



DIALOGUES INSPIRED BY COOKING & FOOD

RECIPES

INSPIRED BY CHINA &
HOSTED BY DIVERSECITY COMMUNITY
RESOURCES SOCIETY



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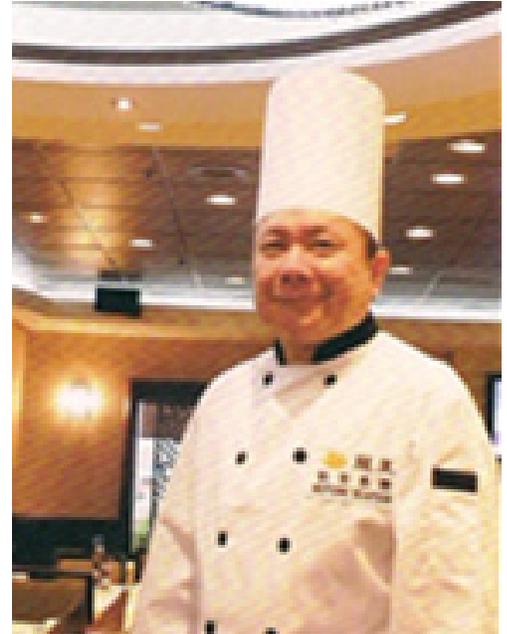
THE POPULAR LEGEND SAYS TEA WAS DISCOVERED BY EMPEROR SHENNONG (CHINESE: 神农) IN ANCIENT CHINA



Shennong whose name means the Divine Farmer -- and who is considered the ancient Chinese Father of Agriculture, is honored with the discovery of tea. According to legend, one fall afternoon, Shennong decided to take a rest under a Camellia tree and boiled some water to drink. Dried leaves from the tree above floated down into the pot of boiling water and infused with the water, creating a pot of tea, marking the first ever infusion of the tea leaf. Intrigued by the delightful fragrance, Shennong took a sip and found it refreshing. Since Shennong's discovery, tea has been grown and enjoyed throughout the world. Tea is deeply woven into the history and culture of China. The Chinese drink tea throughout the day, including during meals, as a substitute for plain water for health or simple pleasure. In fact, Chinese Tea is considered one of the seven necessities of Chinese life, along with firewood, rice, oil, salt, soy sauce and vinegar.

Research has shown that tea does indeed have many health affecting qualities. Well known as a source for various nutrients and antioxidants, tea has gained even more popularity in modern times with claims of its usefulness in fighting heart disease, cancer, obesity, tooth decay, nausea, and digestive disorders, stimulating the circulation of blood and maintaining the balance of incretion.

MEET THE STAFF FROM NEPTUNE RESTAURANT GROUP



PETER IP, FOUNDER OF NEPTUNE RESTAURANT GROUP

Peter Ip is an acclaimed chef and an outstanding entrepreneur in the catering consulting business. He attributes his success to his diligence and relentless effort to improve himself in all aspects of Chinese cuisine. Peter was honored by many prestigious Chinese & Western Culinary organizations including the International Exchange Association of Renowned Chinese Cuisine Chefs, Les Disciples of Auguste Escoffier, Commanderie des Cordons Bleus de France, and the International Culinary Art Master.

Peter gained his catering knowledge at an early age from his grandmother, a caterer in Tai O, Hong Kong. He regarded his grandma as his introductory teacher in Chinese cooking. Peter started his career in 1968 at a famous restaurant in Hong Kong. He immigrated to Vancouver in 1995 and continued his business in food and beverages industry. The first Neptune Seafood Restaurant and Neptune Wonton House were formally established in 1997. In recognizing the potential development of Surrey City, he started to invest in this City - acquiring malls and commercial units; and Surrey Neptune Restaurant and Neptune Wonton House were officially opened in July of this year.

TAM WING, EXECUTIVE HEAD CHEF OF NEPTUNE RESTAURANT GROUP



Wing has almost 40 years of culinary experience. He started his career as an assistant Chinese Cook. To enrich his skills, he achieved western culinary training and experience. Wing immigrated to Vancouver in 1984 and gained over 20 experience in Canada in both Western and Chinese food restaurants. In 2008, he went back to Hong Kong to open his own restaurant and private kitchen. Through fate, he was offered a position by the Neptune Restaurant Group to help accelerate the development of business and now resides in Surrey. Being a professional cook for many years, Wing earned recognition for his culinary skills.

He always says, "Food is made for people to enjoy, we should be more attentive to the food trends. A quality dish is not only for satiety but also inspires the chef to aim higher." As a resident and an investor in the City of Surrey, Wing as well as Neptune Restaurant, believe in the development potential of Surrey and look forward to see its success.

SAMUEL LEE, ASSISTANT GENERAL MANAGER OF SURREY NEPTUNE SEAFOOD RESTAURANT

Samuel Lee has over 20 years' experience in the Food & Services industry. In 1993, he emigrated from Hong Kong to Vancouver. He has worked for several high-end Chinese restaurants throughout his career. In foreseeing the development potential of both the Neptune Restaurant Group and the City of Surrey, he decided to move to Surrey and join the Neptune Restaurant Group as Asst. General Manger of the Surrey Neptune Seafood Restaurant in 2012. He is responsible for operations, marketing and personnel management.

RECIPES AND DIRECTIONS



APPETIZER 頭盤

Beef Tenderloin Steak with Soya Bean Chili Sauce 金醬牛柳絲

Ingredients 材料:

- 4 oz Angus Tenderloin Steak (in thick strips) 安格斯牛柳絲
- Lettuce 生菜
- Wraps 薄餅
- Basil Leaf 九層塔 (own desired)
- Chili 指天椒 (own desired)

Garnishes 配菜:

- Cucumber 青瓜
- Green Onion (shredded) 蔥
- Yam Bean 沙葛
- Sour Raddish 酸羅白
- Cherry Tomato 車里茄
- 3 tbsp Vegetable Oil 菜油
- 2 tbsp Soya Bean Chili Paste 金醬

Seasoning 調味料:

- 1/2 tsp Cornstarch 生粉
- 1/4 tsp Garlic Powder 蒜粉
- 1/4 tsp Chicken Powder 雞粉
- 1/4 tsp Salt 鹽
- 1/2 tsp Sugar 糖

Soya Bean Chili Sauce 金醬:

- Sugar; Garlic, Soya Bean Oil, Dried Chili, Fish Sauce, Dried Shrimp & Spices

Directions:

1. Marinate steaks by seasoning for 20 minutes
2. Heat 2 tablespoon oil in large nonstick skillet over medium-high heat, add steaks to skillet and cook to medium-rare or desired doneness. Add basil leaf, chili, green onion and Soya Bean Chili Sauce, sauté 1 minute and dish up.
3. Serve with garnishes, lettuce and wraps.



MAIN COURSE 主菜

Tri-color Pepper & Pineapple Fried Scallop with Pineapple & Scallop Fried Rice

彩椒鮮菠蘿帶子配菠蘿帶子炒飯

TRI-COLOR PEPPER & PINEAPPLE FRIED SCALLOP

Ingredients 材料:

- 1/2 lb Scallop 3-4pcs (Large) 大帶子
- 1/3 Cup Fresh Pineapple 鮮菠蘿
- 1/3 Cup Tri-color Pepper 三色彩椒
- Purple Onion 紫洋蔥
- Green Onion 蔥
- Garlic Sliced 蒜片
- 2 tbsp Vegetable Oil 菜油
- 1/4 cup Sweet & Sour Sauce 甜酸汁 (water/sugar/corn starch/pineapple juice/tomato paste/salt)

Seasoning 調味料:

- 1/2 tsp Cornstarch 生粉
- 1/4 tsp Chicken Powder 雞粉
- 1/4 tsp Salt 鹽
- 1/2 tsp Sugar 糖

Directions:

1. Rinse and wipe scallops and seasoning marinated for 15 minutes.
2. Heat wok 1 tbsp oil, fry scallops on both sides and cook to seven mature dish
3. Add the next 1 tbsp of oil, sauté garlic, ginger, onion and the tri-color pepper
4. Pieces and cook until soft, add scallops and sweet & sour Sauce; stir fry for
5. 2 minutes and dish up

PINEAPPLE & SCALLOP FRIED RICE

Ingredients 材料 (for 4):

- 4 cups Rice 白飯
- 1/2 lb Scallop 帶子
- 1/2 cup Fresh Pineapple 鮮菠蘿
- 1/2 cup Mixed Vegetables 什豆
- Purple Onion 紫洋蔥
- Green Onion 蔥
- 4 tbsp Vegetable Oil 菜油

Seasoning 調味料:

- 1/2 tsp Chicken Powder 雞粉
- Salt 鹽

Directions:

1. Rinse and wipe scallops and seasoning marinated for 15 minutes
2. Mixed vegetables cook in boiling water and drain well
3. Heat wok 2 tbsp oil, fry scallops on both sides and cook to seven mature dish
4. And add purple onion, stir fry until soft
5. The next 2 tbsp of oil in hot wok, fry rice, add all ingredients, sprinkle with salt and green onion, stir and finally add pineapple, stir well, and dish up.



DESSERT 甜點

Sweeten Jujube Yam Mud 山藥紅棗泥

Ingredients 材料:

- 1/2 Cup XinJiang Seedless Golden Red Dates 去核大紅棗
- 1/2 Cup Fresh Yam 山藥
- 1/3 Cup Coconut Milk 椰奶
- Sugar 糖
- Peppermint Leaf 薄荷葉
- Fresh Cream 忌廉
- Plum 西梅

Directions:

1. Slice fresh yam and steamed until tender
2. Add sugar and water to red dates and steamed until tender
3. Mix 1 & 2 into processing unit, add coconut milk and sugar, blend until turn to mud
4. Serve in small plate and decorate with chocolate, peppermint leaf, plum and fresh cream

龍皇



鳳鳴

NEPTUNE RESTAURANT GROUP

The first Neptune Seafood Restaurant Group has been established for 18 years. We have a Seafood Restaurant and Wonton House in downtown Richmond and Surrey. We also have a Japanese Restaurant and an Italian Restaurant in downtown Vancouver. We are proud to announce our 3rd Seafood Restaurant to be opened in Metro-town, Burnaby by the end of 2014.

Neptune Seafood Restaurant is a member of Commanderie des Cordons Bleu de France, the International Exchange Association of Renowned Chinese Cuisine Chefs, and has received various awards such as the Vancouver's Top Ten Chinese Restaurant Award. Based on the restaurant motto of "One taste and it becomes habit forming", Neptune is committed to serve the best Chinese dishes from all over the world to satisfy loyal customers.

Our Seafood Restaurant and Wonton House in Surrey were officially opened in July of this 2013. Our restaurants are embraced immediately by the local public. Our menu offers a wide range of high quality traditional and exotic Chinese dishes. We cater to all types of banquet functions and we welcome any special requests that would enhance your dining experience. Our restaurant's dining area and private rooms can be configured in various arrangements to accommodate your banquet requirements. We look forward to assisting you in planning an event to remember.