

A kitchen, a plate of food — they are vessels of personal life. For many, the most defining moment of independent living is learning how to cook.



I have a handwritten recipe book from my grandmother.

Before I left home one time, my grandma carefully transcribed a collection of our family recipes — all her specialties, all the dishes we often ate at home. At the same time, I had finally moved out of homestay houses. For the first time in my life, I had my own kitchen. From making a complete mess at first, I slowly built a steady connection with food and cooking.



During the lockdown period in London, COVID restrictions kept me from going anywhere, and the only way I could feel a sense of home was through phone calls. I sat alone in my room, quickly swallowed by the early darkness of wintertime, surrounded by a seemingly endless loneliness. So I started flipping through the recipe book more often, recreating the taste of home on the days I missed it most. I would feel a burst of joy when I caught a familiar smell, or happiness when I found a substitute ingredient in this foreign land.



Later, I experimented with more recipes. My fridge became packed with supermarket ingredients. As the lockdown lifted and vibrant summer daylight returned, my kitchen began to welcome guests from all kinds of backgrounds and experiences. This recipe book — once filled with my grandma's love and my longing for home — gradually expanded to hold pieces of my own life. It became a record, a witness to my journey.



“hong shao”

a comforting braise
of soy sauce, sugar,
and spices, deep and
familiar in flavor.

小白菜洗净切成小段。锅中倒油。油热加
入葱花。加盐。五香粉爆香。倒入小白菜。
加盐炒熟出锅。
带皮五花肉放锅中加盐和面粉。揉洗去脏
水。清水洗净。切成小方块。锅中倒油煸炒
放入冰糖几块。炒成焦黄色。红烧肉块倒入
炒出肉中水分。再加料酒。酱油。生姜。料酒。
小白菜子。搅拌均匀后加入开水。淹没肉。小火
炖至肉烂。收汁。出锅。何生油。老抽
四喜。肉切成小肉粒。加入姜末。酱油。料酒
五香粉。香油。盐搅拌均匀。淹一会儿。要入味煮
点花椒水倒入搅拌均匀。淹好加入葱碎。拌匀
即可。
要吃饺子加葱。葱切碎。加葱花。葱中也要调
油。盐。五香粉。搅匀后。拌入肉馅。

家中食谱

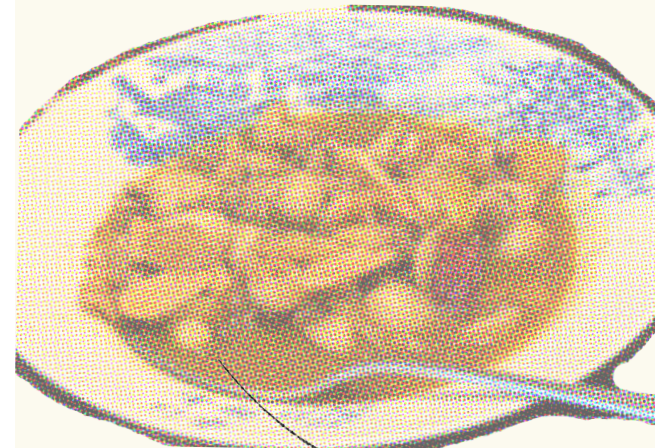
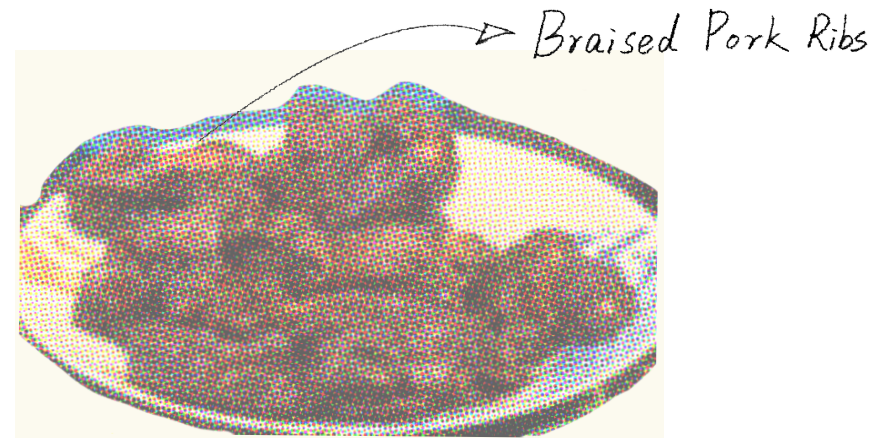
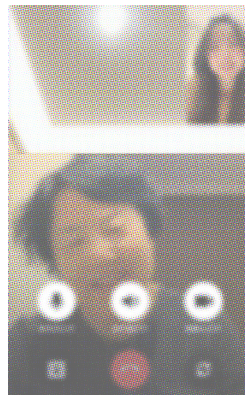


Grandma's Homemade Braised Dishes

Braised Fish

- clean the fish and make few cuts on it
- * Marinate the fish with ginger slices, soy sauce, cook wine, leek and Chinese five spice. Leave for at least 0.5 hour.
- * Add oil in the pan, add few peppercorns, then put the marinated fish into the pan and fry it in the hot oil untill fish skin turns crispy golden colour.
- * Remove the fish. Then add some water and the marinate sauce into the pan. Mix with vinegar and sugar till the sauce boiled. Add the fish back in.
- * As the old saying says "the Tofu need to be simmered gently, but fish should be boiled thoroughly"

Therefore boil the fish for a bit longer, then boil without lid to let the sauce thicken.



1. 鱼洗净，切几刀，加入姜丝，料酒，酱油，盐，腌半小时。
锅中加油，放入几粒花椒，将腌好的鱼放入锅中，炸至皮黄，捞出。将锅中汤汁倒入锅中，加水，将鱼放入锅中，烧开后，转小火，慢炖40分钟，多炖一会儿，出锅前，再收汁。

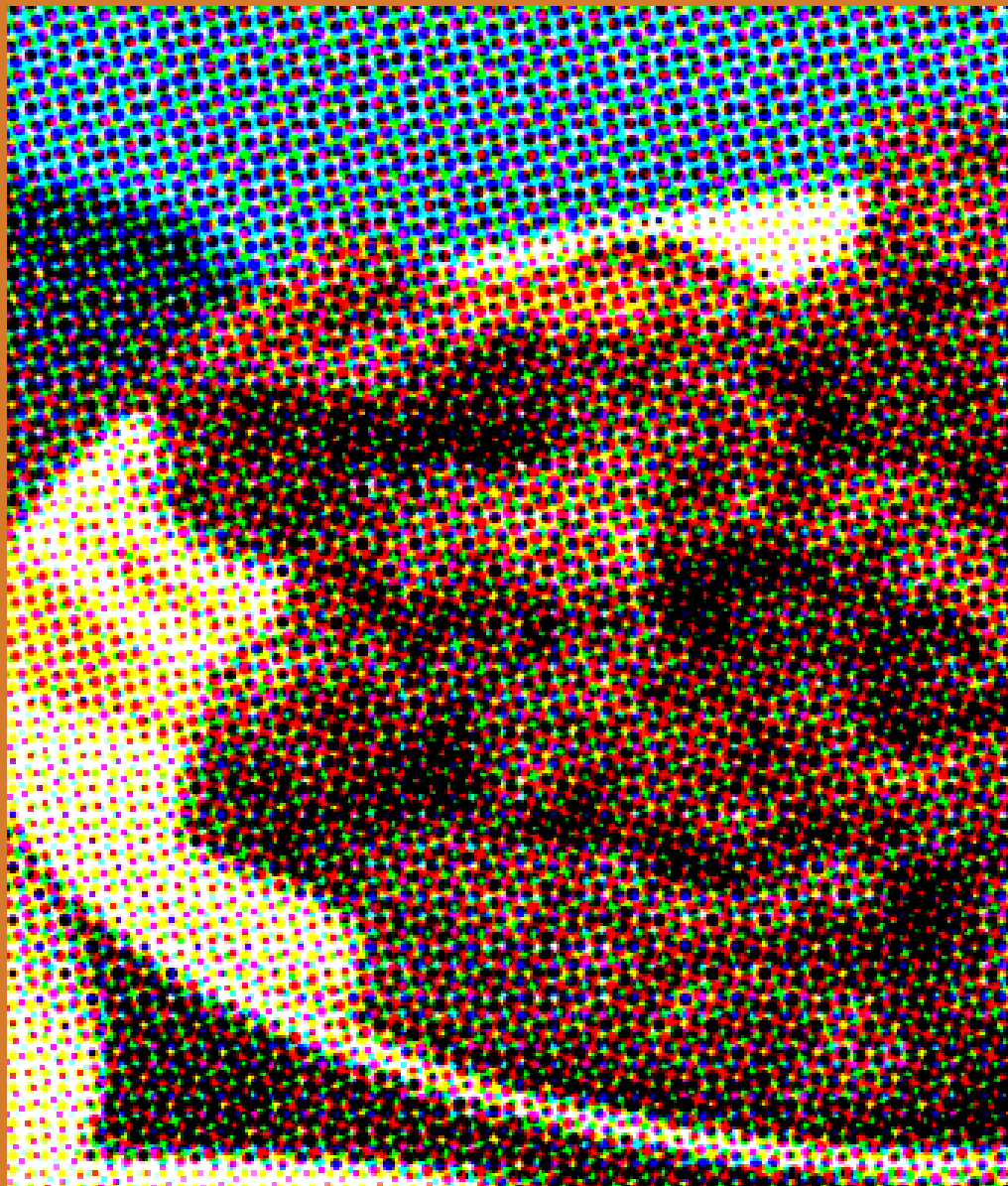
3. 烧鱼
将鱼洗净，切几刀，加入姜丝，料酒，酱油，盐，腌半小时。
锅中加油，放入几粒花椒，将腌好的鱼放入锅中，炸至皮黄，捞出。将锅中汤汁倒入锅中，加水，将鱼放入锅中，烧开后，转小火，慢炖40分钟，多炖一会儿，出锅前，再收汁。

→ Braised Cuttlefish

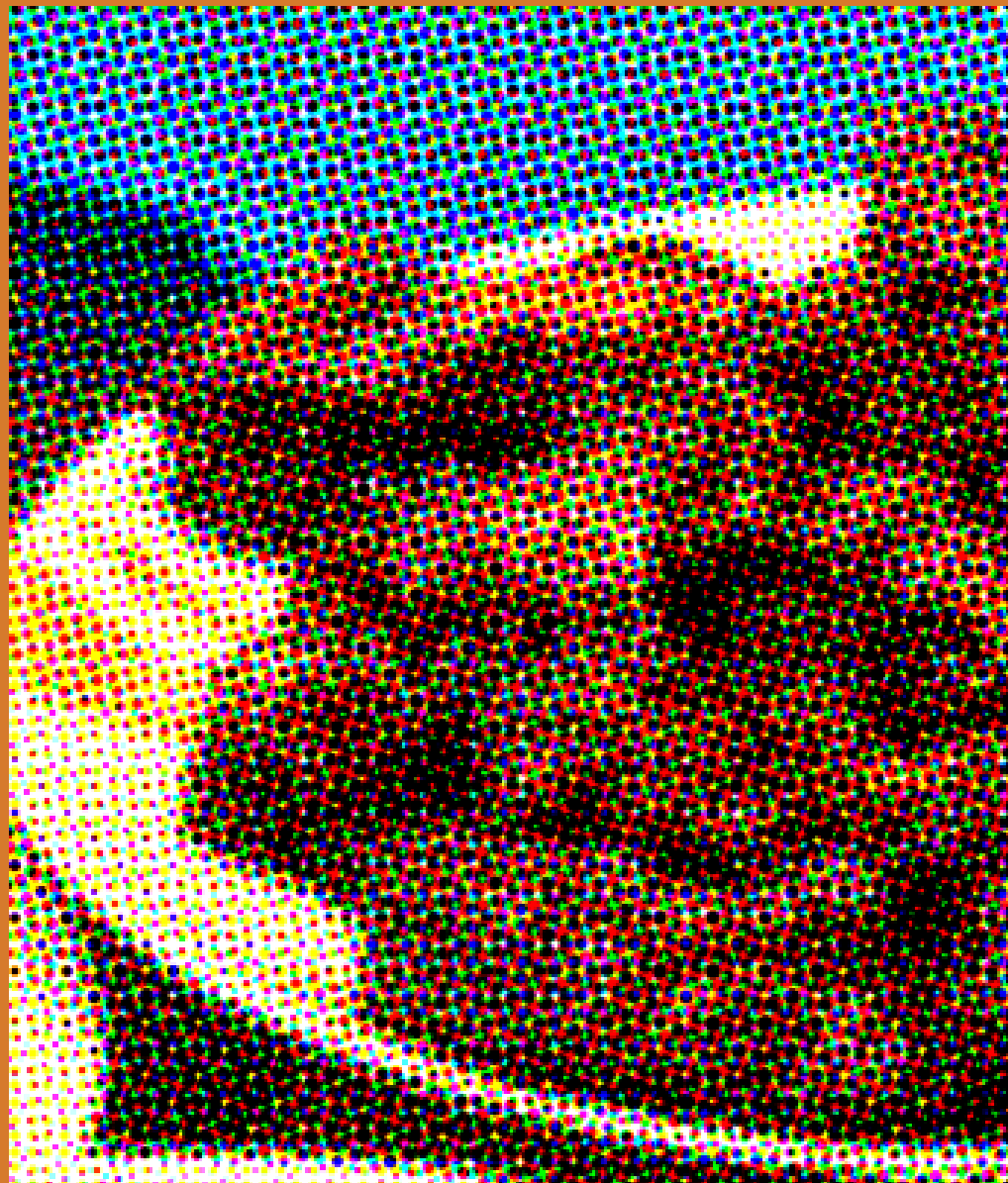
三. 红烧

1. 鱼. 把鱼洗净. 鱼身划几刀. 加入生姜. 料酒. 酱油. 淀粉. 葱段. 腌半小时.
锅中加油. 放入几粒花椒. 将腌好的鱼放入热油锅中. 炸至皮黄. 捞出. 将腌鱼的料汁倒入锅中. 加水. 将鱼倒入锅中. 水淹没鱼. 加盐. 加醋. 烧开. 慢炖2个滚. 汤汁万滚鱼. 多炖一会. 开锅. 再收汁. 即可.

BRAISED PORK BELLY (HONG SHAO ROU) FAMILY RECIPE



*BRAISED PORK BELLY (HONG SHAO ROU)
FAMILY RECIPE*



三. 红烧

1. 鱼: 把鱼洗净, 鱼身划几刀, 加入生姜、料酒、酱油、淀粉、葱段, 腌半小时。

锅中加油, 放入几粒花椒, 将腌好的鱼放入热油锅中, 炸至皮黄, 捞出。将腌鱼的

料汁倒入锅中, 加水, 将鱼倒入锅中, 水淹没鱼, 加盐、加醋, 烧开, 慢炖 (半滚不滚) 万滚鱼 > 多炖一会, 开锅盖, 再收汁, 即可。

OU)

3. 烧墨鱼

将墨鱼洗净切条。将墨鱼洗净，放入沸水中焯水，捞出沥干。锅中放入油，烧热，倒入葱、姜、蒜、辣椒、豆瓣酱、料酒、酱油，炒出香味。放入墨鱼条，翻炒均匀。加入适量清水，盖上锅盖，小火炖煮。待汤汁浓稠，即可出锅。

4. 红烧肉

带皮五花肉，清水洗净，放入沸水中焯水，捞出沥干。锅中放入油，烧热，放入冰糖，炒至融化。放入五花肉，翻炒均匀。加入适量清水，盖上锅盖，小火炖煮。待汤汁浓稠，即可出锅。

猪肉和鸡翅一起可以吊香

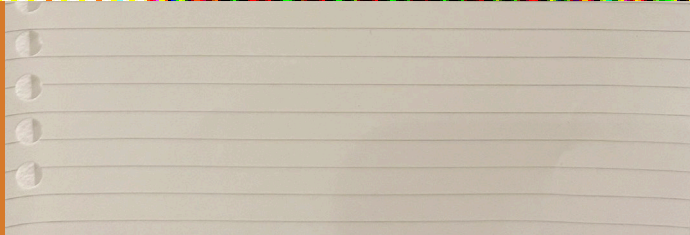
英国猪肉腥味重要多焯水
多姜多料酒

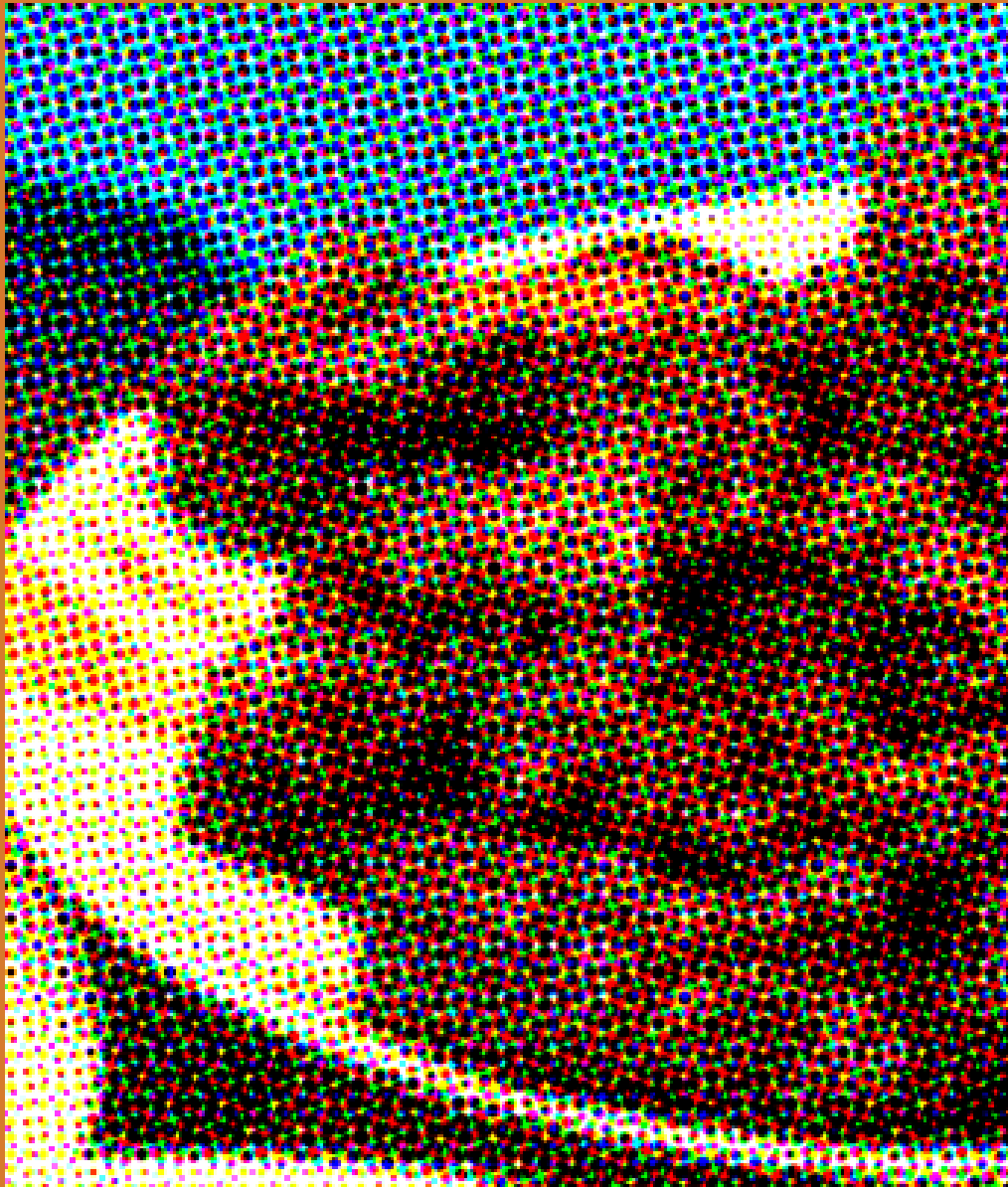
* No. 1 Meaty Ribs 比普通肋排口味好

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*BRAISED PORK BELLY (HONG SHAO ROU)
FAMILY RECIPE*





INSTRUCTIONS:

Prepare the aromatics and seasonings:

Get your soy sauce, bay leaves, a piece of Chinese cinnamon, a few Sichuan peppercorns, and a handful of rock sugar ready.

Blanch the pork:

Cut the pork belly into chunks. Place the meat in a pot of cold water with a few slices of ginger and a splash of Shaoxing cooking wine. Bring it to a boil to remove impurities. Once scum rises, remove the pork and rinse it clean under warm water.

Caramelize the sugar:

In a clean wok or pot, heat a small amount of cooking oil. Once hot, add some rock sugar. Let the sugar slowly melt and turn into a light amber caramel.

Add the pork:

Add the cleaned pork chunks into the pot. Stir-fry them until each piece is evenly coated with the caramel and develops a glossy, golden-brown surface.

Add seasonings:

Toss in the prepared spice pack (bay leaves, cinnamon, peppercorns), pour in soy sauce, and stir well so every piece of meat is coated with a rich soy color.

Simmer:

Add enough boiled water to just cover the surface of the meat. Cover with a lid and simmer over low heat for about 1 hour, or until the pork becomes tender and the sauce slightly thickens.

Serve:

Once the sauce has reduced and the pork is beautifully glazed, it's ready to serve — ideally over steamed rice.



10月的一天 于伦敦

离开家一个多月了，今天很想吃饺子。记得在家的時候大家总一起包饺子，包裹整颗的虾，新鲜的素馅。包的时候家人各司其职，最后以好几屉排排坐的整齐饺子收尾。我一人在这包饺子总是有点手忙脚乱，歪七扭八，煮时也差点煮过头。

A Day in October, London

It's been over a month since I left home, and today I'm really craving dumplings. I remember how, back home, we would all gather to make them together, each one wrapped around a whole shrimp or filled with fresh vegetable stuffing. Everyone in the family had their role, and by the end, trays of neatly arranged dumplings would line up in rows. Here, making dumplings on my own always feels a bit chaotic. They come out misshapen, clumsily wrapped, and I nearly overcooked them today.

