

# Chinese Cooking Y.Lo Style

**Easy, Fast and Tasty**

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These little devils are perfect for entertaining. You can also make wonton soup with it or use it as pot stickers. Store uncooked dumplings in freezer for future use.

## **Stuffed Japanese Eggplants and Bell Peppers with Garlic Black Bean Sauce**

Prep Time: 30 mins

Cook Time: 20 mins

Serve 4

1 Long Japanese Eggplant

2 Green Bell Peppers

### **Fillings:**

1lb Peeled Shrimp

1 lb Ground Pork

2 cups finely chopped green onion

1 cup of Chopped Cilantro (discard ends of stems)

1 tbs garlic powder or 2 tbs chopped garlic

1 tbs ginger powder or 2 tbs fresh chopped ginger

1 tbs sesame oil

1 tbs soy sauce

1/2 tbs sugar

1/2 tbs cooking sherry or Chinese cooking wine

### **Sauce:**

Combine the following ingredients in small bowl

2 tbs of Garlic Black Bean sauce

1/2 cup of water

1/2 tbs of sugar

1/2 tbs of soy sauce

1 tbs of sesame oil

1. In a food processor, add shrimp and blend until it turns into a paste. Add pork, green onion, cilantro, garlic, ginger, sesame oil, soy, sugar and wine and blend until all combined to make a smooth-paste.
2. Cut Egg Plants into 1 1/2 inch rounds, and butterfly width wise but not all the way through creating a sandwich to be filled.
3. Cut Peppers in half and remove seeds and membranes, each half cut into 4 squares. You should get 8 pieces from one whole pepper
4. Place fillings in the middle of eggplant between the cut and smooth around the edges. Fill pepper squares with filling and smooth around the edges and set aside.
5. Using a frying pan with lid, medium heat. Coat pan with 2 tbs of cooking oil. Pan fried filled eggplants and peppers on one sides filling facing up for 5 minutes. Add 1/2 cup of water and cover; continue cooking until water evaporates. Flip eggplants and peppers and fry again for another 5 minutes until golden brown. Remove from pan and set upside and make sauce.
6. Using the same pan, add sauce ingredients to pan and cook until sauce comes to a boil and thicken. Add eggplants and peppers into sauce and mix gently for 5 minutes and serve hot.

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