

ESSENTIAL *ingredients* FOR FEASTING

Recipe
Book



LEE KUM KEE *Chinese cooking like never before*

MOON FEASTING



Call it Moon, Lantern, or Mid-Autumn Festival, it all celebrates our rich tradition of moon gazing and the immortality of celestial bodies. It's a time when we tell the ancient story of the great rabbit being sent to live in the moon - and it's a time of fun and feasting. While it's Spring and not Mid-Autumn in our part of the world, we still celebrate by gathering to eat great food, gaze at the moon, munch on mooncakes and light paper lanterns! It's one of our favourite times of year. Moon Festival Blessings to you all.

*Enjoy these recipes with your family & friends
with love from LKK xo*





ESSENTIAL *ingredients* FOR FEASTING



*Robust
& Rich*

PANDA BRAND OYSTER SAUCE

Panda Brand Oyster Sauce is the layer of complexity we all strive to create. Use with Soy Sauce and you'll notice a difference immediately with a complexity of flavour that is umami, texture and richness.

- ✓ No Added Preservatives
- ✓ No Artificial Oyster Flavourings Added



Umami

Naturally
brewed

PREMIUM SOY SAUCE (*Light Soy Sauce*)

Lee Kum Kee Premium Soy Sauce is naturally brewed with non-GM soybeans and with no added additives. It has a rich soy flavour, colour and aroma which makes your Chinese cooking like never before. Use it as a marinade, dipping sauce, in stir fry or in dressings and sauces. It is complimentary with many ingredients and can be used as a substitute for salt in cooking.

- ✓ No Added Preservatives, Colour & Flavour
- ✓ Suitable for Vegetarians and Vegans



*Colour
& Flavour*



PREMIUM DARK SOY SAUCE

Lee Kum Kee Premium Dark Soy Sauce is certified gluten free by Coeliac Australia & New Zealand. Made from selected Non-GM soybeans, it's brewed using traditional method and has a full-bodied colour and mellow sweet flavour. Enhance colour and overall flavour of any dish. Use it as a finishing sauce to increase richness, or in stocks and brases for added depth of flavour and colour.

- ✓ No Added Preservatives ✓ No Added MSG* ✓ Gluten Free
- ✓ Suitable for Vegetarians and Vegans

*This product is made with ingredients which contain naturally occurring MSG.

Available in major supermarkets and at your local Asian grocery store.



TIP

This recipe helps you get more veges into your day!

STICKY CAULIFLOWER

stir fry chow mein

Serves: 4 | Preparation: 15 mins | Cooking: 10 mins

INGREDIENTS

700g Cauliflower, chopped into bite size pieces
 1 Egg, lightly whisked
 1 tbsp Oil
 2 tbsp Cornstarch
 1 ½ tbsp Black sesame seeds
 45g Shallots, chopped
 15g Long red chilli, chopped
 300g Wok ready noodles

Sauce Mix

3 tsp Lee Kum Kee Minced Garlic
 2 tbsp Lee Kum Kee Premium Soy Sauce
 1 tbsp Lee Kum Kee Premium Dark Soy Sauce
 1 tbsp Lee Kum Kee Panda Brand Oyster Sauce
 1 tbsp Lee Kum Kee Pure Sesame Oil
 15g Ginger, grated
 2 ½ tbsp Brown sugar
 1 tbsp Cornstarch
 125ml Water

METHOD

1. Combine cauliflower egg and oil in a large bowl and coat well. Sprinkle over cornstarch and black sesame seeds, covering each piece well.
2. Add some oil to a medium to high heat non-stick wok or pan and fry the cauliflower in batches. Make sure each piece browns a little then set aside.
3. To make the sauce, mix water and 1 tablespoon of cornstarch together and set aside. Reduce the heat from the cauliflower pan so it's low to medium, add ginger and garlic and allow it to fry until it's aromatic. Then add Lee Kum Kee Minced Garlic, Lee Kum Kee Premium Soy Sauce, Lee Kum Kee Premium Dark Soy Sauce, Lee Kum Kee Panda Brand Oyster Sauce and brown sugar. Bring the sauce mix to a slight simmer and stir through shallots, chilli and cauliflower until the cauliflower is well coated.
4. Mix in wok ready noodles, taking care not to break noodles, then slowly add water and cornflower mix and let it cook through on low for about a minute.
5. Remove from heat and serve with extra shallots and green vegetables.





TIP

Perfect for lunchboxes and leftovers.

CREAMY CHICKEN MEATBALL & herb casserole

Serves: 4 | Preparation: 15 mins | Cooking: 30 mins (marinate 1 hr+)

INGREDIENTS

500g Chicken mince
4 tsp **Lee Kum Kee Minced Garlic**
40g Breadcrumbs
2 tbsp Butter
5g Sage leaves
1 tbsp Mustard seeds
1 tsp White pepper
90ml Dry white wine
90ml Chicken stock
120g Peas, defrosted
150ml Cream
1 tbsp Lemon juice
Salt & Pepper to taste
5g Parsley, roughly chopped

Marinate

1 tbs **Lee Kum Kee Panda Brand Oyster Sauce**
1 tbs **Lee Kum Kee Premium Soy Sauce**
1 tbs **Lee Kum Kee Premium Dark Soy Sauce**

METHOD

1. In a large bowl, mix chicken mince, 2 teaspoons of Lee Kum Kee Minced Garlic, breadcrumbs, and marinade sauces well. Cover and refrigerate for at least an hour or overnight.
2. In a medium to high heat pan that can go into the oven, cook chicken meat balls in a little oil until they're brown on all sides. No need to cook through just yet. Remove from pan and set aside, keeping oil and pan juices.
3. Keep the pan on medium heat and add butter, sage, mustard seeds and white pepper. Sauté until the sage is cooked but the butter isn't burned. Deglaze the pan with wine, allowing it to simmer for a minute or so. Add chicken meatballs back into the pan, then stock and peas. Cover and cook for about 20 minutes.
4. Keep warm on a low heat on the stove top and add cream and lemon juice. Allow the cream to heat, but not boil. Fold through parsley and season with salt and pepper to taste.
5. Serve with rice, noodles or zucchini noodles.





TIP

Drizzle Lee Kum Kee Pure Sesame Oil for extra flavour!

SOY POACHED CHICKEN & noodle soup

Serves: 4 | Preparation: 15 mins | Cooking: 30 mins

INGREDIENTS

800g Chicken Maryland (two portions)
15g Ginger, grated
3 tsp **Lee Kum Kee Minced Garlic**
1 tbsp Five spice
1L Chicken stock, salt reduced
160g Brown mushrooms, sliced
5g Shallots, chopped
5g Basil, roughly chopped
5g Parsley, roughly chopped
10g Long red chilli
100g Pak Choy, white parts finely sliced, leaves roughly torn
300g Wok ready noodles
2 tbsp **Lee Kum Kee Premium Soy Sauce**
2 tbsp **Lee Kum Kee Premium Dark Soy Sauce**
2 tbsp **Lee Kum Kee Panda Brand Oyster Sauce**
85g Red onion, thinly sliced in crescents
2 tbsp Lime juice
5g Sesame seeds to garnish

METHOD

1. Place chicken skin side down on a medium to high heat saucepan. Cook the skin until it's brown and well caramelised. Remove from pan and set aside. Keep pan juices in pan.
2. Sauté garlic, ginger and five spice in the chicken fat and pan juices over a medium heat until aromatic. Keep stirring so it doesn't stick.
3. Add chicken back into the pan and slowly add chicken stock, then mushrooms plus Lee Kum Kee Premium Soy Sauce, Lee Kum Kee Premium Dark Soy Sauce and Lee Kum Kee Panda Brand Oyster Sauce. Cook, covered for 15 – 20 minutes on low simmer until chicken is just cooked through.
4. In the last five minutes of the cook, add shallots, basil, parsley, chilli, pak choy and noodles.
5. Once the chicken is cooked, turn off the heat and add onions. Allow the chicken to rest in the broth at room temperature for a further ten minutes. Finish by adding lime juice and serve with sesame seeds and left over herbs as garnish.





TIP

Shred and toss through pasta as an alternative.

BRAISED BEEF CHEEKS

with parsnip mash

Serves: 4 | Preparation: 20 mins | Cooking: 3 hours

PART 1

INGREDIENTS

1 kg Beef cheeks
180g Brown onion, finely chopped
20g Ginger, grated
3 tsp **Lee Kum Kee Minced Garlic**
5g Long red chilli, finely chopped
80g Mushrooms, finely chopped
1 tbsp Five spice, ground
½ tsp White pepper, ground
125ml Shaoxing wine
25ml Chicken stock, reduced salt
2 tbsp **Lee Kum Kee Premium Soy Sauce**
2 tbsp **Lee Kum Kee Panda Brand Oyster Sauce**
1 tbsp **Lee Kum Kee Premium Dark Soy Sauce**
125ml Orange juice, freshly squeezed
5g Orange peel
5g Thyme, whole

Mash

900g Parsnip, chopped
500ml Chicken stock
4 tbsp Butter
½ - 1 tsp Salt, or to taste
½ tsp White pepper, ground
1 - 2 tbsp Lemon juice

Salad

120g Lettuce leaves, roughly torn
120g Cherry tomatoes, halved
½ tbsp **Lee Kum Kee Pure Sesame Oil**
½ tbsp **Lee Kum Kee Premium Soy Sauce**
1 tsp Sesame Seeds



BRAISED BEEF CHEEKS

with parsnip mash

Serves: 4 | Preparation: 20 mins | Cooking: 3 hours

PART
2

METHOD

1. Preheat the oven to 160°C. Using a pot that can go from stovetop to oven, sear the beef cheeks over a medium heat on all sides, until they brown and caramelise. Remove from heat and set aside.
2. Add a little oil to the same pan and sauté onion, ginger, garlic, chilli and mushrooms until onion also caramelises and goes a little brown. Add white pepper and five spice, cook until the mix is fragrant. Add beef cheeks back into the pot, then Shaoxing wine. Let the wine simmer a little and add stock, Lee Kum Kee Premium Soy Sauce, Lee Kum Kee Panda Brand Oyster Sauce, Lee Kum Kee Premium Dark Soy Sauce, orange juice, peel and thyme.
3. Cover and put in the oven for approximately 3 hours or until super tender. Check on the meat each hour to make sure the liquid doesn't reduce too much. If it does start to reduce significantly, or get too sticky, a little water at a time. Turn the cheeks halfway through the cook.
4. While beef is cooking, add the parsnip, chicken stock, salt and pepper to a saucepan, cover and simmer gently for about 30 minutes or until parsnip is soft. Keep checking it so the liquid doesn't evaporate. If liquid gets low, add stock, a little at a time. Add butter in the last five minutes so it doesn't burn. Remove from heat, allow to cool a little, add lemon juice to taste, then puree in a blender.
5. Toss salad ingredients together in a bowl and set aside.
6. Serve beef cheeks and parsnip mash together and salad on the side.





TIP

Try swapping out lamb mince for beef or pork.

MARINATED LAMB

stir fry

Serves: 4 | Preparation: 20 mins | Cooking: 15 mins (marinate 1 hr)

INGREDIENTS

500g Lamb, minced
170g Red onion, finely chopped
½ tbsp Coriander, ground
½ tbsp Mustard Powder
½ - 1 tsp Salt
250g Cherry tomatoes, halved
130g Fetta, crumbled
10g Parsley, chopped roughly
10g Basil, chopped roughly
500g Zucchini noodles
1 tbsp [Lee Kum Kee Pure Sesame Oil](#)

Marinade

1 tbsp [Lee Kum Kee Minced Garlic](#)
1 tbsp [Lee Kum Kee Premium Soy Sauce](#)
1 tbsp [Lee Kum Kee Panda Brand Oyster Sauce](#)
1 tbsp [Lee Kum Kee Premium Dark Soy Sauce](#)
½ tbsp Sugar

METHOD

1. Mix lamb and marinade ingredients together well, cover and refrigerate for at least an hour or up to overnight.
2. In a hot wok or pan, sauté onion, coriander and mustard until onion is translucent. Reduce heat to medium, add lamb and cook through, stirring regularly to break up clumps of meat. Make sure you cook the lamb well for 15 minutes or so, allowing it to soften and render. Taste the lamb mix and add salt to taste.
3. Gently sauté zucchini noodles for a couple of minutes so they're only just cooked. Toss in Lee Kum Kee Pure Sesame Oil and set aside.
4. Stir tomatoes through the lamb mix, allowing to wilt a little. Fold in parsley and basil, then fetta and serve with zucchini noodles.



TIP

We love ginger! If you do too, add a little more to this dish.

THREE SAUCE

ginger & beef stir fry

Serves: 4 | Preparation: 20 mins | Cooking: 15 mins (marinate 1 hr)

INGREDIENTS

500g Beef rum, cut into strips
130g Capsicum, cut into large bite size pieces
180g Pak choy, chopped roughly in half
200g Peas, unfrozen
15g Coriander leaves
15g Shallots, chopped

Marinate

2 tsp Lee Kum Kee Minced Garlic
2 tbsp Lee Kum Kee Premium Soy Sauce
2 tbsp Lee Kum Kee Panda Brand Oyster Sauce
2 tbsp Lee Kum Kee Premium Dark Soy Sauce
2 tbsp Lee Kum Kee Pure Sesame Oil
25g Ginger, grated
2 tsp White pepper
2 tsp White sesame seeds
2 tbsp Sugar

METHOD

1. In a large bowl, mix marinade ingredients together with beef, cover and refrigerate for an hour or up to overnight.
2. On a high heat, add beef into a wok or pan and stir fry for a couple of minutes or until the beef is just cooked. It's ok for it to be a little pink. Remove from heat and set aside.
3. In the same pan, stir fry capsicum, pak choy and peas, add back in beef, then stir through coriander and shallots.
4. Serve with rice.





MOON FESTIVAL MAGIC

To celebrate this feasting time, all you need is LKK sauces, fresh ingredients and lots of love! Take these recipes and prepare them for your family, friends and anyone who would love to share this exciting festival time with you. Celebrate the ancient tradition of the Moon and Mid-Autumn. Fresh new flavours, created for feasting.

For more inspiring recipes, visit www.LKK.com



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