes. Tons of folks, saying how they made the recipes for their skeptical families.. who loved it! They all say how great it made them feel to make an Asian dish, themselves, then have their families actually clean their plates and get seconds.

Doing this recipe hacking, calorie droppin' craziness is so much fun for me. As a stay at home dad, THIS is my creative release. This is the one thing I have that's 'for me'... and the awesome part is, my 'for me' thing, actually helps people. It is an amazing, fulfilling feeling. I get complete and utter happy contentment out of this. Yeah... money is nice, but that's not my focus. If all I cared about was the Benjamins, I wouldn't let ya all have these books for free on my website, now would I? It is such a wonderful, wonderful feeling, getting to know that in some small way, you're making a difference in the lives of 206,000 people who 'follow' you. (as of 12-03-22)

I hope the way I have made these recipes and laid out the pages of this book, make the thought of cooking Asian food a bit less intimidating for you. I hope you folks don't mind stepping out of your comfort zones and are willing to try cooking something totally outside of your wheel-house. Most importantly, I hope when you try it, you actually like the results. I can completely empathize with how scary it is cooking an entirely new type of cuisine. But once you get the hang of it, it's worth it. There's freedom in knowing you CAN prepare a lot of different dishes to fit into your healthier lifestyle.

I gotta tell you though, after pretty much cooking nooothing but Asian food, for the past 8-10 months, it's going to be a long time before I eat Asian food again after this, lol. Thankfully, the next cookbook is going to be Mexican food, so... hold on to your sombreros, mis amigos... we're going to kick **#TacoTuesday** up a couple notches. VIVA LOS TAMALES!! *pew pew*

ACKNOWLEDGEMENTS

I'd like to thank the Academy...

Well, here we are again... and again. Seeing that we're at the end of the book, now's as good a time as any to mention a few of the folks who have poked, prodded and tricked me into making what's probably the first full fledged, LEGIT, Weight Watchers-focused Asian cookbook. There are tens of thousands of you who have been extremely supportive, encouraging and helpful with this book over the past 9-10 months. But, there's no way I can possibly mention all of you, so I apologize if you don't see your name in here.

Let's start with the non-Weight Watchers people. More than any of you realize... a huge reason I was able to put this Cookbook together was because of all the Behavioral Therapists at 'California Psych Care, Santa Clarita.' Yup... just like Cookbook 3, I couldn't have done this without them. These wonderful young women, come to my house, nearly every single day, to help my kids with their therapies. While they are working with my kiddos, that's when I was able to have a small window of time, which allowed me to start putting pages together. A special thanks to, **Jennifer, Stephanie 1, Stephanie 2, Kendal, Lisa & Melissa.**

Now... onto the Weight Watchers/Social Media folks. There are a bunch of people, especially in Weight Watchers 'Connect', I want to single out and thank. I won't be able to mention everyone, because there are so many of ya. But I do have to call out a few. C'mon... there's 200,000+ of you following me right now. (between Connect, IG, YouTube & FB).

I have to start off with **@69gabygal...** the poor lady who is my digital best friend. She's essentially like having a retired, crabby, Jiminy Cricket, hovering around and texting me at all hours of the day. Other than dealing with my horrific grammar and typos... she spends her time trying to make me FINALLY open Pinterest links (which I won't!), making food suggestions, does her best to steer me away from Dairy Queen binges... and WILL NOT leave me alone with requests for pistachio recipes!

@Mariarachael12 for always offering advice on picture layout for my recipe pages, as well as sharing her mother's Pancit recipe with me. Thanks agin, Kaibegen!! **@Rbberens**, and **@mfitch**, for being my 2 local WW homies who I could occasionally drop off some of my creations to, for feedback. You folks who are happy with some of these dishes need to thank Rbberens. Because, my original versions sucked, before her feedback. **@AliciaWmccauley** for letting me rant in texts, from time to time, thanks hippie! **@Bizzybee85**, who gave me a lot of suggestions for dishes, ESPECIALLY the Korean Bibimbap. That dish is 100% only in this book, because of her. Hey, Bizz... I'm still waiting for that house warming invitation. Just sayin'. **@Chiafullo...** my 'Frenemie', thank's for making Connect fun again, you almond hating Nonna!

Also, thank you to a few folks who I'm going to pull off the top of my head, at 12:30am, without opening my phone: **kimberly_jack, jan0443, pyrophage, ericaossiramos, lappelba, jazigirl01, chasing1durland, steve_burns, sailorgal329, jfo_shizzle, mnewp416, mayaski18, rosina8769, mikinp48, olahou, spockme, awfoster0105, lindaluper, exerciseforyou, poopstar** (years later and I still laugh whenever I see your name), **anna-demon, faithisfat, strongandhealthyme7, priyanthi_p2, margohery, rdmays2, mhertoghe** (and your danged lemon bars!), **fittabe, amybethh66, libertylake2017, msneetu...** Seriously, there are too many of you to list, so I'm sorry that I can't name more of you. Amazon charges by the page, folks.

A special, unexpected shout out to my former employer, the gang at **Lee's Decorative Showcase**. Thank you for taking a chance and hiring a totally underqualified web/graphics guy. Thank you, **Jay & Julie**, for pushing me to constantly try and learn new ways to do graphic layout & page design... and for being the reason I had to go back to school and take night classes. It's because you guys took a chance on me, I ultimately learned the skills I'd need to put these books together, years later. Making your product catalogs, it turns out... isn't that different from laying out a cookbook. It was a good, hard, stressful job, but it changed the course of my life. Thank you.

Aaaaaaand lastly, once again... my wife. For having to put up with me for yet another cookbook. All my late nights on the computer... and your having to share me with Connect. I'd like to think that the process gets slightly more bearable with each passing Cookbook... I hope. Look at the bright side, hun... put down the chancla, Mexican food's next!

**I'm one guy, doing all of this from a tiny desk in a corner of my kitchen.
I work on all of these recipes and pages at night, after my wife and kids are asleep.
Want to pay it back? Leave a review.**

NUTRITIONAL VALUES

Those crazy nutritional macro-thingies, all you fitness hipsters jabber-on about.

One of the biggest reasons for cooking and preparing meals like I do, is because I want to eat amazingly snazzy food, without having to reduce my portions. Most popular food bloggers, "skinny" cookbook authors, and celebrity chefs, usually have tiny, toddler sized portions. That's how they say their food is healthy. Of course, it is. You're being served an entree from the kids menu. In equal amounts, my recipes are usually around 1/2 (or less) of the points, fat and calories of everyone else'. Wanting to lose weight doesn't mean that you have to eat 'diet' sized kiddie portions.

SAUCES & DIPS	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	SODIUM (milligrams)	PAGE #
Cambodian Pepper Lime Dip	1/4 cup	25	0	1.4	1.8	0.9	1,445.8	22
'Duck' Sauce	1/4 cup	37.9	0.1	14	5.4	0.4	163.4	22
Hoisin Dipping Sauce	Entire 1/2 cup	108.5	0.8	31.8	8.1	1.9	1,218.8	22
Katsu Sauce	1/4 cup	48	0.1	16.6	6.5	1.6	1,074.1	22
Korean Bibimbap Sauce	1/4 cup	40.3	0	19.7	3.2	0.6	778.5	23
Orange Ginger Glaze	Entire 1/2 cup	108.8	0.3	82.3	5.5	3.4	1,691.7	23
Soy Glaze & Dipping Sauce	Entire 1/2 cup	168.2	1.3	50.6	16.9	3.8	2,853.3	23
Sweet & Sour Sauce	1/4 cup	51.8	0	36.7	10.2	0.1	500.2	23
Szechuan Peppercorn Sauce	1/4 cup	16	0	19.5	0	0.3	114.3	24
Teriyaki Sauce	1/4 cup	15.4	0	9.3	0.4	0.8	529.2	24
Thai Peanut Sauce	1/4 cup	59.9	2.2	11.6	1	4.4	254.7	24
Thai Sweet Chili Sauce	1/4 cup	56.5	0.2	38.2	8.9	0.4	528.7	25
Vietnamese Dipping Sauce	1/4 cup	11.5	0	13.9	2.3	1	1,517.2	25
Vietnamese Ginger Chili Sauce	1/2 cup	60	0.1	37.1	4.8	4.7	5,791.3	25
Yum Yum Sauce	1/4 cup	41	0.4	7.2	3.7	4.7	314.5	25

DIM SUM & SOUPS	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	SODIUM (milligrams)	PAGE #
Char Siu Bao	1 bun	154.3	1.5	27	1.8	12.3	322.6	28-29
Chicken Satay Skewers	1 skewer	26.1	0.5	1.6	0.5	4.6	149.4	30-31
Gyoza Potstickers	1 dumpling	32.2	0.2	5.0	0.1	2.5	98.9	32-33
San Choy Bow (meat filling)	3 Tbsp scoop	34.5	0.5	2.1	0.5	8.2	260.4	34-35
Shumai Dumplings	1 dumpling	47.4	0.4	5.1	0.2	5.6	114.1	36-37
Spring Rolls	1 spring roll	<i>(The macros for your spring roll will depend entirely on your filling)</i>						38-41
Sweet & Sour Meatballs	1 meatball	18.7	0.3	2.6	0	2.6	91	42
Vietnamese Meatballs	1 meatball	17.9	0.3	0.4	0	3.2	116	43
*** SOUPS ***								
Egg Drop Soup	1-1/4 cup	110.5	4.7	8	0	7	1,171	44-45
Hot & Sour Soup	1-1/3 cup	146.2	4.2	13.2	2.2	15.8	643.6	46-47
Wonton Soup	1-1/3 cup	174.3	1.6	21.6	0.3	11.3	1,205.8	48-49
Wor Wonton Soup	1-1/2 cups	212.1	2.6	18	3	29.1	1,939.7	50-51

HOLY SODIUM-BOMB, BATMAN!

Most cookbooks don't include Sodium when they list their nutritional information. However, I'm making this book with all of my WW-amigos in mind. The honest truth is, there are a lot of members who are 'up there' in years and are on heart medications or have dietary restrictions for how much sodium they can consume... which is why I've chosen to include the sodium numbers.



These numbers sound insanely high, however, for you folks that aren't on a sodium restrictive diet, it's not a big deal. Note that there IS a very good chance that you will see a temporary gain at the scale if you have a very high sodium dish. THIS IS NORMAL. Consuming a lot of sodium makes your body retain water Don't worry... just drink lots of water and cut back on your sodium intake for a day or two after you have a high sodium meal... and it'll all come off. C'mon... I was like a walking Yo-Yo the entire time I was working on this cookbook ,with my weight fluctuating more than a Politician's promises during an election year.

So, I just wanted to post this as a reminder for the people out there who might make one of these dishes, then see a gain. Don't stress... just drink water and like the mighty Mississippi... the weight will flow on out. It's honestly crazy how high in sodium all of these are. Especially when you consider that I only use reduced sodium soy sauce and try to limit it to no more than 3 Tbsp in most of these dishes. Imagine how much sodium is in the regular Asian food you always order. *whistles*

MAIN DISHES	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	SODIUM (milligrams)	PAGE #
Adobo Chicken	1 breast	178.5	3.7	19.2	8.2	24.9	786.7	54-55
Banh Mi Chicken Sandwich	1 sandwich	358.6	8.1	41.0	7.6	34.4	1,718.4	56-57
Beef Lok Lak Stir Fry	1 cup	262.9	9.1	6.7	2.6	35.7	731.4	58-59
Beijing Chicken	1-1/2 cup	258.9	3.1	50.6	7.7	31.8	1,373.3	60-61
Bibimbap w/Gochujang	1 rice bowl	485	8.3	98.8	36.4	40.4	3,272	62-63
Black Pepper Chicken	1-1/4 cup	231.9	4.2	12.3	3.9	37.6	1,550.9	64-65
Bulgogi Beef Stir Fry	1 cup, packed	323.1	12.3	20.4	6.7	37.6	1,042.3	66-67
Chicken & Broccoli	1-1/2 cup	175.2	3.5	12.6	2.7	22	908.9	68-69
Chicken Japchae Noodles	1-1/2 cup	228	3.2	35.9	2.9	19.6	524.8	70-71
Chicken Mai Fun Noodles	1-1/3 cup	155.9	2	23.4	2.5	15.6	714.9	72-73
Chicken Panang Curry	1-1/2 cup	235.1	5.4	20.2	7.2	27	1,868.6	74-75
Chicken w/Black Bean Sauce	1-1/3 cup	231.5	3.5	22.2	8.6	31.2	876	76-77
Chop Suey	1-1/2 cup	168.3	3.4	12.7	3	25.2	837	78-79
Chow Mein Noodles	1 cup	97.5	0.9	20.6	7.8	5.2	356.7	80-81
'Drunken' Noodles	1-1/3 cup	245.7	2.5	34.2	1.9	21.4	722.6	82-83
General Tso's Chicken	1 cup	234.2	3.9	28.7	6.1	29.7	1,197.8	84-85
Hoisin Chicken	1-1/2 cup	248	4.6	15.2	7.3	39.3	865.5	86-87
Honey Garlic Chicken	1 cup	222	3.8	20.3	10.9	31.9	963.1	88-89
Hunan Chicken	1-2/3 cup	204.7	4.0	26	6.8	27.2	1,087.7	90-91
Korean Gochujang Chicken	1/2 lb meat	279.3	6.4	18.2	5.3	48.1	1,997.5	92-93
Kung Pao Chicken	1-1/4 cup	292	10.3	13.7	4	41.4	1,300.7	94-95
Lemongrass Chicken	1-1/4 cup	231.1	4.2	18.4	4.6	38.8	1,319.5	96-97
Miso-Ginger Glazed Salmon	1 filet	302.2	12.8	12.5	4.8	35.5	1,096.5	98-99
Mongolian Chicken	1-1/2 cup	296.1	5.7	27.6	2.4	48.8	1,924.5	100-101
Moo Goo Gai Pain	1-1/2 cup	217.9	3.7	26.2	8.4	24.9	731.9	102-103
Mushroom Chicken	1 cup	231.7	3.8	11.9	4.4	27.1	766.7	104-105
Orange Chicken	1 cup	231.7	4.3	25.7	2.5	36.2	948.5	106-107
Pad Thai Noodles	1-1/4 cup	270.3	4.1	44.7	9.2	21.2	856.8	108-109
Pancit Sotanghon Noodles	1-1/2 cup	240.1	2.3	34.2	4.6	22	784.1	110-111
Sesame Chicken	1 cup	269.3	7.6	24.7	3.5	36.3	1,350.9	112-113
Shrimp with Lobster Sauce	1 cup	254	3	10.6	2	44	1,467.7	114-115
Shrimp with Snow Peas	1-1/2 cup	267.1	4.4	20.2	4.4	42.6	1,063.9	116-117
Singapore Noodles	1-1/2 cup	274.8	2.9	40.4	5.1	23	932.9	118-119
String Bean Chicken	1-1/2 cup	164.9	3.3	15.5	4.9	22.8	829.3	120-121
Sweet & Sour Chicken	1-1/2 cup	239	3	45	18.3	24.6	931.3	122-123
Sweet Fire Chicken	1-1/2 cup	242.5	3.2	55.6	18.8	25.3	624.4	124-125
Teriyaki Chicken	1 breast	188.3	3.8	8.2	2.5	35.6	1,067.8	126-127
Thai Basil Chicken	1-1/2 cup	240	4.6	20.6	4.3	38	1,384.5	128-129
Thai Sweet Chili Shrimp	1 cup	224.6	2.1	15.3	2.8	39.1	1,087.6	130-131
Torikatsu with Katsu Sauce	1 breast	296.1	5.4	28.7	8.1	39.1	1,535.6	132-133
Vegetable & Shrimp Fried Rice	1 cup	184.3	1.8	26.7	3.2	14.8	682.7	134-135
Yaki Udon Noodles	1-1/2 cup	238.4	2.3	37.2	2.4	22.6	1,091.9	136-137

** All recipes which call for "0 point sweetener o' choice", were calculated using **Lakanto Monkfruit 'classic'** or **'Truvia Sweet Complete Brown'** sugar and brown sugar replacements. Because, hey... they're my sweeteners o' choice. But, you do you, boo-bear.

🤔 CARBOHYDRATE CONUNDRUM 🤔

I know I mentioned it right above this paragraph... but it REALLY needs to be explained in more detail. For most all of these listed nutritional values, the numbers for the carbs are misleading. I'm mentioning it, because I honestly have no idea how to truly address it in the macros. Every single one of my recipes that would regularly require sugar, instead uses Lakanto monkfruit, or some other brand of "ERYTHRITOL-based" sweetener, because that's my personal preference.

Erythritol sweeteners are natural sweeteners derived from sugar alcohols. They are NON GLYCEMIC, meaning that their carbs (and they contain a lot of carbs) ARE NOT ABSORBED INTO YOUR BLOOD STREAM. They are 0 calorie and their carbs aren't absorbed and converted to sugar. Unfortunately, I still have to include all of those carbs, from the erythritol, into the nutritional macros... even though your body does not absorb them. A great example is my **Sweet & Sour Sauce**, which would be listed as having 213 grams of carbs in a 2 cup batch of sauce. However... 192 of those shouldn't count, because they are Non-Glycemic carbs your body isn't going to absorb. However, I still have to list them in the nutritional totals. This makes the total carb count seem incredibly high on a lot of these dishes. FYI: Erythritol sweeteners have a ZERO glycemic index score.

BOOK INDEX

Crouching Tiger Hidden Recipes

- A**
Adobo Chicken ... 54-55
Amazon ... LEAVE A REVIEW!
- B**
Banh Mi Chicken Sandwich ... 56-57
Beef Lok Lak Stir Fry ... 58-59
Beijing Chicken ... 60-61
Bibimbap ... 62-63
Bibimbap Sauce (Gochujang) ... 23
Black Pepper Chicken ... 64-65
Breeding ... 16-17
Bulgogi Beef Stir Fry ... 66-67
- C**
Cambodian Food
- Beek Lok Lak Stir Fry ... 58--59
- Cambodian Spring Rolls ... 40
Cambodian Pepper Lime Dip ... 22
Char Siu Bao (steamed buns) ... 28-29
Chicken & Broccoli ... 68-69
Chicken Japchae Noodles ... 70-71
Chicken Mei Fun Noodles ... 72-73
Chicken Panang Curry ... 74-75
Chicken Satay Skewers ... 30-31
Chicken w/Black Bean Sauce ... 76-77
Chinese Food: (entrees)
- Beijing Chicken ... 60-61
- Black Pepper Chicken ... 64-65
- Char Siu Bao ... 28-29
- Chicken & Broccoli ... 68-69
- Chicken Mei Fun Noodles ... 72-73
- Chicken with Black Bean Sauce ... 76-77
- Chop Suey ... 78-79
- Chow Mein ... 80-81
- General Tso's Chicken ... 84-85
- Hoisin Chicken ... 86-87
- Honey Garlic Chicken ... 88-89
- Hunan Chicken ... 90-91
- Kung Pao Chicken ... 94-95
- Mongolian Beef Chicken ... 100-101
- Moo Goo Gai Pan ... 102-103
- Mushroom Chicken ... 104-105
- Orange Chicken ... 106-107
- Sesame Chicken ... 112-113
- Shrimp w/Lobster Sauce ... 114-115
- Shrimp w/Snow Peas ... 116-117
- String Bean Chicken ... 120-121
- Sweet & Sour Chicken ... 122-123
- Sweet Fire Chicken ... 124-125
- Vegetable Shrimp Fried Rice ... 134-135
- Wor Wonton Soup ... 50-51
Chop Suey ... 78-79
Chow Mein ... 80-81
- Condiments & Dips ... 20-25
- Cambodian Pepper Lime Dip ... 22
- 'Duck' Sauce ... 22
- Hoisin Dipping Sauce ... 22
- Katsu Sauce ... 22
- Korean Bibimbap Sauce ... 23
- Orange Ginger Glaze & Dip ... 23
- Soy Glaze & Dipping Sauce ... 23
- Sweet & Sour Sauce ... 23
- Szechuan Peppercorn Sauce ... 24
- Teriyaki Sauce ... 24
- Thai Peanut Sauce (Satay) ... 24
- Thai Sweet Chili Sauce ... 25
- Vietnamese Dipping Sauce ... 25
- Vietnamese Ginger Chili Sauce ... 25
- Yum Yum Sauce ... 25
- D**
Dim Sum:
- Char Siu Bao (steamed buns) ... 28-29
- Chicken Satay Skewers ... 30-31
- Gyoza Potstickers ... 32-33
- San Choy Bow (lettuce cups) ... 34-35
- Shumai Dumplings ... 36-37
- Spring Rolls (fresh) ... 38-41
- Sweet & Sour Meatballs ... 42
- Vietnamese Meatballs ... 43
Drunken Noodles ... 82-83
'Duck' Sauce ... 22
- E**
Egg Drop Soup ... 44-45
- F**
Filipino Food:
- Adobo Chicken ... 54-55
- Pancit Sotuhongan Noodles ... 110-111
- G**
General Tso's Chicken ... 84-85
Gyoza-Style Potstickers ... 32-33
- H**
Hoisin Dipping Sauce ... 22
Hoisin Chicken ... 86-87
Honey Garlic Chicken ... 88-89
Hot & Sour Soup ... pg 46-47
Hunan Chicken ... 90-91
- I**
Ingredient Highlights ... 10-15
- J**
Japanese Food: (entrees)
- Miso Glazed Salmon ... 98-99
- Teriyaki Chicken ... 126-127
- Torikatsu ... 132-133
- Yaki Udon Noodles ... 136-137
- K**
Katsu Sauce ... 22
Korean Food: (entrees)
- Bibimbap ... 62-63
- Bulgogi Beef Stir Fry ... 66-67
- Chicken Japchae Noodles ... 70-71
- Korean Gochujang Chicken ... 92-93
Korean Gochujang Chicken ... 92-93
Kung Pao Chicken ... 94-95
- L**
Lemongrass Chicken ... 96-97
- M**
Miso Glazed Salmon ... 98-99
Mongolian Chicken ... 100-101
Moo Goo Gai Pan ... 102-103
Mushroom Chicken ... 104-105
- N**
Nobody Ever Leaves A Review *cough*
- O**
Orange Chicken ... 106-107
- P**
Pad Thai Noodles ... 108-109
Pancit Sotuhongan Noodles ... 110-111
Peanut Sauce ... 24
Potstickers ... 32-33
- Q**
- R**
- S**
San Choy Bow (lettuce cups) ... 34-35
Sesame Chicken ... 112-113
Shrimp w/Lobster Sauce ... 114-115
Shrimp w/Snow Peas ... 116-117
Shumai Dumplings ... 36-37
Spring Rolls ... 38-41
Singapore Noodles ... 118-119

Please leave a review. Over the past 5 years I've been doing this, less than 2% of people who purchase one of my cookbooks on Amazon actually posts a review for them. In 2022, it was less than 1%. Help a Self Publisher out, folks.

String Bean Chicken ... 120-121
Sweet & Sour Sauce ... 23
Sweet & Sour Chicken ... 124-125
Sweet & Sour Meatballs ... pg 42
Sweet Fire Chicken ... 124-125
Szechuan Sauce ... 24

T

Taiwanese Food:

- Singapore Noodles: 118-119

Teriyaki Chicken ... 126-127
Teriyaki Sauce ... 24

Thai Food: (entrees)

- Chicken Panang Curry ... 74-75
- Drunken Noodles ... 82-83
- Pad Thai Noodles ... 108-109
- Thai Basil Chicken ... 128-129
- Thai Sweet Chili Shrimp ... 130-131

Thai Basil Chicken ... 128-129
Thai Peanut Sauce ... 24
Thai Sweet Chili Sauce ... 25
Thai Sweet Chili Shrimp ... 130-131
Torikatsu ... 132-133

U

U should write a review

V

Vegetable Shrimp Fried Rice ... 134-135
Vietnamese Dipping Sauce ... 25
Vietnamese Food: (entrees)

- Banh Mi Chicken Sandwich ... 56-57
- Lemongrass Chicken ... 96-97

Vietnamese Ginger Chili Sauce ... 25
Vietnamese Meatballs ... pg 43

W

Wise Man Say: "A Postive Review, Is A Positive You"
Wonton Soup ... 48-49
Wor Wonton Soup ... 50-51

X

Y

Yaki Udon Noodles ... 136-137
Yum Yum Sauce ... 25

Z

Zoodles... Don't Use Them In My Noodle Dishes, Heathen!



Hiking The Great Wall of China



Exploring Thailand



Visiting Hoboken, New Jersey