

FOOD



Hot Pot



Broth Ingredients:

- 2 tablespoons oil
- 6 slices ginger
- 3-5 bay leaves
- 10 cloves garlic, peeled
- 1 cinnamon stick
- 5 star anise
- 10 cloves
- 1 tablespoon Sichuan peppercorns
- 12 whole dried red chilies
- 1 package spicy hot pot soup base
- 12-15 cups chicken/vegetable broth

Broth Directions:

1. In a wok over medium heat, add the oil and the ginger. Cook the ginger for about a minute until caramelized, making sure it doesn't burn.
2. Add the bay leaves, whole garlic cloves, cinnamon stick, star anise, and cloves. Cook for another 2 minutes, until very fragrant.
3. Add the Sichuan peppercorns, dried chilies (whole), and the spicy hot pot soup base.
4. Cook for another 2 minutes, and then add the chicken stock. Bring to a boil and transfer to the pot you'll be using for your hot pot meal. The pot should be relatively wide and at least 6 inches deep.

Dipping Sauce Ingredients:

- Soy sauce
- Sacha sauce
- Chinese black vinegar or rice vinegar
- Sesame paste or peanut butter
- Chili oil or paste
- Sesame oil
- Sesame seeds
- Chopped peanuts
- Chopped cilantro
- Chopped scallions



Dip Directions:

Mix together whatever combination of sauce ingredients strikes your fancy. A good option is to take equal parts Sacha and Sesame paste (or peanut butter), and then add chili oil, a bit of soy sauce, cilantro, scallions, and garlic.

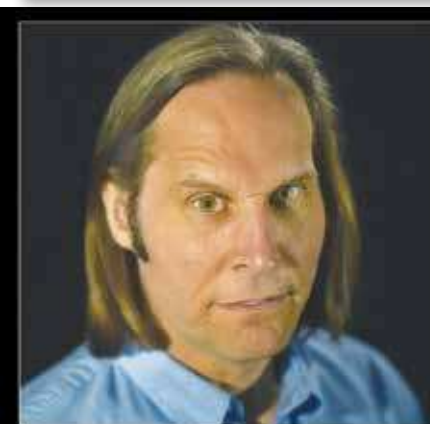
Hot Pot Ingredients:

- Thinly shaved beef or lamb
- Sliced chicken
- Assorted fish balls (*buy these pre-made at Asian grocery stores*)
- Thinly sliced fish fillets (*tender white fish like tilapia or sea bass work well*)
- Tofu sheets
- Slices of firm tofu
- Soy puffs (*fried tofu puffs*)
- Straw mushrooms
- Shiitake mushrooms
- Wood ear mushrooms
- Fresh noodles
- Chinese rice cakes
- Choy sum or bok choy
- Green leaf lettuce
- Napa cabbage
- Chopped garlic
- Glass noodles (*mung bean vermicelli*)
- Prepared frozen dumplings or wontons



Hot Pot Directions:

1. You can also include things like fresh shrimp, other kinds of mushrooms and veggies, etc. Just make sure that if you have raw meat of any kind, that you're cutting it thin enough to cook quickly in the boiling broth.
2. To assemble the hotpot, simply plug in your hot plate, place the prepared pot of broth on top, and bring to a low boil or simmer. Place all of your prepared ingredients around it, have everyone mix up their own dipping sauces, and dive in.
3. Each person just takes whatever they want, adds it to the pot, waits for it to cook, and then dips it into their sauce. Stainless steel wire skimmers help, or a slotted spoon will also work. Just place the food in the basket, lower it into the broth, and pull it out once it's cooked.
4. As the water evaporates while cooking, add boiling water to the pot and add some as well. You can also serve rice with hot pot, but it's not mandatory.



Anyone
can become
addicted
to pain pills...
Anyone.



Anyonepdx.org
800.923.HELP

