

RECIPES

During New Year Celebrations, symbolic dishes play into the traditional feasts. Simple ingredients along with your fresh seasonal vegetables and beef, pork, chicken, seafood, eggs, and plant-based proteins make Sun-Bird® seasonings and soup mixes an easy choice for celebratory family meals.



PROSPERITY

Whole steamed fish—*yu*

It's important to have leftovers to eat for the next day to signify that wealth overflows.

1. Preheat oven to 350° F.
2. Combine 4 tbsp. melted butter, 1 tsp. minced garlic, 1 tsp. minced ginger, **Sun-Bird® Kung Pao Seasoning Mix**, and juice of 2 lemons in a bowl and mix well.
3. Place fish on one half of a large sheet of foil. Top with sliced onions and butter mixture. Fold over foil and crimp edges to make seal. This will keep the steam and moisture locked in.
4. Place in oven and bake for 20 minutes. Remove from oven and let set for 5 minutes. Open carefully to avoid steam.

RENEWAL

Whole chicken—*jia quin*

Chickens and eggs represent rebirth and renewal.

1. Preheat oven to 350° F.
2. Combine 3 tbsp. soy sauce, 3 tbsp. water, 3 tbsp. honey, 1 tsp. sesame or canola oil, and **Sun-Bird® Hot & Spicy Szechwan Season Mix** in a small bowl; blend well.
3. Place whole chicken in a re-sealable plastic bag. Pour marinade over chicken and seal bag. Refrigerate up to 2 hours, turning bag occasionally.
4. Remove chicken from bag, reserving marinade. Place chicken on a rack in a roasting pan, breast-side up.
5. Place reserved marinade in a small, heavy saucepan. Heat until boiling, reduce heat and simmer 3 min., stirring constantly.
6. Roast chicken 35 min., basting occasionally with hot Szechwan mixture. Cover loosely with aluminum foil. Continue roasting an additional 45 min., basting occasionally, until chicken is fully cooked and internal temperature reaches 180°.
7. Let chicken stand 10 min. before serving.

LONGEVITY

Long noodles—*mian tiao*

Don't break up the noodles—the longer the noodle the longer your lifespan! Lots of slurping!

1. Blend **Sun-Bird® Lo Mein Seasoning Mix** with 2 tbsp. soy sauce; set aside.
2. Cook rice noodles according to package.
3. In a large skillet or wok, heat 3-4 tbsps. oil. Add stir-fry frozen vegetables (or fresh sliced vegetables of your choice, and stir-fry over medium heat. (Hint: Add a dash of Sesame Oil for more authentic flavor.)
4. Stir in drained noodles, seasoning mixture and $\frac{1}{3}$ cup cooked meat (chicken, shrimp, beef or pork), if adding. Mix together until combined and heated through.

ABUNDANCE

Fried Rice

Made from leftover rice, since food left over signifies abundance. Cook your rice the day before and refrigerate overnight. Fried rice works best when the rice is dry, not still steaming.

1. In a large skillet or wok, heat 2 tbsp. vegetable oil.
2. Add 3 cups of cooked and cooled rice and 3 sliced green onions. Stir-fry until heated through.
3. Add **Sun-Bird Fried Rice Seasoning Mix** and 2 tsp. soy sauce. Stir-fry 1 minute.
4. Push rice mixture to side of skillet, and 2 well-beaten eggs to the center of the skillet and scramble. Stir cooked egg into the rice mixture.
5. Add 1 cup frozen peas and carrots, thawed. Optional, add $\frac{1}{3}$ cup cooked and chopped chicken, beef, pork, or shrimp. Stir-fry until heated through.



VEGETABLE DISHES CELEBRATE THE COMING SPRING

Green Beans

1. Combine in a sauce pot $\frac{1}{4}$ cup chicken broth or stock, $\frac{1}{2}$ tsp. red pepper flakes, $\frac{1}{4}$ cup slivered almonds, 1 package of **Sun-Bird® Sweet & Sour Seasoning**, $\frac{1}{2}$ tsp. sesame oil, 1 tbsp. soy sauce and bring to a simmer. The sauce will thicken and appear glossy.
2. In large stock pot bring 1 gallon of water to a simmer and cook 1 lb. cleaned green beans until tender, about 3 minutes. Remove from water and drain very well.
3. Toss green beans into sauce.

Broccoli

1. In a large sauté pan, combine $\frac{1}{2}$ lb. sliced mushrooms and 1 tbsp. oil. Cook over medium heat until mushrooms are golden brown and tender.
2. In a large pot, blanch broccoli florets from 3 heads of broccoli. To stop the cooking process, shock the florets in a bowl of cold water. Then drain and fully dry. Add broccoli to mushrooms and heat through.
3. In a separate bowl combine $\frac{1}{2}$ cup water, **Sun-Bird® Kung Pao chicken Seasoning Mix**, 1 tsp. minced ginger, 1 tsp. Sriracha sauce. Mix well.
4. Add this mixture to broccoli and mushrooms and cook until sauce thickens and coats the broccoli.

Lettuce Wraps

This Cantonese dish is very popular in Thailand and other parts of Southeast Asia.

1. In a 2 qt. glass bowl, blend 1 packet **Sun-Bird® Lettuce Wrap seasoning**, $\frac{1}{4}$ cup water, 1 tbsp. soy sauce, and $1\frac{1}{2}$ tsp. white or brown sugar. Stir in $\frac{2}{3}$ cup diced water chestnuts, $\frac{2}{3}$ cup diced mushrooms, and $\frac{1}{2}$ cup sliced green onions (optional). Cover and refrigerate for 20 minutes, stirring once.
2. In an oiled large skillet, sauté chicken marinade mixture on high heat for 1 minute. Reduce heat to medium, cook 7 minutes stirring occasionally. Remove from heat and keep warm.
3. Cut a head of iceberg lettuce in half; wash and drain well. Separate whole lettuce leaves.
4. Fill lettuce leaves with cooked brown or white rice and meat mixture.
5. Serve with soy sauce, hot chili sauce, and/or Chinese hot mustard, as desired.

*vegetarian version, substitute 16 oz. (1 lb.) diced tofu for chicken.



CELEBRATE THE COMING SPRING WITH CITRUS FRUITS

(especially Mandarin oranges
and pomelos)

Citrus-infused glaze

1. In a saucepan bring $1\frac{1}{4}$ cup orange juice, **Sun-Bird® Honey Sesame Seasoning Mix**, 2 tbsp. honey, 1 tsp. soy sauce and 1 tsp. minced ginger to a simmer. Allow to thicken.
2. Brush on grilled or broiled vegetables, meat or fish in the last few minutes of cooking for a delicious citrus-infused glaze.