*Saint Choy Bou Recipe*

*Ingredients:*

*3 Tablespoons peanut oil*

*3 shallots, finely chopped*

*3 table spoons of ginger minced*

*3tsp garlic minced*

*1tsp red chilli finely chopped*

*250g pork, minced*

*250g chicken thighs, minced*

*100g drained water chestnuts, chopped*

*6 squirts fish sauce*

*1 Tablespoon soy*

*¼ cup lime juice (2 limes)*

*2 teaspoons palm sugar*

*50gms Snow peas, julienned*

*50gms carrots, julienned*

*½ cup mint leaves*

*1 cup coriander*

*10 basil leaves*

*1 cup bean shoots*

*8 fresh crisp ice - berg leaves (whole if possible)*

*Method:*

*1. Heat peanut oil in a wok until it begins to shimmer slightly, add shallots, ginger, garlic and chilli and sauté until ingredients become translucent.*

*2. Add minces and sauté for a few minutes until just cooked through.*

*3. Add water chestnuts, fish sauce, soy, lime juice and palm sugar and cook fo a further 2 mins, until meat is cooked and has absorbed the flavours. Taste for sweet, sour and salt!*

*4. Add snow peas and carrots and cook for a further minute.*

*5. Remove from heat and add herbs and bean shoots.*

*6. Serve on a platter and allow guests to fill with spiced mince mixture.*

*7. Use toasted sesame seeds to sprinkle over at the end*

Chinese Food Websites:

[Chinese Food Recipe (San Choy Bou)](http://www.lifestylefood.com.au/recipes/10897/sang-choy-bow)

<http://www.lifestylefood.com.au>

[Chinese Food](http://chinesefood.about.com/)

[*Chopsticks*](http://www.culture-4-travel.com/chopstick-etiquette.html)