

# CHEF PEKING

PEKING CUISINE

The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every entry, no matter how small, should be recorded to ensure the integrity of the financial data. This includes not only sales and purchases but also expenses and income. The text suggests that a consistent and thorough record-keeping system is essential for identifying trends and making informed decisions.

Next, the document addresses the issue of budgeting. It explains that a well-defined budget helps in controlling costs and maximizing resources. By setting clear financial goals and limits, individuals and organizations can avoid overspending and stay on track. The text provides practical advice on how to create a budget that is realistic and adaptable to changing circumstances.

The third section focuses on the importance of regular financial reviews. It states that periodic assessments of the financial situation allow for the identification of areas where adjustments are needed. This could involve revising the budget, cutting unnecessary expenses, or exploring new revenue streams. The document encourages a proactive approach to financial management rather than reacting to problems only after they have become significant.

Finally, the document concludes by highlighting the long-term benefits of sound financial practices. It notes that consistent attention to detail and a commitment to financial discipline can lead to sustained growth and stability. The text serves as a guide for anyone looking to improve their financial health and achieve their goals.

# Suggested Set Menu

THE CHEF PEKING GOURMET DINNER  
TO BE ENJOYED BY A PARTY OF THREE OR MORE  
£35.50 PER PERSON

## *Starter*

HOUSE SPECIAL HORS D'OEUVRES

*Consisting of seaweed, sesame prawns on toast, spring rolls, crispy wan-ton, barbecued spare ribs and chicken satay*

## *Second Course*

CRAB MEAT AND SWEET CORN SOUP

## *Third Course*

CRISPY AROMATIC DUCK WITH TRIMMINGS

## *Main Course*

SIZZLING LAMB

*Sliced fillet of lamb, garnished with spring onions and presented on a sizzling hot iron plate*

KONG PO KING PRAWNS

*King prawns with water chestnuts, garlic and sweet chilli sauce*

DEEP FRIED SHREDDED BEEF WITH CHILLI SAUCE

SPECIAL FOUR VEGETABLES

SPECIAL FRIED RICE

## *Desserts*

TOFFEE BANANA AND APPLE

**MINIMUM FOR FOUR OR MORE  
£49.50 PER PERSON  
SPECIAL SET MENU FROM CHEF OF  
CHEF PEKING**

**WE SERVE YOU FRESH SEAFOOD, VEGETABLES AND MEAT  
THE BEST OF PEKING CUISINE**

Minimum charge £10.00 per person All prices inclusive of V.A.T.  
All major credit cards accepted. Cheques may be accepted only supported by cheque card.

We'll be delighted to arrange a special feast for you.  
Dishes are changeable by our chef according to the availability of seasons.  
We cater for parties (up to 100 people).

**SUNDAY BUFFET: 12 NOON - 2 PM**

## Recommended Set Dinner

### A2 – DINNER FOR TWO OR THREE: £24.50 PER PERSON

#### *Starter*

HOUSE SPECIAL HORS D'OEUVRES

#### *Main Course*

KING PRAWNS WITH GREEN PEPPERS

SWEET AND SOUR PORK

DEEP FRIED SHREDDED BEEF WITH CHILLI SAUCE

SPECIAL FOUR VEGETABLES

SPECIAL FRIED RICE

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### B2 – DINNER FOR TWO OR THREE: £29.50 PER PERSON

#### *Starter*

HOUSE SPECIAL HORS D'OEUVRES

#### *Second Course*

CRISPY AROMATIC DUCK WITH TRIMMINGS

#### *Main Course*

KING PRAWNS WITH SWEET CHILLI SAUCE

DICED CHICKEN WITH CASHEW NUTS IN YELLOW BEAN SAUCE

BEEF SZECHUAN STYLE

SPECIAL FOUR VEGETABLES

SPECIAL FRIED RICE

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### A4 – DINNER FOR FOUR OR MORE: £24.50 PER PERSON

#### *Starter*

HOUSE SPECIAL HORS D'OEUVRES

#### *Main Course*

KING PRAWNS SZECHUAN STYLE

DEEP FRIED SHREDDED BEEF WITH CHILLI SAUCE

SWEET AND SOUR PORK

SIZZLING LAMB WITH SPRING ONIONS

SPECIAL FOUR VEGETABLES

SPECIAL FRIED RICE

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### B4 – DINNER FOR FOUR OR MORE: £29.50 PER PERSON

#### *Starter*

HOUSE SPECIAL HORS D'OEUVRES

#### *Second Course*

CRISPY AROMATIC DUCK WITH TRIMMINGS

#### *Main Course*

KING PRAWNS WITH GREEN PEPPER IN BLACK BEAN SAUCE

BEEF SZECHUAN STYLE

SIZZLING LAMB WITH SPRING ONIONS

DICED CHICKEN WITH CASHEW NUTS IN YELLOW BEAN SAUCE

SPECIAL FOUR VEGETABLES

SPECIAL FRIED RICE

# 頭盤

## Hot & Cold Appetizers

1	MIXED HORS D'OEUVRES (minimum for 2) <i>Six different starters for your palate, consisting of spare ribs, chicken satay, pancake rolls, sesame prawns, crispy wan-ton, crispy seaweed.</i> 一品大拼盤	per person 10.00
2	STUFFED CRAB CLAWS WITH MINCED PRAWNS (2 pieces) 百花釀蟹鉗	10.00
3	DEEP FRIED WAN-TON WITH SWEET & SOUR SAUCE 錦鹵炸雲吞	7.00
4	CRISPY SPRING ROLLS (3) 春卷	6.50
5	FRIED CRISPY 'SEAWEEEDS' 干貝鬆	6.50
6	TOASTED PRAWN WITH SESAME SEEDS 芝麻蝦	10.00
7	FUNG SING SPECIAL PRAWN ROLLS 鳳城蝦卷	10.00
8	PAPER-WRAPPED PRAWNS 紙包蝦	10.00
9	DEEP FRIED PHOENIX-TAILED PRAWNS 鳳尾蝦	10.00
10	BARBECUED PORK SPARE RIBS 炸排骨	10.00
11	SPARE RIBS WITH FRUITY SAUCE 京都骨	10.00
12	CRISPY AROMATIC LAMB 炸羊肉	11.00
13	LETTUCE WRAPPED CHICKEN <i>Minced chicken sautéed with mushroom, water chestnuts, bamboo shoots, Szechuan cabbages and hoi-sin sauce</i> 生菜包雞鬆	11.00
14	SMOKED CHICKEN <i>Shredded chicken fried in a light batter and sprinkled with Szechuan seasoning</i> 醬爆薰雞絲	10.00
15	DEEP FRIED OYSTER 酥炸生蠔	10.00
16	DEEP FRIED SPICY FROG'S LEGS 酥炸田雞腿	10.00
17	SATAY PRAWNS 沙爹蝦	10.00
18	SATAY CHICKEN OR BEEF <i>Served on bamboo skewers and peanut sauce</i> 沙爹雞或沙爹牛肉	10.00
19	FRIED PEKING DUMPLINGS (6) 煎鍋貼	10.00
20	FRIED SOLE IN CHINESE WINE SAUCE 糟溜魚片	12.00
21	PEPPER SALTED SQUID 椒鹽鮮魷	12.00
22	DEEP FRIED SQUID WITH SWEET & SOUR SAUCE 酥炸鮮魷	12.00

## 頭盤

### Hot & Cold Appetizers

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|----|---|--|
| 23 | FRIED FRESH MUSSELS WITH BLACK BEAN SAUCE<br>豉汁炒青口  | 12.00  |
| 24 | STEAMED FRESH SCALLOPS<br>清蒸帶子  | EACH 4.50  |
| 25 | PRAWN COCKTAIL<br>蝦尾  | 10.00  |
| 26 | BANG BANG CHICKEN<br><i>A summer favourite from Szechuan Province, served with<br/>peanut and chilli sauce</i><br>棒棒雞   | 10.00  |
| 27 | PEKING DUCK<br><i>Crispy skin and meat, served with spring onions, cucumber,<br/>hoi-sin sauce wrapped with pancakes</i><br>北京填鴨                              | (24 hours advance notice required) 54.00   |
| 28 | AROMATIC CRISPY DUCK<br><i>Succulent duck, deep fried to crispy perfection and served with<br/>pancakes, cucumber, spring onions and hoi-sin sauce</i><br>香酥鴨 | (16 pancakes) whole 52.00<br>(8 pancakes) half 28.00<br>(4 pancakes) quarter 16.00 |

## 湯類

### Soups

- |    |   |                 |
|----|---|-----------------|
| 31 | HOT AND SOUR SOUP 'SZECHUAN STYLE'<br>酸辣湯 | 5.50            |
| 32 | CHICKEN SWEET CORN SOUP<br>雞蓉粟米湯          | 5.50            |
| 33 | CRAB MEAT SWEET CORN SOUP<br>蟹蓉粟米湯        | 5.50            |
| 34 | CHICKEN AND ASPARAGUS SOUP<br>雞片露筍湯       | 5.50            |
| 35 | WAN-TON SOUP<br>雲吞湯                       | 5.50            |
| 36 | SEAFOOD HOT-POT SOUP (MIN FOR 4)<br>十錦海鮮湯 | PER PERSON 5.50 |

## 海鮮

### Seafood Dishes

- |    |   |  |
|----|---|--|
| 37 | WHOLE LOBSTER (in shell)<br><i>A with Ginger &amp; Spring Onions</i><br><i>B with Black Bean &amp; Garlic Sauce</i><br><i>C with Salt &amp; Pepper</i><br>薑蔥焗龍蝦 / 豉汁焗龍蝦 | (Price according to size and season)<br>(24 Hours advance notice required) |
| 38 | WHOLE CRAB (in shell)<br><i>A baked in Ginger &amp; Spring Onions</i><br><i>B baked in Black Bean &amp; Chilli Sauce</i><br>薑蔥焗蟹 / 豉汁焗蟹                                 | (Price according to size and season)                                       |
| 39 | STEAMED SEA BASS<br><i>A with Ginger &amp; Spring Onions</i><br><i>B with Black Bean Sauce</i><br>清蒸薑蔥鱸魚 / 豉汁蒸鱸   | (Price according to size and season)                                       |

# 海鮮

## Seafood Dishes

40	PEPPER SALTED SOFT SHELL CRAB 椒鹽軟殼蟹	14.00
41	FRIED SCALLOPS WITH SEASONAL FRESH VEGETABLES 時菜帶子	14.00
42	QUICK FRIED CRAB CLAWS WITH GINGER & SPRING ONIONS 薑蔥蟹鉗	14.00
43	GRILLED KING PRAWNS PEKING STYLE <i>Pan-fried prawns in egg with garlic, ginger, wine and spring onions</i> 鍋塌大蝦	12.00
44	SZECHUAN KING PRAWNS <i>Prawns with green pepper, spring onions and carrots in spicy hot sauce</i> 四川大蝦	12.00
45	KING PRAWNS IN SWEET CHILLI SAUCE 宮保大蝦	12.00
46	SWEET AND SOUR KING PRAWNS 糖醋大蝦	12.00
47	KING PRAWNS WITH CASHEW NUTS IN YELLOW BEAN SAUCE 醬爆腰果大蝦	12.00
48	KING PRAWNS WITH CHINESE MUSHROOMS AND BAMBOO SHOOTS 雙冬大蝦	12.00
49	QUICK FRIED KING PRAWNS WITH GREEN PEPPERS 油爆青椒大蝦	12.00
50	KING PRAWN VELET <i>Quick fried prawns with egg white and peas</i> 芙蓉大蝦	12.00
51	QUICK FRIED KING PRAWNS WITH SEASONAL GREENS 時菜大蝦	12.00
52	KING PRAWNS IN CHILLI AND BLACK BEAN SAUCE 豉椒大蝦	12.00
53	KING PRAWNS WITH GINGER AND SPRING ONIONS 薑蔥大蝦	12.00
54	QUICK FRIED SQUID IN CHILLI AND BLACK BEAN SAUCE 豉椒鮮魷	12.00
55	BRAISED FISH SLICES <i>Slices of sole in egg batter with wine, garlic and spring onions</i> 鍋塌魚片	12.00
56	SWEET AND SOUR FISH SLICES 糖醋魚片	12.00
57	PEPPER SALTED KING PRAWNS 椒鹽大蝦	12.00
58	QUICK FRIED MIXED SEAFOOD IN CRISPY BIRD'S NEST 雀巢三鮮	13.00
59	CRAB MEAT WITH STRAW MUSHROOMS IN CREAMY SAUCE 蟹肉扒鮮菇	12.00
60	CRAB MEAT WITH ASPARAGUS IN CREAMY SAUCE 蟹肉扒露筍	12.00

## 雞鴨 Poultry

61	SLICED DUCK WITH CHINESE MUSHROOMS AND BAMBOO SHOOTS 雙冬鴨片	12.00
62	SLICED DUCK WITH PINEAPPLE 菠蘿鴨片	12.00
63	SLICED DUCK WITH BEANSPROUTS 芽菜鴨片	12.00
64	GRILLED CHICKEN PEKING STYLE <i>Pan-fried chicken breast in egg batter with wine, garlic and spring onions</i> 鍋塌雞	10.50
65	DICED CHICKEN WITH CASHEW NUTS IN YELLOW BEAN SAUCE 醬爆腰果雞丁	10.50
66	LEMON CHICKEN 檸檬雞	10.50
67	SWEET AND SOUR CHICKEN 糖醋雞	10.50
68	CHICKEN WITH GREEN PEPPER IN CHILLI SAUCE 辣子雞丁	10.50
69	CHICKEN WITH CHINESE MUSHROOMS AND BAMBOO SHOOTS 雙冬雞柳	10.50
70	CHICKEN WITH CHILLI AND BLACK BEAN SAUCE 豉椒雞丁	10.50
71	CHICKEN WITH SEASONAL VEGETABLES 時菜雞柳	10.50
72	CHICKEN WITH PINEAPPLE AND PICKLED GINGER 子薑菠蘿雞丁	10.50

## 鐵板 Sizzling

73	SIZZLING FILLET STEAK WITH FRUITY SAUCE 鐵板中式牛柳	16.00
74	SIZZLING BEEF WITH CHILLI AND BLACK BEAN SAUCE 鐵板豉椒牛肉	11.50
75	SIZZLING CHICKEN WITH CHILLI AND BLACK BEAN SAUCE 鐵板豉椒雞	11.50
76	SIZZLING LAMB SLICES 鐵板蔥爆羊肉	12.00
77	SIZZLING BEEF AND CHICKEN FILLET IN OYSTER SAUCE 鐵板鴛鴦柳	11.50
78	SIZZLING MIXED SEAFOOD 鐵板三鮮	14.00



## 牛肉 豬肉 Meat Dishes

79	FILLET MIGNON WITH FRUITY SAUCE 'CHINESE STYLE' 中式牛柳	15.00
80	FRIED BEEF IN OYSTER SAUCE 蠔油牛	10.50
81	DEEP FRIED SHREDDED BEEF WITH CHILLI SAUCE 干炒牛肉絲	12.50
82	QUICK FRIED BEEF WITH SPRING ONIONS 蔥爆牛肉	10.50
83	BEEF WITH CHILLI AND BLACK BEAN SAUCE 豉椒牛肉	10.50
84	BEEF WITH SEASONAL FRESH VEGETABLES 時菜牛肉	10.50
85	BEEF WITH CHINESE MUSHROOMS AND BAMBOO SHOOTS 雙冬牛肉	10.50
86	SLICES OF BEEF WITH GREEN PEPPER AND CHILLI SAUCE 回鍋牛肉	10.50
87	SWEET AND SOUR PORK SUPREME 中式咕嚕肉	10.50
88	SZECHUAN 'DOUBLE COOKED' PORK WITH CABBAGE & PEPPER 四川回鍋肉	10.50
89	QUICK FRIED LAMB WITH SPRING ONIONS 蔥爆羊肉	11.50

## 豆腐 蔬菜 Bean Curd & Vegetables

90	MA-PO CHILLI BEAN CURD WITH MINCED MEAT (Hot & Spicy) 麻婆豆腐	9.00
91	MIXED VEGETABLE DISH FAVOURED BY BUDDHIST MONKS 羅漢齋	8.50
92	QUICK FRIED SPECIAL FOUR VEGETABLES 燒四素	8.50
93	RED COOKED CHINESE MUSHROOMS & BAMBOO SHOOTS 紅燒雙冬	8.50
94	PLAIN FRIED BEANSPROUTS 清炒芽菜	8.50
95	SEASONAL CHINESE VEGETABLES 中國時菜	8.50
96	QUICK FRIED MANGE-TOUT OR FRENCH BEANS WITH GARLIC AND SOYA SAUCE 炒何豆或豆角	8.50

## 飯麵 Rice & Noodles

97	BAKED RICE WITH ASSORTED MEATS IN LOTUS LEAVES 鮮蝦荷葉飯	10.00
98	SPECIAL FRIED RICE 揚州炒飯	7.50
99	SHRIMP FRIED RICE 蝦仁炒飯	7.50
100	EGG FRIED RICE 蛋炒飯	6.00
101	PLAIN BOILED RICE 白飯	5.00
102	SPICY SINGAPORE STYLE RICE VERMICELLI (Spicy Hot) 星洲炒米粉	8.50
103	SPECIAL FRIED SOFT NOODLES 特別炒麵	8.50
104	PLAIN FRIED SOFT NOODLES WITH BEANSPROUTS 芽菜炒麵	7.50
105	SHREDDED CHICKEN FRIED NOODLES 雞絲炒麵	8.50
106	BEEF SLICES FRIED SOFT NOODLES 牛肉炒麵	8.50
107	KING PRAWN FRIED SOFT NOODLES 大蝦炒麵	12.00
108	PRAWN CRACKERS 蝦片	4.00

### Special Traditional Chinese Cuisine

STEAMED KING PRAWNS WITH GARLIC	£12 00
SIZZLING LAMB WITH CUMIN SEEDS AND CHILLI (OR BEEF, CHICKEN)	£12 00
MA CHILLI CHICKEN (OR BEEF, LAMB)	£12.00

Please note that some of our food contains MSG

The first part of the document discusses the importance of maintaining accurate records in a laboratory setting. It emphasizes that proper record-keeping is essential for ensuring the reliability and reproducibility of experimental results. This involves not only recording the date and time of each experiment but also detailing the specific procedures, reagents used, and any observations or anomalies that occur during the process.

Furthermore, the document highlights the need for clear and concise communication among laboratory staff. This includes providing thorough instructions to new personnel and ensuring that all team members are aware of the current status of ongoing projects. Regular meetings and reports are suggested as effective ways to facilitate this communication and to address any issues that may arise.

In addition, the document addresses the importance of safety in the laboratory. It stresses that all personnel must be trained in proper safety protocols and must always wear appropriate personal protective equipment (PPE). This includes wearing lab coats, gloves, and safety glasses, as well as knowing the location and use of safety equipment such as fire extinguishers and eyewash stations.

Finally, the document discusses the importance of maintaining a clean and organized laboratory environment. This involves regular cleaning of work surfaces and equipment, as well as proper disposal of waste materials. A clean and organized laboratory not only helps to prevent contamination and accidents but also makes it easier to find and use the necessary materials and equipment.



*@Chefpeking Harpenden*

*www.chefpekingharpenden.com*

**Food Allergies & Intolerances**

Should you have concerns about a food allergy or intolerance  
please speak to our staff before you order your food or drink

**MC98031EWN** for the facts [drinkaware.co.uk](http://drinkaware.co.uk)