

**Subject: Chinese Cuisine for the Year of the Ox**

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[Year of the Ox Menu Ideas & Recipes](#)

follow the link below to find recipes for :

Stir-Fried Shrimp with Garlic and Chile Sauce

Long Life Noodles

Stir-Fried Bok Choy and Lettuce with Mushrooms

Chinese Potstickers

Spicy Sweet-and-Sour Chicken

Salt-Baked Chicken

Double Mango Pudding

Follow Chinese-Canadian Chef Nathan Fong on a symbolic journey through his preparations for this year's Chinese New Year Celebration

We also loved the link to the [Chinese Pantry](#)

<http://www.cookinglight.com/entertaining/holidays-occasions/chinese-new-year-00400000038745/>

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